TABLE OF CONTENTS

CUSTOMER SERVICE INFORMATION .......................................................................................................................... 4

DEFINITIONS .................................................................................................................................................................. 6

UNDERSTANDING THE BASICS ........................................................................................................................................ 10
  Your Responsibilities .................................................................................................................................................. 10
  BCBSAZ ID Card ..................................................................................................................................................... 10
  Changes ................................................................................................................................................................. 10
  Covered Services .................................................................................................................................................. 10
  Experimental or Investigational Services .................................................................................................................. 10
  Medically Necessary ............................................................................................................................................... 11
  Medical Necessity Guidelines and Criteria ................................................................................................................ 11

PROVIDERS .................................................................................................................................................................. 12
  Provider Eligibility and Network Status .................................................................................................................. 12
  Eligible Providers ................................................................................................................................................... 12
  Choosing a Provider ................................................................................................................................................ 12
  Network Status .................................................................................................................................................... 12
  Sample Differences in Financial Responsibility Based on Provider Choice ......................................................... 14
  Locating an In-Network Provider ............................................................................................................................. 15
  Precertifications for Out-of-Network Providers ..................................................................................................... 15
  Continuing Care from an Out-of-Network Provider ................................................................................................. 15
  Out-of-Area Services ............................................................................................................................................ 16
  Services Received on Cruise Ships .......................................................................................................................... 17

PRECERTIFICATION .................................................................................................................................................... 18
  When Is Precertification Required .......................................................................................................................... 18
  How to Obtain Precertification ................................................................................................................................ 18
  Factors BCBSAZ Considers in Evaluating a Precertification Request for Services or Medications ................................ 18
  Prescription Medication Exception .......................................................................................................................... 18
  Precertification of In-Network Cost-Share for Services from an Out-of-Network Provider ....................................... 18
  If BCBSAZ Precertifies Your Service ..................................................................................................................... 18
  If BCBSAZ Denies Your Precertification Request .................................................................................................. 19

CLAIMS INFORMATION ................................................................................................................................................. 20
  Filing Claims ............................................................................................................................................................ 20
  Time Limit for Claim Filing ....................................................................................................................................... 20
  Medical and Dental Records and Other Information Needed to Process a Claim ................................................... 20
  Explanation of Benefits (EOB) Form and Monthly Member Health Statement ....................................................... 20
  Notice of Determination .......................................................................................................................................... 21
  Pharmacy Prescriptions; Submission of Claims by Members ..................................................................................... 21
  Time Period for Claim Decisions .............................................................................................................................. 21
  Urgent Requests for Precertification ........................................................................................................................ 22
  Concurrent Care Decisions ...................................................................................................................................... 22

GENERAL PROVISIONS ................................................................................................................................................ 23
  Appeal and Grievance Process .................................................................................................................................. 23
  Billing Limitations and Exceptions .......................................................................................................................... 23
  Blue Cross and Blue Shield Association .................................................................................................................. 23
  Broker Commissions ................................................................................................................................................. 23
  Claims Editing Procedures and Pricing Guidelines .................................................................................................. 23
  Identity Protection Services ....................................................................................................................................... 23
  Confidentiality and Release of Information ................................................................................................................ 24
  Court or Administrative Orders Concerning Dependent Children ........................................................................... 24
  Access to Information Concerning Dependent Children .......................................................................................... 24
  Discretionary Authority ............................................................................................................................................ 24
  Provider Treatment Decisions and Disclaimer of Liability ......................................................................................... 24
  Lawsuits against BCBSAZ ......................................................................................................................................... 25
  Legal Action and Applicable Law ............................................................................................................................. 25
  Non-Assignability of Benefits .................................................................................................................................. 25
  Medicaid Reimbursement ......................................................................................................................................... 25
PLAN ADMINISTRATION ................................................................................................................................. 29
Changes to Your Information ............................................................................................................................ 29
Coordination of Benefits (COB) .......................................................................................................................... 29
Non-Duplication of Benefits ............................................................................................................................... 30
Definitions Related to Plan Administration ....................................................................................................... 30
Eligibility Requirements ....................................................................................................................................... 30
Effective Date of Coverage ............................................................................................................................... 30
Loss of Eligibility ............................................................................................................................................... 30
Special Enrollment Periods ............................................................................................................................... 30
Termination of Coverage ..................................................................................................................................... 30
Leave of Absence ............................................................................................................................................. 30
Medical Support Orders ..................................................................................................................................... 30
Benefit-Specific Eligibility ................................................................................................................................. 31

DESCRIPTION OF BENEFITS ............................................................................................................................. 35

A. AMBULANCE SERVICES ................................................................................................................................. 36

B. BEHAVIORAL AND MENTAL HEALTH SERVICES (Including Chemical Dependency or Substance Abuse Treatment) ................................................................................................................................. 35

C. CARDIAC AND PULMONARY REHABILITATION – OUTPATIENT SERVICES ................................................. 37

D. CATARACT SURGERY AND KERATOCONUS ................................................................................................. 37

E. CHIROPRACTIC SERVICES ............................................................................................................................. 37

F. CLINICAL TRIALS ........................................................................................................................................... 37

G. DENTAL SERVICES – MEDICAL ......................................................................................................................... 38

H. DURABLE MEDICAL EQUIPMENT (DME), MEDICAL SUPPLIES, AND PROSTHETIC APPLIANCES AND ORTHOTICS ................................................................................................................................. 39

I. EDUCATION AND TRAINING ............................................................................................................................. 41

J. EMERGENCY SERVICES ..................................................................................................................................... 41

K. EOSINOPHILIC GASTROINTESTINAL DISORDER (EGID) ................................................................................. 42

L. FAMILY PLANNING (CONTRACEPTIVES AND STERILIZATION) ...................................................................... 42

M. HOME HEALTH SERVICES ............................................................................................................................... 42

N. HOSPICE SERVICES .......................................................................................................................................... 42

O. INPATIENT AND OUTPATIENT DETOXIFICATION SERVICES .............................................................................. 43

P. INPATIENT HOSPITAL ....................................................................................................................................... 43

Q. INPATIENT REHABILITATION – EXTENDED ACTIVE REHABILITATION (EAR) SERVICES .................................. 44

R. LONG-TERM ACUTE CARE (INPATIENT) ........................................................................................................ 44

S. MATERNITY ..................................................................................................................................................... 45

T. MEDICAL FOODS FOR INHERITED METABOLIC DISORDERS ........................................................................ 45

U. NEUropsychological and Cognitive Testing .................................................................................................. 46

V. OUTPATIENT SERVICES ................................................................................................................................ 46

W. PHARMACY BENEFIT ....................................................................................................................................... 47

X. PHYSICAL THERAPY (PT), OCCUPATIONAL THERAPY (OT), AND SPEECH THERAPY (ST) SERVICES ....................................................................................................................................................... 50

Y. PHYSICIAN SERVICES ....................................................................................................................................... 50

Z. POST-MASTECTOMY SERVICES ....................................................................................................................... 51

AA. PREGNANCY, TERMINATION .......................................................................................................................... 51

BB. PRESCRIPTION MEDICATIONS FOR THE TREATMENT OF CANCER .................................................................. 51

CC. PREVENTIVE SERVICES .................................................................................................................................. 52

DD. RECONSTRUCTIVE SURGERY AND SERVICES .............................................................................................. 53

EE. SKILLED NURSING FACILITY (SNF) SERVICES .............................................................................................. 53

FF. TELEHEALTH SERVICES .................................................................................................................................. 54

GG. TELEMEDICINE SERVICES ................................................................................................................................. 54
CUSTOMER SERVICE INFORMATION

You need to understand your health insurance benefits and the limitations on those benefits before you receive services. If you have any questions, please contact Blue Cross® Blue Shield® of Arizona (BCBSAZ) at one of the phone numbers on the back of your ID card.

MyBlue℠

BCBSAZ also makes information available at [www.azblue.com](http://www.azblue.com) and you may wish to look there before calling. MyBlue is the Member area on [www.azblue.com](http://www.azblue.com) that allows you to manage your health insurance plan from anywhere you have Internet access. Go to [www.azblue.com/member](http://www.azblue.com/member) for more information and to register for a MyBlue account. After you register for MyBlue, you can*:  
- View claims and benefits information
- Track deductible, if applicable to your plan
- Update account information
- Verify enrollment status
- Order ID cards
- Search for Providers
- Compare hospitals
- Research pharmacy benefits
- Access HealthyBlue® – tools for a healthier life

*Access to MyBlue links and services will vary based on Benefit Plan type.

BCBSAZ Customer Service

Customer Service phone numbers for your plan are on the back of your Member ID card.

<table>
<thead>
<tr>
<th>Hours:</th>
<th>Monday through Friday, 8:00 a.m. to 4:30 p.m. MST (except holidays)</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you lose your ID card and need a replacement:</td>
<td>(800) 232-2345</td>
</tr>
<tr>
<td>Hearing Impaired (TDD):</td>
<td>(602) 864-4823</td>
</tr>
<tr>
<td>For assistance in Spanish (en Español):</td>
<td>(602) 864-4884</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466</td>
</tr>
</tbody>
</table>

Customer Walk-In Office Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phoenix (main office)</td>
<td>2444 W. Las Palmaritas Drive, Phoenix, AZ 85021-4883</td>
</tr>
<tr>
<td>Tucson</td>
<td>5285 E. Williams Circle, Suite 1000, Tucson, AZ 85711-7411</td>
</tr>
</tbody>
</table>

Benefits Administrator Contact Information

<table>
<thead>
<tr>
<th>Administrator</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chiropractic Benefits Administrator (CBA):</td>
<td>(800) 678-9133</td>
</tr>
<tr>
<td>Pharmacy Benefit Customer Service:</td>
<td>(866) 325-1794</td>
</tr>
<tr>
<td>Hours of Operation: 24/7</td>
<td></td>
</tr>
<tr>
<td>Telehealth Services Administrator (TSA):</td>
<td>Log in to MyBlue and click on the BlueCare Anywhere℠ link; download the BlueCare Anywhere app available on Google Play™ store or the App Store®; go to <a href="http://www.BlueCareAnywhereAZ.com">www.BlueCareAnywhereAZ.com</a>; or call (844) 606-1612</td>
</tr>
</tbody>
</table>

Google Play and the Google Play logo are trademarks of Google LLC. App Store is a service mark of Apple Inc., registered in the United States and other countries.
Claim Submissions

| Mail New Claims to:                      | Blue Cross Blue Shield of Arizona, P.O. Box 2924, Phoenix, AZ 85062-2924 |
| Mail claims for out-of-network services to: | Blue Cross Blue Shield of Arizona, P.O. Box 2924, Phoenix, AZ 85062-2924 |
| **Claims for Transplant Travel and Lodging:** | Attention: Transplant Travel Claim Processor, Mail Stop: A223, Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466 |
| **Claims for Services Received on a Cruise Ship:** | Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466 |
| **Claims for Chiropractic Services:** | Claims Administration, American Specialty Health Networks, Inc., P.O. Box 509001, San Diego, CA 92150-9001 |

Disputes

| Medical Appeals and Grievances: | Call the Customer Service number on the back of your ID card. |
| **Precertification Denial Appeals:** | Call the Customer Service number on the back of your ID card. |
| **Chiropractic Care Disputes:** | Call the Chiropractic Care Customer Service number on the back of your ID card, or write: Appeals Coordinator, American Specialty Health Networks, Inc., P.O. Box 509001, San Diego, CA 92150-9001; Telephone (800) 678-9133; Fax (619) 209-6237 |

Social Media

Like us on Facebook: [www.facebook.com/bcbsaz](http://www.facebook.com/bcbsaz)
Follow us on Twitter: [www.twitter.com/bcbsaz](http://www.twitter.com/bcbsaz)
Email complaints and concerns to [socialcares@azblue.com](mailto:socialcares@azblue.com)
Android™ and iPhone® phone users can download our mobile application on Google Play or the App Store.

Android is a trademark of Google LLC.
iPhone is a trademark of Apple Inc., registered in the U.S. and other countries.
DEFINITIONS

Words defined in this “Definitions” section or sections that appear in the “Table of Contents,” and cost-sharing terms will be capitalized throughout the Base Benefit Book and Plan Attachment.

“Allowed Amount” means the total amount of reimbursement allocated to a covered Service and includes both the BCBSAZ payment and the Member Cost-share payment. Generally, BCBSAZ calculates deductible and Coinsurance based on the Allowed Amount, less any access fees or Precertification Charges. BCBSAZ uses the Allowed Amount to accumulate toward any Out-of-pocket Maximum that applies to the member’s Benefit Plan. The Allowed Amount does not include any balance bills from noncontracted Providers. The Allowed Amount is neither tied to, nor necessarily reflective of, the amounts Providers in any given area usually charge for their services. The table below shows how BCBSAZ determines the Allowed Amount.

<table>
<thead>
<tr>
<th>Type of Provider</th>
<th>Type of Claim</th>
<th>Basis for Allowed Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providers contracted with BCBSAZ as Plan Network Providers</td>
<td>Emergency and non-emergency</td>
<td>Generally, the lesser of the provider’s Billed Charges or the applicable Fee Schedule, with adjustments for any negotiated contractual arrangements and certain “Claims Editing Procedures and Pricing Guidelines”</td>
</tr>
<tr>
<td>Providers contracted with a vendor</td>
<td>Emergency and non-emergency</td>
<td>Generally, the lesser of the provider’s Billed Charges or the vendor’s Fee Schedule, with adjustments for any negotiated contractual arrangements</td>
</tr>
<tr>
<td>Providers contracted with another Blue Cross or Blue Shield plan (“Host Blue”)</td>
<td>Emergency and non-emergency</td>
<td>Lesser of the provider’s Billed Charges or the price the Host Blue plan has negotiated with the Provider</td>
</tr>
<tr>
<td>Noncontracted Providers in Arizona, including Providers contracted with another BCBSAZ network, but not as a Plan Network Provider for this Benefit Plan</td>
<td>Non-emergency claims and emergency ground ambulance claims</td>
<td>Lesser of the provider’s Billed Charges or the applicable Fee Schedule, with adjustments for certain “Claims Editing Procedures and Pricing Guidelines.” For emergency ground ambulance claims, the Allowed Amount is based upon the ambulance provider’s Billed Charges</td>
</tr>
<tr>
<td>Noncontracted Providers outside Arizona</td>
<td>Non-emergency claims and emergency ground ambulance claims</td>
<td>Lesser of the provider’s Billed Charges or the Host Blue’s nonparticipating Provider local payment. For emergency ground ambulance claims, the Allowed Amount is based upon the ambulance provider’s Billed Charges</td>
</tr>
<tr>
<td>Noncontracted Providers (in Arizona and out-of-state)</td>
<td>Emergency</td>
<td>The highest of the three following amounts, not to exceed Billed Charges:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• The median in-network Provider negotiated rate for the Emergency Services furnished,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• The amount for the Emergency Services calculated using the same method BCBSAZ generally uses to determine reimbursement for out-of-network services, or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• The amount that would be paid by Medicare Part A or B</td>
</tr>
</tbody>
</table>

“BCBSAZ” or “We” means Blue Cross Blue Shield of Arizona, when acting as the issuer of insurance coverage or as the administrator of a Group Benefit Plan. Within this Benefit Book, “BCBSAZ” or “We” may also include contracted vendors, when a contracted vendor is performing functions on behalf of BCBSAZ.

“Blue Cross Blue Shield of Arizona” is an independent licensee of the Blue Cross and Blue Shield Association. BCBSAZ is a not-for-profit corporation organized under the laws of the state of Arizona as a hospital, medical, dental, and optometric services corporation and is authorized to operate a healthcare services organization as a line of business.

“Blue Distinction®” is a national designation awarded by Blue Cross Blue Shield (BCBS) plans to recognize Providers that demonstrate expertise in delivering quality specialty care—safely, effectively, and cost-efficiently.

“Bariatric Surgery” means a surgical procedure to promote weight loss for the treatment of morbid obesity. Bariatric Surgery also includes any revisions to a bariatric surgical procedure.
“Benefit Book” means this document, which may also be referred to as Base Benefit Book, and includes any Plan Attachment.

“Benefit Plan” means the document describing the benefits and terms of coverage that the sponsor of a Group health plan provides to its Group members and their Dependents. Your BCBSAZ Benefit Plan includes this book and any attachment, your Summary of Benefits and Coverage (SBC), your application for coverage, your ID card, any Benefit Plan that is issued to replace this Benefit Plan, and any rider, amendment, or modification to this Benefit Plan, including but not limited to any changes in deductible, Coinsurance, or Copay amounts.

Many Group health insurance plans (other than government plans, church plans, and certain other types of plans) must comply with the federal Employee Retirement Income Security Act of 1974 (ERISA). If your Group health insurance plan is subject to ERISA, your plan sponsor must maintain a summary plan description and provide the summary plan description to you upon written request. While your plan sponsor may include this Benefit Book as part of its summary plan description, this Benefit Book is not a summary plan description.

“Billed Charges” means:
• For a Provider that has a participation agreement governing the amount of reimbursement, the amount the Provider routinely charges for a Service;
• For a Provider that has no participation agreement governing the amount of reimbursement, the lowest amount that the Provider is willing to accept as payment for a Service.

“Cancer Treatment Medication” means prescription drugs and biologicals that are used to kill, slow, or prevent the growth of cancerous cells.

“Chiropractic Benefits Administrator (CBA)” means American Specialty Health Networks, Inc., the independent company that administers chiropractic benefits for BCBSAZ. The CBA develops and manages the BCBSAZ network of chiropractic Providers, processes chiropractic claims, determines medical necessity and handles utilization management, grievances, and appeals related to Chiropractic Services.

“Contract Holder” means the person to whom the Benefit Plan is issued. Any other person approved for coverage with the Contract Holder under this plan is a dependent. Under Group coverage, the Contract Holder is the Member who is eligible for coverage because of his or her affiliation with a Group.

“Cosmetic” means surgery, procedures, or treatment, and other services performed primarily to enhance or improve appearance, including but not limited to and except as otherwise required by federal or state law, those surgeries, procedures, treatments, and other services performed in the absence of a functional impairment of a body part or organ as documented in the medical record, even if such services will improve emotional, psychological, or mental condition or function.

“Cost Share” means the member’s financial obligation for a covered Service. Depending on the plan type, Cost Share may include one or more of the following: deductible, Copay, Access Fee, Coinsurance, and Precertification Charges.

“Custodial Care” means health services and other related services that meet any one or more of the following criteria:
• Are for comfort or convenience;
• Do not seek to cure;
• Are provided to support or assist with activities of daily living, including for example, personal hygiene, nutrition, or other self-care; or
• Are provided when acute care is not required or do not require continued administration by licensed skilled medical personnel, such as a licensed practical nurse (LPN), registered nurse (RN), or licensed therapist.

“Domiciliary Care” is a supervised living arrangement in a home-like environment for individuals who are unable to live independently and who need assistance with activities of daily living, such as bathing, dressing, and food preparation.

“Evidence-based Criteria” means medical, pharmaceutical, dental, and administrative criteria, which are based on industry-standard research and technology. These criteria help BCBSAZ determine whether a Service, procedure, medical device, or drug meets the industry standard for medical necessity and/or is a covered benefit. Criteria may include prescription medication or Service limitations. BCBSAZ ensures that Evidence-based Criteria is reviewed regularly and updated in response to changes and advancements in the healthcare industry. Decisions are based on the Evidence-based Criteria in effect at the time of Service. You
can obtain additional information by calling the Customer Service number on your ID card. BCBSAZ contracted vendor(s) may establish Evidence-based Criteria of their own for services the vendor provides or administers pursuant to the vendor’s contract with BCBSAZ.

“Fee Schedule” means a proprietary schedule of Provider fees compiled by BCBSAZ or BCBSAZ’s contracted vendors. BCBSAZ or BCBSAZ’s contracted vendors develop proprietary schedules of fees based on annual reviews of information from numerous sources, including but not limited to: Medicare fee schedules from the Centers for Medicare and Medicaid Services (CMS), BCBSAZ’s or the contracted vendor’s historical claims experience, pricing information that may be available to BCBSAZ or the vendor, information and comments from Providers and negotiated contractual arrangements with Providers. BCBSAZ and/or BCBSAZ’s contracted vendors may change their fee schedules at any time without prior notice to members. If the Allowed Amount is based on a Fee Schedule, a change to the Fee Schedule may result in higher Member Cost Share.

“Group” means the association, employer, trust, or other entity that sponsors the Group Benefit Plan on behalf of its employees or participants.

“Group Master Contract” means the legal agreement between the Group and BCBSAZ.

“Habilitative Services” are healthcare services and devices that help a person keep, learn, or improve skills and functioning for daily living. Examples include therapy for a child who is not walking or talking at the expected age. These services may include physical and occupational therapy, speech-language pathology, and other services for people with disabilities in a variety of inpatient and/or outpatient settings.

“Member” or “You” means an individual, Employee, participant, or dependent covered under a Benefit Plan.

“PPACA” means the Patient Protection and Affordable Care Act of 2010, as amended.

“Pharmacy Coverage Guidelines” means pharmaceutical and administrative criteria that are developed from review of published peer-reviewed medical and pharmaceutical literature and other relevant information and are used to help determine whether a medication or other products such as medical devices or supplies are eligible for benefits under the “Pharmacy Benefit.” Pharmacy Coverage Guidelines are available by going to www.azblue.com under Prescription Medications and then Pharmacy Coverage Guidelines. Guidelines are also available by calling the Pharmacy Benefit Customer Service number on your ID card.

“Physician” for purposes of classifying benefits and Member cost shares in this Benefit Plan, means a properly licensed MD, DO, DPM, or DC.

“Plan Attachment” is a document attached to this Base Benefit Book that includes cost-sharing provisions.

“Plan Network” means the network of Providers contracted to provide services to members of this Benefit Plan. Plan Network Providers are also referred to as in-network Providers. See your SBC and ID card for the name of the Plan Network for this Benefit Plan.

“Precertification” is the process BCBSAZ uses to determine coverage for certain benefits.

“Primary Care Provider (PCP)” means a healthcare professional who is contracted with BCBSAZ as a PCP and generally specializes in or focuses on the following practice areas: internal medicine, family practice, general practice, pediatrics or any other classification of Provider approved as a PCP by BCBSAZ. Your Benefit Plan does not require you to have a PCP or to have a PCP authorize Specialist referrals.

“Provider” means any properly licensed, certified, or registered person or facility furnishing medical care to you, such as a doctor, hospital, laboratory, or other health professional.

“Rehabilitation Services” are services that help a person restore skills and functioning for daily living lost due to injury or illness.

“Respite Care” is the provision of short-term, temporary relief of the daily routine and stress to provide those who are caring for family members a personal break from their role as caregiver.

“Service” means a generic term referencing some type of healthcare treatment, test, procedure, supply, medication, technology, device, or equipment.
“Specialist” means either a Physician or other healthcare professional who practices in a specific area other than those practiced by PCPs, or a properly licensed, certified, or registered individual healthcare Provider whose practice is limited to rendering Mental Health Services. For purposes of Cost Share, this definition of “Specialist” does not apply to dentists. BCBSAZ does not require you to obtain an authorization or referral to see a Specialist.

“Summary of Benefits and Coverage (SBC)” means a federally required document in a specified template with information on applicable copays, access fees, Coinsurance percentages, deductible amounts, other cost-sharing amounts, benefits, exclusions, limitations, and other important information. BCBSAZ generally sends SBCs with Member ID cards. Please keep your current SBC with your Benefit Book.

“Telehealth Services” means medical and Behavioral Health Services provided online or telephonically through the Telehealth Services Administrator.

“Telehealth Services Administrator (TSA)” means American Well Corporation, an independent company that is contracted with BCBSAZ to provide contracted Providers, an interactive web platform allowing members to interact with Providers, and technical support for Telehealth Services covered under this Benefit Plan.

“Telemedicine Services” means services delivered through interactive audio-video electronic media to treat certain covered conditions.
UNDERSTANDING THE BASICS

Your Responsibilities

Before you receive services:
• Check your provider’s “Network Status” and know whether your Provider is a Plan Network Provider with BCBSAZ.
• Know how much Cost Share you will have to pay.
• Know the limits and exclusions on coverage.
• Know your coverage.
• Read your benefit materials.

After you receive services:
• Read your explanation of benefits (EOB) and/or monthly health statements.
• Tell BCBSAZ if you see any differences between the Member Cost Share on your claims documents and what you actually paid.

BCBSAZ ID Card

Bring your ID card with you each time you seek healthcare services, and have your ID card available for reference when you contact BCBSAZ for information. BCBSAZ will mail you an ID card with basic information about your coverage:
• Cost-share amounts
• Identification numbers
• Important phone numbers and addresses
• Who is covered (Contract Holder and dependent names)

Changes

You will be notified of any Changes to this plan as required by law. BCBSAZ will provide you with 60 days advance written notice of material modifications to this plan. Some mandated benefits or other plan provisions may be required or unavailable based on the size of the Group. At the time of renewal, if your Group changes size, it may result in loss of a benefit that is currently available, or inclusion of a benefit not currently available.

Covered Services

To be covered, a Service must be all of the following:
• A benefit of this plan;
• Medically or dentally necessary as determined by BCBSAZ or BCBSAZ’s contracted vendor(s);
• Not excluded under any provision of this plan;
  Not experimental or investigational as determined by BCBSAZ or BCBSAZ’s contracted vendor(s);
  (does not apply to Covered Services as part of an approved clinical trial);
• Precertified where Precertification is required;
• Provided while this Benefit Plan is in effect and while the person claiming benefits is eligible for benefits; and
• Rendered by an eligible Provider acting within the provider’s scope of practice, as determined by BCBSAZ or BCBSAZ’s contracted vendor(s).

Experimental or Investigational Services

BCBSAZ or BCBSAZ’s contracted vendor, in its sole and absolute discretion, decides whether a Service is experimental or investigational. A Service is considered experimental or investigational unless it meets all of the following criteria:
• The Service must have final approval from the appropriate governmental regulatory bodies if applicable;
• The scientific evidence must permit conclusions concerning the effect of the Service on health outcomes;
• The Service must improve the net health outcome;
• The Service must be as beneficial as any established alternative; and
• The improvement resulting from the Service must be attainable outside the investigational setting. In addition to classifying a Service as experimental or investigational using the above criteria, BCBSAZ or its contracted vendor may also classify the Service as experimental or investigational if any one or more of the following apply:
  • The Service cannot be lawfully marketed or used without full (unrestricted) approval of appropriate governmental regulatory bodies, and approval for marketing or use has not been given at the time the Service is submitted for Precertification or rendered;
• The Provider rendering the Service documents that the Service is experimental or investigational; or
• Published reports and articles in authoritative (peer-reviewed) medical and scientific literature show that the prevailing opinion among experts is that further studies or clinical trials are necessary to determine maximum tolerated dose, toxicity, safety, appropriate selection, efficacy, or efficacy as compared with the standard treatment for the diagnosis.

**Medically Necessary**

BCBSAZ, or BCBSAZ’s contracted vendor, in its sole and absolute discretion, decides whether a Service is Medically Necessary based on the following definition. A Medically Necessary Service is a Service that meets all of the following requirements:

• Is consistent with the diagnosis or treatment of a symptom, illness, disease, or injury;
• Is not primarily for the convenience of a Member or a Provider;
• Is the most appropriate site, supply, or Service level that can safely be provided; and
• Meets BCBSAZ’s or its contracted vendor’s Medical Necessity Guidelines and Criteria in effect when the Service is precertified or rendered. If no such guidelines or criteria are available, BCBSAZ or its contracted vendor will base its decision on the judgment and expertise of a medical professional or medical consultant retained by BCBSAZ or the vendor.

**Medical Necessity Guidelines and Criteria**

BCBSAZ uses Evidence-based Criteria to make medical necessity decisions. Call the Customer Service number on your ID card for additional information on Evidence-based Criteria.

Decisions about medical necessity may differ from your provider’s opinion. A Provider may prescribe, order, recommend, or approve a Service that BCBSAZ decides is not Medically Necessary and therefore is not a covered benefit. You and your Provider should decide whether to proceed with a Service that is not covered. Also, not all Medically Necessary services are covered benefits under this plan. All benefit plans have exclusions and limitations on what is covered. A Service may be Medically Necessary and still excluded from coverage.

BCBSAZ contracts with vendors to administer some or all of the benefits covered under this plan. These contracted vendors make medical necessity determinations based on Medical Necessity Criteria, which are also available to you on request.
PROVIDERS

Provider Eligibility and Network Status

To be eligible for coverage, a Service must be rendered by an eligible individual Provider acting within his or her scope of practice, and when applicable, performed at an eligible facility that is licensed or certified for the type of procedure and services rendered.

Eligible Providers

Not all medical professionals are Eligible Providers. Eligible Providers include the properly licensed, certified or registered Providers listed below, when acting within the scope of their practice and license. Scope of practice is determined by the regulatory oversight agency for each health profession. It means the procedures, actions, and processes that a licensed or certified medical professional is legally allowed to perform based on the individual’s specific education and experience, and demonstrated competency. For example, neurosurgery would not be within the scope of practice for a dentist.

Benefits may also be available from other healthcare professionals whose services are mandated by federal or Arizona State law, or who are accepted as eligible by BCBSAZ. The following are examples of ineligible Providers: acupuncturists and doctors of naturopathy and homeopathy. Other Provider types may also be ineligible. The fact that a Service is rendered by an eligible Provider does not mean that the Service will be covered. Not all Eligible Providers are contracted to participate in the Plan Network.

<table>
<thead>
<tr>
<th>Provider Category</th>
<th>Facility Ancillary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board Certified Applied Behavioral Analyst (BCABA)</td>
<td>Ambulance</td>
</tr>
<tr>
<td>Certified Registered Nurse First Assist (CRNFA)</td>
<td>Ambulatory Surgical Center (ASC)</td>
</tr>
<tr>
<td>Certified Nurse Midwife</td>
<td>Audiology Center</td>
</tr>
<tr>
<td>Certified Registered Nurse Anesthetist (CRNA)</td>
<td>Birthing Center</td>
</tr>
<tr>
<td>Doctor of chiropractic (DC)</td>
<td>Clinical Laboratory</td>
</tr>
<tr>
<td>Doctor of dental surgery (DDS)</td>
<td>Diagnostic Radiology</td>
</tr>
<tr>
<td>Doctor of medical dentistry (DMD)</td>
<td>Dialysis Center</td>
</tr>
<tr>
<td>Doctor of medicine (MD)</td>
<td>Durable Medical Equipment (DME)</td>
</tr>
<tr>
<td>Doctor of optometry (OD)</td>
<td>Extended Active Rehabilitation (EAR)</td>
</tr>
<tr>
<td>Doctor of osteopathy (DO)</td>
<td>Home Health Agency (HHA)</td>
</tr>
<tr>
<td>Doctor of podiatry (DPM)</td>
<td>Home Infusion Therapy</td>
</tr>
<tr>
<td>First Assist (FA)</td>
<td>Hospice</td>
</tr>
<tr>
<td>Licensed clinical social worker</td>
<td>Hospital, Acute Care</td>
</tr>
<tr>
<td>Licensed independent substance abuse counselor</td>
<td>Hospital, Long-term Acute Care (LTAC)</td>
</tr>
<tr>
<td>Licensed marriage and family therapist</td>
<td>Hospital, Psychiatric</td>
</tr>
<tr>
<td>Licensed nurse practitioner (NP)</td>
<td>Orthotics/Prosthetics</td>
</tr>
<tr>
<td>Licensed professional counselor</td>
<td>Pain Management Clinics</td>
</tr>
<tr>
<td>Perfusionist</td>
<td>Rehabilitation Treatment Centers (substance abuse centers)</td>
</tr>
<tr>
<td>Physician Assistant (PA)</td>
<td>Retail, mail order, and specialty pharmacies</td>
</tr>
<tr>
<td>Psychologist (PhD, EdD, and PsyD)</td>
<td>Skilled Nursing Facility</td>
</tr>
<tr>
<td>Registered Dietician</td>
<td>Sleep Lab</td>
</tr>
<tr>
<td>Registered Nurse First Assist (RNFA)</td>
<td>Specialty Laboratory</td>
</tr>
<tr>
<td>Speech, occupational, or physical therapist</td>
<td>Urgent Care</td>
</tr>
<tr>
<td>Surgical Assist (SA)</td>
<td></td>
</tr>
<tr>
<td>Surgical Technician (ST)</td>
<td></td>
</tr>
</tbody>
</table>

Choosing a Provider

Your costs will be lower when you use an in-network Provider. Before receiving scheduled services, verify the Network Status of all Providers who will be involved in your care, such as assistant surgeons, anesthesiologists, and radiologists, as well as the facility where the services will be performed.

Network Status

In-Network Providers (Contracted)

In-network Providers are the following: (1) except as stated in this Benefit Book, healthcare Providers licensed in the United States who have a Plan Network contract with BCBSAZ (or with a vendor that has contracted with BCBSAZ to provide or administer services for members of this Benefit Plan); and (2) except as stated in
this Benefit Book, out-of-state healthcare Providers licensed in the United States who have a PPO contract with a Blue Cross and/or Blue Shield plan other than BCBSAZ.

Except for Emergency Services, if the Provider submitting a laboratory, DME/medical supply, air ambulance, and/or specialty pharmacy claim does not have a Plan Network contract with BCBSAZ (when the claim is submitted to BCBSAZ) or a PPO contract with the out-of-state Blue Cross and/or Blue Shield plan to which the claim is submitted, the claim will be processed as an out-of-network claim. Members are responsible for out-of-network Cost Share and any applicable Balance Bill. See the “Out-of-Network Providers” section below.

Claims for services provided by independent clinical laboratory, DME/medical supply, specialty pharmacy, and air ambulance Providers are required to be filed as follows:

- **Independent clinical laboratory & specialty pharmacy**: Claims must be filed with the Blue Cross and/or Blue Shield plan in the state where the referring Provider is located.
- **DME/Medical Supplies**: Claims must be filed with the Blue Cross and/or Blue Shield plan in the state where the Member resides.
- **Air ambulance**: Claims must be filed with the Blue Cross and/or Blue Shield plan in the state of the Member pickup location.

In-network Providers will file your claims with BCBSAZ or the applicable out-of-state Blue Cross and/or Blue Shield plan. The provider’s contract generally prohibits the Provider from collecting more than the Allowed Amount for Covered Services, and you are responsible for paying your Member Cost Share. However, when there is another source of payment, such as liability insurance, all Providers may be entitled to collect their Balance Bill from the other source, or from proceeds received from the other source. The provider’s contract does allow the Provider to collect up to the provider’s Billed Charges for noncovered services. We recommend that you discuss costs with the Provider before you obtain noncovered services. BCBSAZ and/or the out-of-state Blue Cross and/or Blue Shield plan directly reimburse in-network Providers for your benefit plan’s portion of the Allowed Amount for Covered Services.

Except for emergencies, in-network Providers must render Covered Services in the United States for the services to be considered in-network and subject to in-network Member Cost Share. If an in-network Provider renders Covered Services outside the United States, the services will be considered out-of-network and subject to out-of-network Member Cost Share, including balance bills (except for emergencies).

**Out-of-Network Providers (Contracted and Noncontracted)**

Out-of-network Providers are: (1) Providers who are contracted with a Host Blue plan as “Participating” only Providers; (2) Providers who are contracted with BCBSAZ but do not have a Plan Network contract (such as BCBSAZ PPO-only Providers); (3) Eligible Providers who have no contract with BCBSAZ or a Host Blue plan (Noncontracted Providers); (4) Providers who are contracted with Blue Cross Blue Shield Global® Core; and (5) Providers who submit a laboratory, DME/medical supply, air ambulance, or specialty pharmacy claim to a Host Blue plan and do not have a PPO contract with that plan.

- **Participating-only Providers**

Participating-only Providers are contracted with a Host Blue plan as “Participating” and are not contracted as PPO or preferred Providers. Participating-only Providers are out-of-network Providers. Participating-only Providers will submit your claims to the Host Blue plan with which they are contracted. If you receive Covered Services from a Participating-only Provider, you will pay out-of-network deductible, Coinsurance, and/or access fees. However, you will not have to pay the Balance Bill because the Provider is contracted.

- **Providers contracted with BCBSAZ who are not in the Plan Network**

Some BCBSAZ Providers are contracted with BCBSAZ for certain networks, but are not contracted as Plan Network Providers. For purposes of this Benefit Plan, they are considered noncontracted and will be treated like any other noncontracted Provider described below. For example, BCBSAZ PPO-only Providers are noncontracted Providers. They may, but are not required to submit your claims to BCBSAZ. If you receive Covered Services from a Provider who is contracted with BCBSAZ, but not contracted as a Plan Network Provider, you will pay out-of-network deductible and Coinsurance. BCBSAZ will send any claim payments to you, and you are responsible to pay the Provider. Because these Providers are considered noncontracted, they may Balance Bill you like any other noncontracted Provider.
Noncontracted Providers

Eligible Providers who have no Provider participation agreement with BCBSAZ or any Host Blue plan are noncontracted Providers. Noncontracted Providers are out-of-network Providers. If you receive Covered Services from an eligible noncontracted Provider, you will pay out-of-network deductible and Coinsurance, access fees, and the Balance Bill. Noncontracted Providers may bill you up to their full Billed Charges. The difference between the noncontracted provider’s Billed Charges and payment under this Benefit Plan may be substantial. Please check with the noncontracted Provider regarding the amount of your financial responsibility before you receive services.

Unless BCBSAZ agrees to pay the Provider directly, BCBSAZ will send payment to you for whatever benefits are covered under your plan and you will be responsible for paying the out-of-network Provider. A noncontracted Provider will not receive a copy of your EOB and will not know the amount this Benefit Plan paid you for the claim.

Providers contracted with Blue Cross Blue Shield Global® Core

Providers who are contracted with Blue Cross Blue Shield Global Core are out-of-network Providers. For Covered Services from these Providers, you will pay out-of-network deductible and Coinsurance, and access fees (except for Emergency Services), plus the Balance Bill.

<table>
<thead>
<tr>
<th>Provider Contract Status</th>
<th>Network Status and Applicable Cost Share</th>
<th>Provider Required to File Claim on Member’s Behalf</th>
<th>Accept BCBSAZ Allowed Amount and do not Balance Bill</th>
<th>Payee for Reimbursement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providers contracted with BCBSAZ as Plan Network Providers*</td>
<td>In-network*</td>
<td>Yes*</td>
<td>Yes*</td>
<td>BCBSAZ reimburses the Provider the Allowed Amount, less any Member Cost Share</td>
</tr>
<tr>
<td>Providers contracted with another Blue Cross or Blue Shield plan (“Host Blue”) as PPO Providers*</td>
<td>In-network*</td>
<td>Yes*</td>
<td>Yes*</td>
<td>The Host Blue, on behalf of BCBSAZ, reimburses the Provider the Allowed Amount less any Member Cost Share*</td>
</tr>
<tr>
<td>Providers contracted with Host Blue as Participating only Providers*</td>
<td>Out-of-network</td>
<td>Yes</td>
<td>Yes</td>
<td>The Host Blue, on behalf of BCBSAZ, reimburses the Provider the Allowed Amount less any Member Cost Share</td>
</tr>
<tr>
<td>Providers contracted with Blue Cross Blue Shield Global Core</td>
<td>Out-of-network</td>
<td>Yes</td>
<td>No</td>
<td>Blue Cross Blue Shield Global Core reimburses the Provider the Allowed Amount less any Member Cost Share</td>
</tr>
<tr>
<td>Noncontracted Providers (in Arizona and out-of-state, including Providers who are contracted with BCBSAZ but not for your Plan Network) (must be Eligible Providers)*</td>
<td>Out-of-network</td>
<td>No (Provider may elect to do so as courtesy to Member)</td>
<td>No. May collect up to full Billed Charges. Difference between Billed Charges and BCBSAZ Member reimbursement may be substantial.</td>
<td>BCBSAZ reimburses the Member the Allowed Amount, less any Member Cost Share. Provider does not get copy of member’s EOB or know reimbursement amount.</td>
</tr>
</tbody>
</table>

*Except as noted in this Benefit Book

Sample Differences in Financial Responsibility Based on Provider Choice

The following example shows how out-of-pocket expenses can differ depending on the Provider you choose. This example is provided for demonstration purposes only. Your savings may vary depending on your Benefit Plan and your chosen Provider. In this example, the Member has already satisfied the Calendar-year Deductible and has a 20 percent Coinsurance for an in-network Provider and 40 percent Coinsurance for an out-of-network Provider.
Locating an In-Network Provider

Check the Plan Network Provider directory at www.azblue.com to locate an in-network Provider who offers the services you are seeking, and contact the Provider for an appointment. If you cannot get an appointment with an in-network Provider, contact Customer Service at the number on your ID card.

Precertifications for Out-of-Network Providers

BCBSAZ does not guarantee that every Specialist or facility will be in your Plan Network. Not all Providers will contract with health insurance plans. If you believe or have been told there is no in-network Provider available to render Covered Services that you need, you may ask your treating Provider to request “Precertification of In-network Cost Share for Services from an Out-of-network Provider.” BCBSAZ will not issue this Precertification if we find that an in-network Provider is available to treat you. The section on “Precertification” explains how to make this request.

Continuing Care from an Out-of-Network Provider

You may be able to receive benefits at the in-network level for services from an out-of-network Arizona Provider, under the circumstances described below. Continuity of care benefits are subject to all other applicable provisions of your Benefit Plan. To request continuity of care, call the Customer Service number on your ID card.

Continuity of care only applies to otherwise Covered Services rendered by Providers who are located in Arizona. Continuity of care is not available for facility services. If the hospital or other facility at which your Provider practices is not an in-network facility, the out-of-network provisions of coverage will apply to covered facility services.

<table>
<thead>
<tr>
<th>New Members</th>
<th>Current Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>A new Member may continue an active course of treatment with an out-of-network Arizona Provider during the transitional period after the member’s effective date if the Member has:</td>
<td>A current Member may continue an active course of treatment with an out-of-network Arizona Provider if BCBSAZ terminates the Provider from the network for reasons other than medical incompetence or unprofessional conduct if the Member has:</td>
</tr>
<tr>
<td>• A life-threatening disease or condition, in which case the transitional period is not more than 30 days from the Effective Date of Coverage; or</td>
<td>• A life-threatening disease or condition, in which case the transitional period is not more than 30 days from the effective date of the provider’s termination; or</td>
</tr>
<tr>
<td>• Entered the third trimester of pregnancy on the Effective Date of Coverage, in which case the transitional period includes the covered Provider services for the delivery and any care related to the delivery for up to 6 weeks from the delivery date; and</td>
<td>• Entered the third trimester of pregnancy on the effective date of the provider’s termination, in which case the transitional period includes the covered Provider services for the delivery and any care related to the delivery for up to 6 weeks from the delivery date; and</td>
</tr>
</tbody>
</table>

The member’s Provider agrees in writing to do all of the following:

• Accept the BCBSAZ Allowed Amount applicable to Covered Services as if provided by an in-network Provider, subject to the Cost-share requirements of this Benefit Plan;
• Provide BCBSAZ with any necessary medical information related to your care; and
• Comply with BCBSAZ’s policies and procedures, as applicable, including Precertification, network referral, claims processing, quality assurance, and utilization review.

<table>
<thead>
<tr>
<th>Billed Charges</th>
<th>Allowed Amount</th>
<th>Financial Responsibility</th>
<th>In-Network Providers 20% Coinsurance</th>
<th>Out-of-Network (Noncontracted)Providers 40% Coinsurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,000</td>
<td>$400</td>
<td>You pay: $80 Coinsurance</td>
<td>$320</td>
<td>$160 Coinsurance +600 Balance Bill +$760</td>
</tr>
</tbody>
</table>
Overview

BCBSAZ has a variety of relationships with other Blue Cross and/or Blue Shield Licensees. Generally, these relationships are called “Inter-Plan Arrangements.” These Inter-Plan Arrangements work based on rules and procedures issued by the Blue Cross and Blue Shield Association. Whenever you access healthcare services outside the geographic area BCBSAZ serves, the claim for those services may be processed through one of these Inter-Plan Arrangements. The Inter-Plan Arrangements are described below.

When you receive care outside of BCBSAZ’s service area, you will receive it from one of two kinds of Providers. Most Providers (“participating Providers”) contract with the local Blue Cross and/or Blue Shield plan in that geographic area (“Host Blue”). Some Providers (“nonparticipating Providers”) do not contract with the Host Blue. We explain below how BCBSAZ pays both kinds of Providers.

Inter-Plan Arrangements Eligibility – Claim Types

All claim types are eligible to be processed through Inter-Plan Arrangements, as described above, except for all dental care benefits (except when paid as medical claims/benefits), and those prescription drug benefits or vision care benefits that may be administered by a third party contracted by BCBSAZ to provide the specific Service or services.

BlueCard® Program

Under the BlueCard program, when you receive Covered Services within the geographic area served by a Host Blue, BCBSAZ will remain responsible for doing what we agreed to in the Contract. However, the Host Blue is responsible for contracting with and generally handling all interactions with its participating Providers.

When you receive Covered Services outside BCBSAZ’s service area and the claim is processed through the BlueCard program, the amount you pay for Covered Services is calculated based on the lower of:

- The Billed Charges for Covered Services; or
- The negotiated price that the Host Blue makes available to BCBSAZ.

Often, this “negotiated price” will be a simple discount that reflects an actual price that the Host Blue pays to your healthcare Provider. Sometimes, it is an estimated price that takes into account special arrangements with your healthcare Provider or Provider group that may include types of settlements, incentive payments and/or other credits or charges. Occasionally, it may be an average price, based on a discount that results in expected average savings for similar types of healthcare Providers after taking into account the same types of transactions as with an estimated price.

Estimated pricing and average pricing also take into account adjustments to correct for over- or underestimation of past pricing of claims, as noted above. However, such adjustments will not affect the price BCBSAZ has used for your claim because they will not be applied after a claim has already been paid.

Special Cases: Value-Based Programs

BlueCard program

If you receive Covered Services under a Value-Based Program inside a Host Blue’s service area, you will not be responsible for paying the Provider for any of the Provider incentives, risk-sharing, and/or care coordinator fees that are a part of such an arrangement, except when a Host Blue passes these fees to BCBSAZ through average pricing or Fee Schedule adjustments. Additional information is available upon request. Provider incentives, risk-sharing and care coordinator fees are incorporated into the premium and/or contribution percentage members pay for coverage.

Inter-Plan Programs: Federal/State Taxes/Surcharges/Fees

Federal or state laws or regulations may require a surcharge, tax or other fee that applies to insured and/or self-funded accounts. If applicable, BCBSAZ will include any such surcharge, tax or other fee as part of the claim charge passed on to you.
Nonparticipating Providers Outside BCBSAZ’s Service Area

- **Liability calculation:** When Covered Services are provided outside of BCBSAZ’s service area by nonparticipating Providers, the amount you pay for such services will normally be based on either the Host Blue’s nonparticipating Provider local payment or the pricing arrangements required by applicable state law. In these situations, you may be responsible for the difference between the amount that the nonparticipating Provider bills and the payment BCBSAZ will make for the Covered Services as set forth in this paragraph. Federal or state law, as applicable, will govern payments for out-of-network Emergency Services.

- **Exceptions:** In certain situations, BCBSAZ may use other payment methods, such as Billed Charges for Covered Services, the payment we would make if the healthcare services had been obtained within our service area, or a special negotiated payment to determine the amount BCBSAZ will pay for services provided by nonparticipating Providers. In these situations, you may be liable for the difference between the amount that the nonparticipating Provider bills and the payment BCBSAZ will make for the Covered Services as set forth in this paragraph.

Blue Cross Blue Shield Global Core Program

If you are outside the United States (hereinafter “BlueCard service area”), you may be able to take advantage of Blue Cross Blue Shield Global Core program when accessing Covered Services. The Blue Cross Blue Shield Global Core program is unlike the BlueCard program available in the BlueCard service area in certain ways. For instance, although the Blue Cross Blue Shield Global Core program assists you with accessing a network of inpatient, outpatient, and professional Providers, the network is not served by a Host Blue. As such, when you receive care from Providers outside the BlueCard service area, you will typically have to pay the Providers and submit the claims yourself to obtain reimbursement for these services.

If you need medical assistance services (including locating a doctor or hospital) outside the BlueCard service area, you should call the Service Center at (800) 810-BLUE (2583) or call collect at (804) 673-1177, 24 hours a day, 7 days a week. An assistance coordinator, working with a medical professional, can arrange a Physician appointment or hospitalization, if necessary.

- **Inpatient services:** In most cases, if you contact the Service Center for assistance, hospitals will not require you to pay for covered inpatient services, except for your Cost-share amounts. In such cases, the hospital will submit your claims to the Service Center to begin claims processing. However, if you paid in full at the time of Service, you must submit a claim to receive reimbursement for Covered Services. You must contact BCBSAZ to obtain Precertification for non-emergency inpatient services.

- **Outpatient Services:** Physicians, Urgent Care centers and other outpatient Providers located outside the BlueCard service area will typically require you to pay in full at the time of Service. You must submit a claim to obtain reimbursement for Covered Services.

- **Submitting a Blue Cross Blue Shield Global Core claim:** When you pay for Covered Services outside the BlueCard service area, you must submit a claim to obtain reimbursement. For institutional and professional claims, you should complete a Blue Cross Blue Shield Global Core claim form and send the claim form with the provider’s itemized bill(s) to the Service Center (the address is on the form) to initiate claims processing. Following the instructions on the claim form will help ensure timely processing of your claim. The claim form is available from BCBSAZ, the Service Center, or online at [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com). If you need assistance with your claim submission, you should call the Service Center at (800) 810-BLUE (2583), or call collect at (804) 673-1177, 24 hours a day, 7 days a week.

Services Received on Cruise Ships

If you receive healthcare services while on a cruise ship, you will pay in-network Cost Share, and the Allowed Amount will be based on Billed Charges. A cruise ship claim is not considered an out-of-country claim. Claims should be submitted and processed through BCBSAZ, not through the Blue Cross Blue Shield Global Core program. Please call the BCBSAZ Customer Service number on the back of your ID card for more information, or mail copies of your receipts to the BCBSAZ general correspondence address listed at the front of this book.
**PRECERTIFICATION**

**When Is Precertification Required**

Not all services or medications require Precertification. Precertification is not required for Emergency Services or Urgent Care services. If it is required, your treating Provider must obtain it on your behalf before rendering services. If Precertification is not obtained for medications that require Precertification, the medications will not be covered. Precertification may be required for services to be covered when provided in certain settings. Log on to MyBlue for a current listing of medications and services that require Precertification, or call the Customer Service number on your ID card. BCBSAZ may change the services that require Precertification by posting a revised listing of medications and services at [www.azblue.com](http://www.azblue.com).

**How to Obtain Precertification**

Ask your treating Provider to contact BCBSAZ for Precertification before you receive services and medications that require Precertification. Your Provider must contact BCBSAZ because he or she has the information and Medical Records we need to make a benefit determination. BCBSAZ will rely on information supplied by your Provider. If that information is inaccurate or incomplete it may affect the decision on your request or claim.

**Factors BCBSAZ Considers in Evaluating a Precertification Request for Services or Medications**

Some of these factors may not be readily identifiable at the time of Precertification, but will still apply if discovered later in the claim process and could result in denial of your claim.

- Applicability of other Benefit Plan provisions (limitations, exclusions, and Benefit Maximums);
- If the treating Provider or location of Service is in-network;
- Whether the Service is dispensed in the appropriate care setting;
- Whether the Service is Medically Necessary or investigational; and
- Whether your coverage is active

**Prescription Medication Exception**

If a covered medication requires Precertification, but you must obtain the medication outside of BCBSAZ's Precertification hours, you may have to pay the entire cost of the medication when it is dispensed. In such cases, you can file a reimbursement claim with BCBSAZ and have your treating Provider request Precertification on the next business day. Your claim for the medication will not be denied for lack of Precertification, but all other exclusions and limitations of your plan will apply.

**Precertification of In-Network Cost-Share for Services from an Out-of-Network Provider**

If there is no in-network Provider available to deliver Covered Services, your treating Provider may contact BCBSAZ and ask BCBSAZ to precertify the in-network Cost Share for services from an out-of-network Provider. BCBSAZ will evaluate whether there is an in-network alternative. If BCBSAZ determines that an in-network Provider is available to treat you, BCBSAZ will not precertify in-network Cost Share for services from your out-of-network Provider of choice.

Precertification of in-network Cost Share for Services from an Out-of-network Provider is a process separate from Precertification of services. If you want an out-of-network Provider to render services that require Precertification, and you also want to be eligible for the in-network Cost Share, you must ensure that your Provider makes two separate Precertification requests: one for the Service itself and one for use of the out-of-network Provider. If BCBSAZ precertifies you for the in-network Cost Share, your services will be subject to the in-network Cost Share. You will still be responsible for any Balance Bill, plus your in-network Cost Share.

**If BCBSAZ Precertifies Your Service**

- Except as otherwise required by Applicable Law, Precertification is not a pre-approval or a guarantee of payment. Precertification made in error by BCBSAZ is not a waiver of BCBSAZ’s right to deny payment for noncovered services.
- You and your Provider will receive a letter explaining the scope of the Precertification.
If BCBSAZ Denies Your Precertification Request

Denial of Precertification is an adverse benefit determination. As explained in the next section on Claims, BCBSAZ will send you a notice explaining the reason for the denial, and your right to appeal the BCBSAZ decision. Information on where to file an appeal is in the BCBSAZ Appeal and Grievance Guidelines.

If your request for Precertification of a Service is denied because BCBSAZ decides that the Service is not Medically Necessary, remember that BCBSAZ’s interpretation of medical necessity is a benefits determination made in accordance with the provisions of this plan. Your Provider may recommend services or treatment not covered under this plan. You and your Provider should decide whether to proceed with the Service or procedure if BCBSAZ denies Precertification.
Filing Claims

In most cases, in-network Providers will file claims for you. Noncontracted Providers may file your claims for you, but have no obligation to do so. Make sure you or your Providers file all your claims so BCBSAZ can track your covered expenses and properly apply them toward applicable deductibles, Coinsurance, out-of-pocket maximums, and Benefit Maximums.

If you choose to pay a Provider on a direct pay basis and submit a receipt to BCBSAZ, BCBSAZ will credit your deductibles and out-of-pocket maximums, as required by Applicable Law. You must submit a receipt that includes the amount paid, the procedure, and diagnosis codes for the services rendered and a notation indicating direct payment. If you choose to pay a contracted Provider for a covered Service on a direct pay basis, the Provider will not submit the claim to BCBSAZ for processing under this Benefit Plan.

Time Limit for Claim Filing

A complete claim, as described below, must be filed within 1 year from the date of Service. Any claim not filed with all required content within the 1-year period is an untimely claim. BCBSAZ will deny untimely claims from contracted Providers based on the terms of the provider’s contract. BCBSAZ will deny untimely claims from members except for the following situations:

• Medicare or another carrier was the primary payer on a claim where BCBSAZ was secondary payer, and the delay was caused by the need to coordinate benefits with the primary payer.
• The Member can show good cause for delay. BCBSAZ determines good cause in its sole discretion. Examples of good cause:
  ♦ BCBSAZ gave the Member wrong information about the filing date;
  ♦ The Member had an extended illness that prevented the Member from filing the claim; or
  ♦ Other similar situations outside the member’s reasonable control.

Complete Claims

Claim forms are available from BCBSAZ. Go to the “Forms” section of the “Member” area of www.azblue.com or call the Customer Service number on your ID card. BCBSAZ may reject claims that are filed without complete information needed for processing. If BCBSAZ rejects a submitted claim due to lack of information, BCBSAZ will notify you or the Provider who submitted the claim. Lack of complete information may also delay processing. A complete claim includes, at a minimum, the following information:

• Billed Charges
• Date of Service(s)
• Diagnosis code
• Group number
• Member ID number
• Member name
• Name of Provider
• Patient name
• Patient’s birth date
• Procedure code
• Provider ID number

Medical and Dental Records and Other Information Needed to Process a Claim

Even when the claim has all information listed above, BCBSAZ may need to request medical or dental records or “Coordination of Benefits” information to make a coverage determination. If BCBSAZ has requested Medical Records or other information from a third party, BCBSAZ will suspend claim processing while the request is pending. BCBSAZ may deny a claim for lack of timely receipt of requested records.

Explanation of Benefits (EOB) Form and Monthly Member Health Statement

After your claim is processed, BCBSAZ and/or any contracted vendors that process claims will send you an EOB. Most EOBs are consolidated and sent to you in a Monthly Member Health Statement rather than as single EOBs. Your BCBSAZ EOBs also will be available through the Member portal on www.azblue.com. An EOB shows services billed, whether the services are covered or not covered, the Allowed Amount and the application of cost-sharing amounts. Carefully review your EOB for any discrepancies or inconsistencies with the amounts your Provider actually collects from you or bills to you. If you paid more Cost Share than required for a covered Service, BCBSAZ may refund that amount to a network Provider, and the Provider will be
responsible for refunding you. Your EOB will show any refunds for Cost-share overpayments. BCBSAZ and/or any contracted vendors will also send your network Provider the information that appears on your EOB. This information is not sent to out-of-network Providers. Out-of-network Providers do not receive any written information on how much was paid on a claim or the reasons for how the claim processed. Save the EOB for your personal records. BCBSAZ or any contracted vendor may charge a fee for duplication of claims records.

Notice of Determination

If your request for Precertification is denied, or your claim is denied in whole or in part, you will receive a notice of adverse benefit determination. In most cases, your EOB or monthly statement will serve as the notice, and will:

- State the specific reason(s) for the adverse benefit decision (e.g., not covered because the Provider is ineligible or because services are not covered under this Benefit Plan);
- Reference the specific plan provision on which the determination is based;
- Describe additional material or information, if any, needed to perfect the claim and the reasons such material or information is necessary;
- Describe applicable grievance/appeal procedures;
- Disclose any internal rule, guideline, or protocol relied on in making the adverse determination (or state that such information is available free of charge upon request); and
- If the denial is based on medical necessity, experimental treatment or similar limit, explain the scientific or clinical judgment for the determination (or state the information will be provided free of charge upon request).

Pharmacy Prescriptions; Submission of Claims by Members

When you submit a prescription to a retail, mail order, or specialty pharmacy, it is possible that the pharmacy could tell you that you are not eligible for coverage, that your medication is not covered, or that you have to pay more for the medication than you think you should pay. If this happens, you can:

- Call the Pharmacy Benefit Customer Service number on your ID card for assistance, or
- Pay the pharmacy for the medication, and then submit a claim to BCBSAZ for reimbursement.

If you submit a claim to BCBSAZ, BCBSAZ will review your request to determine if you should be reimbursed for some or all of the money you paid to the pharmacy, and will send you an EOB. If BCBSAZ denies your claim, you will receive a document describing your appeal rights along with the EOB. Submitting a prescription to a pharmacy is not considered to be a claim and will not result in an EOB.

Coupons, patient assistance programs, and other discount programs are occasionally utilized by members, Providers, and pharmacies to reduce out-of-pocket Member costs associated with prescription medications. When coupons, patient assistance programs, or other discount programs are utilized to obtain a covered medication under your BCBSAZ “Pharmacy Benefit,” any cost sharing amounts paid by another person on behalf of the Member for a covered medication will be applied to the member’s deductible and Out-of-pocket Maximum if the medication is:

- A covered medication without a generic equivalent, or
- A covered medication with a generic equivalent and Member has obtained access to the covered medication drug through:
  - Precertification
  - Step Therapy
  - BCBSAZ Appeal Process

Time Period for Claim Decisions

Post-Service Claims: Within 30 days of receiving your claim for a Service that was already rendered, BCBSAZ will send you an EOB adjudicating the claim, or a notice that BCBSAZ has requested records needed to make a decision on your claim. If BCBSAZ cannot make a decision on your claim within 30 days, BCBSAZ may extend the initial processing time by 15 days by notifying you, within the initial 30-day period, of the need for an extension, the expected decision date, and any additional information that may be needed for the decision. You or your Provider will have at least 45 days to submit any requested information.

Pre-Service Claims: When you request coverage for a Service that has not yet been rendered (Precertification), BCBSAZ will make a Precertification decision within a reasonable time period considering the medical circumstances, but not later than 10 business days from receipt of the Precertification request. If BCBSAZ requires more time to make a Precertification decision, BCBSAZ may extend the time by an additional 15 days by notifying you, within the initial 10-day period of need for an extension, the expected
decision date, and any additional information needed for the decision. You and your Provider will have at least 45 days to submit any requested information.

Urgent Requests for Precertification

When your Provider submits an urgent Precertification request, a determination will be made as soon as possible, but no later than 72 hours after receipt of the request. Federal law defines an “urgent” medical situation as the following:

- One in which application of the “non-urgent” time periods could seriously jeopardize the member’s life, health or ability to regain maximum function, or
- One which, in the opinion of a Physician with knowledge of the member’s medical condition, would subject the Member to severe pain that cannot be adequately managed without the care or treatment that is the subject of the claim.

Concurrent Care Decisions

BCBSAZ may require that your Provider submit a plan of care. Based on that plan, BCBSAZ may precertify a certain number of visits or services over a certain period of time. You may request Precertification for additional periods of care. If your request involves urgent care and is made at least 24 hours prior to the expiration of the existing plan of care, BCBSAZ will make a determination as soon as possible in accordance with medical exigencies, but no later than 24 hours after receipt of the request. If your request is not made at least 24 hours prior to the expiration of the existing plan of care, BCBSAZ will make a determination as soon as possible in accordance with medical exigencies, but no later than 72 hours after receipt of the request. If Precertification is denied, you may appeal the denial in the same way you appeal any other coverage denial.
GENERAL PROVISIONS

Appeal and Grievance Process

Members may participate in BCBSAZ’s appeal and grievance processes, which are described in detail in the BCBSAZ Appeal and Grievance Guidelines, a separate document provided to you. You do not have to pay any fees or charges to file or pursue an appeal or grievance with BCBSAZ. You may obtain another copy of the BCBSAZ Appeal and Grievance Guidelines by visiting us at www.azblue.com or by calling Customer Service at the number on your ID card.

If you receive a bill from an out-of-network Provider for services provided at an in-network facility and want to dispute the amount of the bill, you may be able to initiate a dispute resolution process defined under Arizona law. This process is not available for all balance bills. To initiate the dispute resolution process or to appeal a denial of Precertification for urgently needed services you have not yet received, please call Customer Service at the number on your ID card.

Billing Limitations and Exceptions

When there is another source of payment, such as a liability insurer, in-network Providers may be entitled to collect any difference between the Allowed Amount and the provider’s Billed Charges from the other source or from proceeds received from the other source, pursuant to A.R.S. § 33-931. A.R.S. § 33-931 may give Providers medical lien rights independent of this Benefit Plan or any contract with BCBSAZ. BCBSAZ is not a party to any collection dispute that may arise under the provisions of A.R.S. § 33-931.

The provisions of this section do not constitute subrogation (reimbursement to the health plan from other payment sources). BCBSAZ does not subrogate. If you are represented by an attorney in a dispute concerning recovery for injuries or illness, please show this section of your book to your attorney.

Blue Cross and Blue Shield Association

You hereby expressly acknowledge and agree to the following:

i. This Benefit Plan constitutes a contract between the Group and BCBSAZ, which is an independent corporation operating under a license from the Blue Cross and Blue Shield Association (“Association”), an association of independent Blue Cross and Blue Shield plans, permitting BCBSAZ to use the Blue Cross and/or Blue Shield service marks in the state of Arizona;

ii. BCBSAZ is not contracting as the agent of the Association;

iii. In accepting the benefits of this plan, you are not relying on any representations by the Association or any other Blue Cross or Blue Shield plan, other than BCBSAZ; and

iv. You will not seek to hold the Association or any Blue Cross and Blue Shield plan other than BCBSAZ, accountable or liable for BCBSAZ’s obligations herein.

Broker Commissions

BCBSAZ sells products either directly or through independent licensed insurance brokers. Commission payments to brokers are one of the costs factored into premiums, but BCBSAZ’s premium calculation is not based on whether a product is sold directly or by a broker. BCBSAZ generally pays a commission to the broker of record or legal assignee designated by the broker until the insurance contract is terminated, the Group terminates its relationship with the broker and notifies BCBSAZ or the broker becomes ineligible for receipt of commissions. Brokers are required under their agreement with BCBSAZ to provide information on commission rates with BCBSAZ.

Claims Editing Procedures and Pricing Guidelines

BCBSAZ uses systems to verify benefits, eligibility, claims accuracy, and compliance with BCBSAZ coding and Pricing Guidelines and Evidence-based Criteria. BCBSAZ uses claims coding and editing logic to process claims and determine allowed amounts. BCBSAZ regularly updates its systems, claims and Pricing Guidelines and edits, and Evidence-based Criteria.

Identity Protection Services

Identity Protection Services are available to members of this plan. For more information, contact Customer Service at the number on your ID card.
Confidentiality and Release of Information

We have processes and systems to safeguard sensitive or confidential information and to release such information only in accordance with federal and state law. If you wish to authorize someone to have access to your information, you can download the Confidential Information Release Form (CIRF) from www.azblue.com or call Customer Service and request a hard copy of the CIRF form.

Court or Administrative Orders Concerning Dependent Children

When a Member is not the custodial parent of a child, but is required by a court or administrative order to provide health benefits to that child, BCBSAZ will provide benefit information to the custodial parent, permit the custodial parent to submit claims for the child, and make payments directly to the custodial parent, Provider, or state agency, as applicable.

Access to Information Concerning Dependent Children

BCBSAZ is not a party to domestic disputes. Parental disputes over dependent coverage and information must be resolved between the parents of the dependent child. Under Arizona law, both parents have equal rights of access to information about their children, unless there is a court order denying such access. Absent a copy of such order and subject to the Confidentiality provisions described above, BCBSAZ provides equal parental access to information.

Discretionary Authority

BCBSAZ has Discretionary Authority to determine extent of coverage under the terms of this Benefit Plan.

Provider Treatment Decisions and Disclaimer of Liability

While rendering services to you, in-network Providers are independent contractors and not employees, agents, or representatives of BCBSAZ. Their contracts with BCBSAZ address reimbursement and administrative policies. Each Provider exercises independent medical judgment in deciding what services to provide you and how to provide them. BCBSAZ's role is limited to administration of the benefits under this Benefit Plan. Your Provider may recommend services or treatment not covered under this Benefit Plan. You and your Provider should decide whether to proceed with a Service that is not covered. BCBSAZ has no control over any diagnosis, treatment, care, or other services rendered by any Provider and disclaims any and all liability for any loss or injury to you caused by any Provider by reason of the provider’s negligence, failure to provide treatment, or otherwise.

Lawsuits against BCBSAZ

BCBSAZ has an appeal process for resolving certain types of disputes with members. BCBSAZ encourages you to use the appeal process before filing a lawsuit, as issues can often be resolved when you give BCBSAZ more information through the appeal process.

Under Arizona’s Health Care Insurer Liability Act, before suing BCBSAZ, a Member must first either complete all available levels of the BCBSAZ appeal process or give BCBSAZ written notice of intent to sue at least 30 days before filing the lawsuit. The written notice must set forth the basis for the lawsuit and must be sent by certified mail to the following address:

Attn: Legal Department
Mail Stop: C300
Blue Cross Blue Shield of Arizona, Inc.
8220 N. 23rd Avenue
Phoenix, AZ 85021-4872

Failure to comply with these provisions may result in dismissal of the lawsuit. A Member must complete all applicable levels of appeal before bringing a lawsuit other than a suit filed pursuant to the Health Care Insurer Liability Act. Failure to complete the mandatory levels of the appeal process may result in dismissal of the lawsuit for failure to exhaust BCBSAZ’s administrative remedies. By providing this notice BCBSAZ does not waive, but expressly reserves all applicable defenses available under federal and Arizona law.
Legal Action and Applicable Law

This contract is governed by, construed, and enforced in accordance with applicable federal law and the laws of the state of Arizona, without regard to conflict of laws principles. This Benefit Book and the contract between BCBSAZ and the sponsor of your Group health Plan were issued in Arizona to a Group headquartered in Arizona.

Jurisdiction and Venue: Jurisdiction and venue for any Legal Action or other proceeding that arises out of or relates to the contract or this Benefit Plan shall be in any court of competent jurisdiction in the state of Arizona.

Lawsuits by BCBSAZ: Sometimes, BCBSAZ has an opportunity to join class action lawsuits, where third party payers (insurance companies) assert that an entity’s conduct resulted in higher payments by the insurance company than otherwise would have been required. BCBSAZ reviews these cases and makes a good faith decision based on the unique facts of each case whether to join the case. BCBSAZ may also bring lawsuits against vendors or other entities to recover various economic damages. When BCBSAZ participates as a plaintiff and recovers damages, those funds are not returned to individual members, but are instead retained by BCBSAZ to reduce overall administrative costs. This paragraph is not intended to limit or waive any claims BCBSAZ may have against any person or entity.

Non-Assignability of Benefits

The benefits contained in this plan, and any right to reimbursement or payment arising out of such benefits, are not assignable or transferable, in whole or in part, in any manner or to any extent, to any person or entity. You shall not sell, assign, pledge, transfer, or grant any interest in or to these benefits, or any right of reimbursement or payment arising out of these benefits, to any person or entity. Any such purported sale, assignment, pledge, transfer, or grant is not enforceable against BCBSAZ and imposes no duty or obligation on BCBSAZ. BCBSAZ will not honor any such purported sale, assignment, pledge, transfer, or grant.

Medicaid Reimbursement

Member acknowledges that state Medicaid agencies, including the Arizona Health Care Cost Containment System AHCCCS (collectively referred to as “Medicaid Agencies”) are considered payers of last resort for healthcare expenses of individuals who are Medicaid beneficiaries. Member further acknowledges that AHCCCS does, and other state Medicaid Agencies may, have a legal right to reimbursement of expenditures that the Medicaid Agencies have made on behalf of a Member who was also a Medicaid Beneficiary, not to exceed the lesser of the member’s benefits under this plan or the Medicaid Agencies’ payment. Member acknowledges and agrees that BCBSAZ shall reimburse Medicaid Agencies or their designees, for the health claims of a Member who was also a Medicaid Beneficiary on the date of Service, to the extent required by law.

Member Notices and Communications

BCBSAZ sends notices and other communications to members by U.S. mail to the last address on file with BCBSAZ Customer Service. BCBSAZ may also elect to send some notices and communications electronically if the Member has consented to electronic receipt. Notice is deemed complete when sent to the member’s last address of record, as follows: (1) on delivery, if hand-delivered; (2) if mailed, on the earlier of the day actually received by the Member or 5 days after deposit in the U.S. mail, postage prepaid; or (3) if transmitted electronically, on the earlier of the day of actual receipt or 24 hours after electronic transmission to the member’s email address of record.

Payments Made in Error

If BCBSAZ erroneously makes a payment or overpayment to you or on your behalf, BCBSAZ may obtain reimbursement from you or the Provider, or BCBSAZ may offset the amount owed against a future claim arising from any covered Service. Payments Made in Error by BCBSAZ do not constitute a waiver concerning the claim(s) at issue or of any right of BCBSAZ to deny payment for noncovered services.

Plan Amendment

There is no guarantee of continued benefits as outlined in this plan. This plan may be amended and benefits may be added, deleted, or changed upon notice to the Group and/or Contract Holder and/or participant or as required to comply with federal or state laws. Some mandated benefits or other plan provisions may be required or unavailable based on the size of the Group. At the time of renewal, if your Group changes size, it...
may result in loss of a benefit that is currently available, or inclusion of a benefit not currently available. Please review and retain this book, the Plan Attachment, any replacement books or attachments, any SBCs, all riders, amendments, and other communications concerning your coverage.

Retroactive Changes

BCBSAZ reserves the right to make certain retroactive amendments to this Benefit Plan, as may be permitted under applicable federal and state law. You will receive notice of any such amendments.

Prescription Medication Rebates

BCBSAZ receives rebate payments based on the volume and/or market share of pharmaceutical products used by BCBSAZ members. BCBSAZ participates in contracts with pharmaceutical manufacturers, pursuant to which BCBSAZ receives these rebate payments. These rebate contracts are subject to renegotiation and/or termination from time to time.

The rebates BCBSAZ receives on your prescription drug utilization are not reimbursable to you, including prescription costs applied to any Copay, deductible, Coinsurance calculation, or Out-of-pocket Maximum that may apply under your plan. You acknowledge and agree that BCBSAZ will keep all rebates.

Pharmacy rebates may cause the overall cost of a medication to fall below the amount you pay for that medication under the coverage described in this Benefit Plan. Other discount programs offered by a pharmacy may result in members of the public paying a lower cost for some medications than you pay under this Benefit Plan.

Provider Contractual Arrangements

The BCBSAZ Allowed Amount reflects any contractual arrangements negotiated with a Provider. Contractual arrangements vary based on many factors. For that reason, BCBSAZ network Providers have varying compensation levels based on the provider’s agreement to accept a certain reimbursement rate. This means that your in-network Cost Share for a particular Service can vary based on the in-network Provider you choose, because not all Providers have the same negotiated reimbursement rate for the same Service. For information on your estimated Cost Share for a particular Service, please call Customer Service at the number on your ID card. You will need to provide the name of the Provider and the diagnosis and procedure code to receive an estimated Cost Share. The estimated Cost Share is only an estimate and the actual Cost Share may vary from the estimated Cost Share based on factors such as the services actually performed and the place where the services are actually rendered.

Release of Records

Subject to federal or Arizona law, the Member agrees that BCBSAZ may obtain, from any Provider, insurance company or third party, all records or information relating to the member’s health, condition, treatment, prior health insurance claims, or health benefit program. A failure to provide records needed to adjudicate a claim can result in denial of the claim.

Cost of Records

In order to process your claims, BCBSAZ may need to obtain copies of your health records from your Provider. In-network Providers generally cannot charge you for providing BCBSAZ with health records. Noncontracted Providers have no contractual obligation to provide records to BCBSAZ free of charge. If you receive services from a noncontracted Provider who charges for record preparation or the cost of copies, you will need to arrange with your Provider to obtain any records required by BCBSAZ and pay any applicable fees.

Rescission of Coverage

In the event of fraud or intentional misrepresentation of material fact, coverage for any person ineligible to be on the Benefit Plan as described in the Group Master Contract will be rescinded, that is, as never having been in effect. Premiums paid for the coverage for the ineligible person will be refunded, minus any claims paid for that person. BCBSAZ is entitled to recover claim payments that exceed the amount of premium paid. Such rescission does not affect the coverage of those persons on the Benefit Plan who remain eligible for coverage.
BCBSAZ will give 30 days' written notice of its intent to rescind, during which time the person may protest the decision by writing to BCBSAZ at the address indicated in the notice and explaining why a rescission is not appropriate or allowable.

A member’s eligibility to enroll in the group’s health plan is not based on the member’s health status. An omission or intentional misrepresentation of health information in your application for Group coverage is not a basis for rescission of your Group coverage.

Statement of ERISA Rights
(Does not apply to government plans, church plans or other non-ERISA qualified plans)

As a Member of a Group health insurance Benefit Plan, you are entitled to certain rights and protections under ERISA. For purposes of ERISA, your Group is the “Plan Administrator.” BCBSAZ is not the Plan Administrator. ERISA provides that all members shall be entitled to:

• Receive information about your plan and benefits
Under ERISA, you are entitled to examine, without charge, at the plan administrator’s office and other locations, such as worksites and union halls, all documents governing the plan that are available from the Plan Administrator, including insurance contracts and collective bargaining agreements and a copy of the latest annual report (Form 5500 Series) filed by the plan with the U.S. Department of Labor and available at the Public Disclosure Room of the Employee Benefits Security Administration. Upon written request to the Plan Administrator, you may obtain copies of the plan documents, including insurance contracts, collective bargaining agreements, the latest annual report (Form 5500 Series), and an updated summary plan description. The Plan Administrator may charge you for the copies.

• Continue Group health plan coverage
COBRA is the term we use for federal and state laws that regulate continuation of healthcare coverage for you, your spouse, or Dependents if there is a loss of coverage under the plan as a result of a qualifying event. Unless you have an agreement with your employer to pay your COBRA premiums, you or your Dependents will be responsible for full payment of the premium to continue coverage under your Group plan. Review your Benefit Book and talk to your benefits administrator about your COBRA continuation coverage rights.

• Prudent actions by Plan Fiduciaries
In addition to creating certain rights for Group members, ERISA also imposes certain duties on the “Plan Fiduciaries,” those responsible for administration of the health plan. The Plan Fiduciaries have a duty to operate the plan prudently and in the interest of you and other members.

• Enforce your rights
No one, including your employer, your union or any other person, may fire you or otherwise discriminate against you in any way to prevent you from obtaining a benefit or exercising your rights under ERISA. If your claim for a benefit is denied in whole or in part, you have a right to know why it was denied, obtain copies of documents related to the decision (at no charge), and appeal any denial, all within the time periods required by ERISA.

Under ERISA, there are steps you can take to enforce the above rights. For instance, if you request a copy of plan documents or the latest annual report from the plan and do not receive them within 30 days, you may file suit in a federal court. In such a case, the court may require the Plan Administrator to provide the materials and pay you up to $110 a day until you receive the materials, unless the materials were not sent because of reasons beyond the control of the administrator. If you have a claim for benefits which is denied or ignored, in whole or in part, you may file suit in a federal or state court. In addition, if you disagree with the plan’s decision or lack thereof concerning the qualified status of a domestic relations order or a medical child support order, you may file suit in federal court. If it should happen that Plan Fiduciaries misuse the plan’s money or if you are discriminated against for asserting your rights, you may seek assistance from the U.S. Department of Labor or you may file suit in a federal court. The court will decide who should pay court costs and legal fees. If you are successful, the court may order the person you have sued to pay these costs and fees. If you lose, the court may order you to pay these costs and fees, for example, if it finds your claim is frivolous.

• Assistance with your questions
If you have any questions about your plan, you should contact the Plan Administrator. If you have any questions about this statement or about your rights under ERISA or if you need assistance in obtaining documents from the Plan Administrator, you should contact the nearest office of the Employee Benefits Security Administration, U.S. Department of Labor, listed in your telephone directory or the Division of
Third-Party Beneficiaries

The provisions of this Benefit Plan are only for the benefit of those covered under this plan. Except as may be expressly set forth in this book, no third party may seek to enforce or benefit from any provisions of this Benefit Plan.

Your Right to Information; Availability of Notice of Privacy Practices

You have the right to inspect and copy your information and records maintained by BCBSAZ, with some limited exceptions required by law. If you choose to review your Medical Records in person, BCBSAZ will require a reasonable amount of time to research and retrieve the records before scheduling a time with you to review the records.

The BCBSAZ “Notice of Privacy Practices” describes how BCBSAZ may use and disclose your information to administer your health plan. It also describes some of your individual rights and BCBSAZ’s responsibilities under federal privacy regulations. BCBSAZ mails a copy of this Notice of Privacy Practices to your address shortly after you enroll for coverage with BCBSAZ.

You can also view the “Notice of Privacy Practices” by visiting the BCBSAZ website, www.azblue.com, and clicking on the “Legal” link at the bottom of the home page. If you would like BCBSAZ to mail you another copy of the “Notice of Privacy Practices,” please call the Customer Service number on your ID card, or call (602) 864-4400 or (800) 232-2345 to make your request.
**Changes to Your Information**

If you do not tell us about changes, correspondence from BCBSAZ may not reach you in a timely manner. Also, you may have to reimburse BCBSAZ for claims payments we make on behalf of you or your Dependents, if you or your Dependents became ineligible but incurred claims before you gave us notice. You may also have to pay costs incurred by BCBSAZ for collection of claims payments made after you or your Dependents became ineligible.

Notify BCBSAZ Customer Service about changes to the following:

- A disabled dependent age 26 or older who is no longer disabled
- Eligibility of you or your Dependents for Arizona Health Care Cost Containment System (AHCCCS) or other Medicaid coverage during the term of this contract
- Eligibility of you or your Dependents for Basic Health Plan (BHP) coverage during the term of this contract
- Eligibility of you or your Dependents for individual coverage purchased through a federal or state Exchange
- Eligibility of you or your Dependents for Medicare during the term of this contract
- Eligibility of you or your Dependents for the Children’s Health Insurance Program (CHIP) coverage during the term of this contract
- Individuals being added to the Benefit Plan: spouse, newborns, adopted children, children placed for adoption, stepchildren
- Individuals removed from the Benefit Plan due to divorce or death
- Other medical coverage that you or your Dependents add or lose, including any changes in benefits
- Your mailing address or phone number

**Coordination of Benefits (COB)**

If you are eligible for benefits under another Group health plan, and the other Group plan is the primary payer, then the combined benefit payments from all coverages will not exceed the greater of the primary payer’s or BCBSAZ’s Allowed Amount.

If your other Group health insurance does not include a COB provision, the other Group coverage pays first. If your other Group health insurance provides for COB, the following rules will be used to determine which coverage will pay first:

- If the person who received care is covered as an active Employee under one Benefit Plan and as a dependent under another, the Employee coverage pays first.
- If the person who receives care is a dependent child, then the plan benefits of the parent whose birthday occurred earlier in a calendar year shall cover the child first.
- If both parents have the same birthday, the benefits of the plan that covered a parent longer shall cover a dependent child first.
- If the dependent child’s parents are legally separated or divorced, the following applies:
  - If there is no applicable court decree, the custodial parent’s coverage pays first. If the custodial parent has remarried, the stepparent’s coverage pays second. The noncustodial parent’s coverage pays last.
  - If the parents have joint custody, the plan benefits of the parent whose birthday occurred earlier in a calendar year pays first.
  - If a court decree specifies the parent who is financially responsible for the child’s healthcare expenses, the specified parent’s coverage pays first.
- If the person who receives care is covered as an active Employee under one Benefit Plan and as an inactive Employee under another, the coverage through active employment pays first.
- If one of the plans determines the order of benefits based upon the gender of a parent and as a result, the plans do not agree on the order of benefit determination, the plan with the gender rule shall determine the order of benefits.

When none of the above applies, the coverage you have had for the longest continuous period of time pays first (see “Non-Duplication of Benefits”).

If you have coverage under Medicare, Medicare guidelines will be used to determine the primary payer. If the Provider accepts assignment from Medicare, the combined payments by Medicare and BCBSAZ will not exceed the Medicare Allowed Amount. If the Provider does not accept assignment from Medicare the combined payments by Medicare and BCBSAZ will not exceed the provider’s Billed Charges. If the Provider opts-out of Medicare, BCBSAZ is the primary payer.
BCBSAZ does not coordinate benefits for services covered by the “Pharmacy Benefit.” For this benefit, BCBSAZ will pay primary, without regard to the member’s other coverage.

**Non-Duplication of Benefits**

If services are covered under this Benefit Plan and one or more other Group benefit plans that are issued or administered by BCBSAZ, the rules described above in “Coordination of Benefits” will be used to determine which coverage pays first. Payment of the claim will be subject to all applicable deductibles, Coinsurance, and copays. The combined benefit payments will not exceed the amount that BCBSAZ would have paid if you had no other coverage.

If services are covered under this Benefit Plan and one or more BCBSAZ individual contracts, benefits will be paid first under the individual contract. Payment of the claim will be subject to all applicable deductibles, Coinsurance, and copays. The combined benefit payments will not exceed 100 percent of the amount BCBSAZ would have paid if you had no other coverage. BCBSAZ does not coordinate benefits with non-group coverage provided by an insurance plan other than BCBSAZ. BCBSAZ does not coordinate benefits for services covered by the “Pharmacy Benefit.” For this benefit, BCBSAZ will pay primary, without regard to the member’s other coverage.

**Definitions Related to Plan Administration**

“Dependents” are the following individuals: (1) the contract holder's spouse under a legally valid existing marriage; and (2) the contract holder’s children or the children of the contract holder’s spouse, including natural children, legally adopted children, stepchildren, children placed for adoption, children under legal guardianship substantiated by a court order, children who are entitled to coverage under a medical support order.

“Disabled Dependent Child” is a child who has reached age 26 and who meets criteria for coverage under this plan described in “Eligibility Requirements,” below.

“Employee” refers to the person eligible for this Benefit Plan because of his/her employment relationship or affiliation to the Group. An Employee is also the Contract Holder under this plan.

“Group” refers to the employer or other entity to which a Group Master Contract is issued by BCBSAZ.

“Open Enrollment” is an annual period during which the Contract Holder and Dependents are eligible to enroll for coverage or change Benefit Plan options. Your group’s Plan Administrator will notify the Contract Holder of the group’s Open Enrollment period. Contract holders and/or any Dependents can change benefit plans only during an Open Enrollment period, except as set forth in this Benefit Book or as allowed under Applicable Law.

**Eligibility Requirements**

- **Contract Holder** – A Contract Holder becomes eligible to enroll for coverage after meeting the group’s Eligibility Requirements outlined in the Group Master Contract.

- **Children** – Children are eligible for dependent coverage until their 26th birthday.

- **Disabled Dependent Child** – A child who has reached age 26 may continue coverage as a dependent under this plan if the child is otherwise eligible for the plan and meets all of the following criteria:
  - Has been covered under this plan up to the day he or she is no longer eligible for coverage based on the age limit(s) specified in this plan;
  - Is totally disabled due to a continuous physical or mental/behavioral impairment or condition, as defined in current Evidence-based Criteria, on the date the dependent reaches age 26; and
  - Is dependent on the Contract Holder for maintenance and support, as determined by BCBSAZ criteria.

Medical reports, acceptable to BCBSAZ, must substantiate the incapacity and must be submitted by the Contract Holder within 31 days of the date such child reaches age 26. The child's eligibility to continue this coverage as a dependent under this plan is subject to periodic review by BCBSAZ.

BCBSAZ will determine whether your child meets disability criteria in its sole and absolute discretion and will provide a copy of the criteria used to make this decision upon request. A Contract Holder has an
affirmative obligation to inform BCBSAZ if the child’s disability ceases. Cessation of the child’s disability or dependency will terminate the child’s coverage as a dependent under this plan.

Effective Date of Coverage

• **Contract Holder** – A contract holder’s Effective Date of Coverage will be either the date the Contract Holder becomes eligible to enroll or the first billing date after the Contract Holder becomes eligible to enroll as determined by the Group, as long as the Contract Holder completes the application process within 31 days of becoming eligible.

• **Dependent** – Dependent coverage is available only if an eligible Contract Holder has enrolled for coverage. Eligible Dependents will have the same effective date as the Contract Holder if they are included on the application at the time the Contract Holder first enrolls. If the Contract Holder and/or Dependents do not enroll when first eligible, the Contract Holder and/or Dependents may only apply for coverage at the group’s annual Open Enrollment period, except as stated in “Special Enrollment Periods” or if court-ordered. The Effective Date of Coverage for an application made during an Open Enrollment period is the group’s anniversary date following that Open Enrollment period.

• **Spouse** – The effective date for a new spouse is the date of marriage, if the Contract Holder completes an application within 31 days of that date; otherwise, the spouse may not enroll until the next Open Enrollment period, unless he or she qualifies under “Special Enrollment Periods.”

• **Newborn/Adopted Child/Child Placed for Adoption** – A child is automatically eligible for coverage for the first 31 days after the date of birth, adoption or placement for adoption, so long as the parent or guardian covered under this Benefit Plan remains eligible for coverage during that period and the newborn or child adopted or placed for adoption is otherwise an eligible dependent under this Benefit Plan. BCBSAZ will continue coverage for the child after the 31 day period and the Contract Holder will be responsible for any additional premium, unless the Contract Holder notifies BCBSAZ in writing to remove the newborn or adopted child from this Benefit Plan. Even if no additional premium is required (e.g., you already have family coverage), the Contract Holder must notify BCBSAZ in writing to remove the child from the Benefit Plan Contact Customer Service at the number on your ID card to receive a BCBSAZ adoption packet.

• **Other Children** – The effective date for a dependent child who is not a newborn child, adopted child or a child placed for adoption (as described above) shall be the date the child becomes an eligible dependent, as long as the Contract Holder completes an application to add the child within 31 days of that date. If an application is not completed within 31 days, the child may not enroll until the next Open Enrollment period, unless the child qualifies under “Special Enrollment Periods.”

Loss of Eligibility

**Contract Holder eligibility ends on the following days:**

• The last day for which the Contract Holder was entitled to receive compensation from the Group, regardless of the date such compensation is actually paid and for which BCBSAZ has received payment from the Group.
• The date on which an approved Leave of Absence expires, if the Contract Holder fails to return to active employment.
• The date of death.
• The date on which the Group and/or Contract Holder fails to pay premium and any grace period available under Applicable Law is exhausted.

**Dependent eligibility ends on the following days:**

• For a dependent spouse and any children of that spouse who are not the birth or adopted children of the Contract Holder, the date the final divorce decree is effective.
• The date a child turns age 26, if the child is not a disabled child.
• The date disability or dependency ceases for a disabled child over age 26.
• The date a child covered by a medical support order is no longer eligible under the court order or administrative order.
• The end of the month the contract holder’s death occurs.
• The date the dependent’s death occurs.

Some groups have up to 31 days to notify BCBSAZ that a Contract Holder or dependent has become ineligible. Until BCBSAZ receives notice and processes the termination of eligibility, BCBSAZ may quote benefits, give Precertification or pay claims that ultimately will be recouped from members or Providers, if it is later determined the Member was ineligible on the date services were received. Such benefit quotations or
precertifications become null and void, regardless of whether the Group has notified the Contract Holder that eligibility terminated.

**Special Enrollment Periods**

A Special Enrollment Period is available for the following qualifying events, as applicable to the individual seeking coverage when such individual requests coverage under this Benefit Plan by completing an application within 31 days of the loss of other coverage:

- A dependent child ceases to be a dependent child under the generally applicable requirement of the plan.
- A person exhausts a lifetime maximum on all benefits under the other policy or plan (qualifying event is denial of claim due to operation of a lifetime maximum)
- A person gains a dependent or becomes a dependent through marriage, birth, adoption or placement for adoption
- A person has coverage through his or her spouse and a divorce or legal separation occurs
- A person has coverage through his or her spouse and the spouse dies
- A person loses minimum essential coverage, as that term is defined in Applicable Law
- A person no longer lives, resides or works in the other plan’s service area and no other Benefit Plan is available to that person
- A proceeding in a case under title 11, commencing on or after July 1, 1986, with respect to the employer from whose employment the covered Employee retired at any time
- Exhaustion of a person’s COBRA coverage
- Termination of the covered employee’s eligibility for coverage
- Termination of the employer’s contribution toward coverage
- The covered Employee becomes entitled to Medicare
- The covered Employee is employed by an employer that offers multiple health benefit plans and the covered Employee elects a different plan during Open Enrollment
- The covered employee’s employer terminates coverage
- The death of the covered Employee
- The divorce or legal separation of the covered Employee from the covered employee’s spouse.
- The termination (other than by reason of the employee’s gross misconduct), or reduction of hours, of the covered employee’s employment

A Special Enrollment Period is available for the following qualifying events, as applicable to the individual seeking coverage when such individual requests coverage under this Benefit Plan by completing an application within 60 days of the loss of other coverage:

- A person loses eligibility for Medicaid or the Children’s Health Insurance Program (CHIP)
- A person received receives notice that he or she is eligible for a Medicaid or CHIP premium assistance subsidy
- Any other special enrollment rights available under applicable federal or state law

**Termination of Coverage**

**Reasons for Termination**

The Contract Holder and/or any dependents’ coverage under this Benefit Plan may terminate for the following reasons, including but not limited to:

- Coverage for the Contract Holder and/or Dependents is rescinded
- Nonpayment of premiums by the Group and/or Contract Holder, after expiration of any applicable grace period available under Applicable Law
- The Contract Holder and/or any Dependent(s) die
- The Contract Holder and/or Dependent(s) request Termination of Coverage

**Termination Date of Coverage**

BCBSAZ will notify the Group and/or the Contract Holder of any termination dates of coverage for the Contract Holder and/or any Dependents. The Contract Holder and/or dependents’ coverage ends no later than the date the Group Master Contract terminates. If the contract holder’s coverage terminates, coverage for all Dependents also terminates on the same day.

**Benefits After Termination**

Except as described below, you have no coverage on and after the date coverage ends, regardless of the reason for termination. This applies even if the expense was incurred because of an accident, injury or illness
that occurred or existed while this coverage was in effect (except as described below under disability extension of benefits).

Continuation of Coverage

Under Applicable Law, it is the group's responsibility, to inform employees and Dependents of the availability, terms, and conditions of continuation of coverage available under COBRA. COBRA laws require most employers that sponsor a Group health plan to offer employees and their covered Dependents the opportunity for a temporary extension of health coverage (called “continuation coverage”) at Group rates in certain instances where coverage under the plan would otherwise end. You must check with your Plan Administrator to determine if you qualify for continuation coverage.

Continuation of coverage is available when an Employee is absent from employment by reason of service in the uniformed services, as defined by applicable federal law. You must check with your Plan Administrator to determine if you qualify for continuation coverage.

Disability Extension of Benefits

BCBSAZ determines total disability in its sole and absolute discretion and will provide a copy of the Evidence-based Criteria used to make this decision upon request. Eligibility to continue coverage for a disabling condition is subject to periodic review by BCBSAZ.

• **Group discontinuation:** If you are totally disabled on the date that the Group discontinues coverage through BCBSAZ, medical expense benefits will continue, for the disabling condition only, for a period not to exceed 12 months from the date of termination. To ensure an orderly extension of benefits and timely processing of your claims, it is important to provide BCBSAZ with written notice of the disabling condition no later than 31 days after such termination. You do not waive your right to extended benefits if you do not notify BCBSAZ; however, BCBSAZ cannot pay claims until notice is received.

When you provide notice, you will be required to also provide reports satisfactory to BCBSAZ that show the date of your termination, the condition that resulted in you becoming totally disabled and that you have been totally disabled from that condition from the time of such termination. You are eligible for this extension of benefits whether covered as an active Employee, the dependent of an active Employee or a qualified COBRA beneficiary on the date the Group discontinues coverage through BCBSAZ.

• **Individual termination:** If you are totally disabled on the date your coverage terminates under this Benefit Plan, medical expense benefits will continue, for the disabling condition only, for a period not to exceed 12 months from the date of termination. You do not waive your right to extended benefits if you do not notify BCBSAZ; however, BCBSAZ cannot pay claims until notice is received.

When you provide notice, you will also be required to provide reports satisfactory to BCBSAZ that show the date of your termination, the condition that resulted in you becoming totally disabled and that you have been totally disabled from that condition from the time of such termination.

If you are eligible for an extension of benefits because of an individual termination as described above and you elect continuation coverage under COBRA, the extension of benefits shall run concurrently with your continuation coverage under COBRA, until the 12-month extension of benefits period is exhausted. Because these provisions run concurrently, please contact your employer before making any changes to or terminating your COBRA continuation coverage.

An extension of benefits ends when you are no longer totally disabled, or become eligible for, or covered under, any other Group Benefit Plan with like benefits.

Conversion Coverage

If your coverage under this Benefit Plan ends for any reason other than the Group changing carriers or administrators, and you maintain your permanent residence in Arizona, you may apply for an individual conversion contract offered by BCBSAZ.

BCBSAZ must receive your written application for a conversion contract within 31 days of your termination from this Benefit Plan. You may also apply for conversion coverage when your continuation coverage under COBRA expires, provided the Group Master Contract is still in force.
Leave of Absence

If a Contract Holder takes a Leave of Absence, the Group may continue coverage for the Contract Holder and/or any Dependents for up to 90 days, subject to payment of applicable amounts due. BCBSAZ will also continue coverage for members during any Leave of Absence the Group is required to provide by applicable federal or state law, including the Family and Medical Leave Act of 1993 and any amendments or successor provisions. If the Contract Holder returns to active employment by the end of the Leave of Absence period, coverage under this Benefit Plan will continue for the Contract Holder and covered Dependents, so long as the Group maintains coverage with BCBSAZ. If not, the Contract Holder will cease to be eligible and coverage for the Contract Holder and Dependent(s) will terminate as described in “Termination of Coverage.”

Medical Support Orders

Coverage is available to a child of the Contract Holder in accordance with any court order or administrative order issued by a court of competent jurisdiction that requires the Contract Holder to provide health benefits coverage for such child. The order must clearly specify the name of the Contract Holder, the name and birth date of each child covered by the order and the time period to which the order applies.

Following receipt of the above information from the Group, BCBSAZ will add the child to the contract holder’s coverage, subject to BCBSAZ’s guidelines for adding dependent children, as outlined above. If the Contract Holder does not have family coverage, the Contract Holder is required to enroll for family coverage and pay any additional required premium.

Benefit-Specific Eligibility

Under the following limited circumstances, a nonmember may be eligible to receive benefits under this plan:

• If a transplant recipient is covered by BCBSAZ and the donor is not a Member, the donor may be eligible for limited benefits (see benefit description for “Transplants – Organ – Tissue – Bone Marrow Transplants and Stem Cell Procedures”).

• If a non-member is pregnant with a baby that is to be adopted by a BCBSAZ Member, the non-member may be eligible for Maternity benefits under the following circumstances:
  ♦ The child is adopted by a BCBSAZ Member within 1 year of birth;
  ♦ The Member is legally obligated to pay the costs of birth; and
  ♦ The Member notified BCBSAZ that a court has certified the Member as acceptable to adopt within 60 days of the court order or the effective date of this plan, whichever occurs later.

This benefit is considered secondary to any other coverage available to the birth mother.
DESCRIPTION OF BENEFITS

Please review this section for an explanation of Covered Services and benefit-specific limitations and exclusions. Also be sure to review the information about Covered Services in “Understanding the Basics” and refer to “What is Not Covered” for general exclusions and limitations that apply to all benefits. BCBSAZ does not determine whether a Service is covered under this Benefit Plan until after services are provided and BCBSAZ receives a complete claim describing the services actually provided.

A. AMBULANCE SERVICES

Benefit Description: All factors for coverage are determined by BCBSAZ at its sole and absolute discretion. Benefits are available for:

• Air or water ambulance transportation to the nearest facility capable of providing appropriate treatment when the emergency, accident, or acute illness occurs in an area inaccessible by ground vehicles or transport by ground ambulance would be harmful to the member’s medical condition; or

• Ground ambulance transportation from the site of an emergency, accident, or acute illness to the nearest facility capable of providing appropriate treatment; or

• Interfacility ground, water, or air ambulance transfer for admission to a facility when the transferring facility is unable to provide the level of Service required.

Benefit-Specific Exclusions:

• Air ambulance transfers to any facility that is not an acute care facility, such as a skilled nursing facility or an extended active rehabilitation facility.

• All other expenses for travel and transportation are not covered, except for the benefits described in “Transplant and Gene Therapy Travel and Lodging.”

B. BEHAVIORAL AND MENTAL HEALTH SERVICES (Including Chemical Dependency or Substance Abuse Treatment)

B.1.1 Inpatient Hospital

Changing Types of Inpatient Care: Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

Benefit Description: Benefits are available for:

• Diagnostic testing
• Intensive care units and other special care units
• Medications, biologicals and solutions
• Room and board in a semi-private room or a standard private room (not deluxe) if the hospital only has private rooms or if a private room is Medically Necessary
• Treatment and recovery rooms and equipment for Covered Services

B.1.2 Sub-Acute Inpatient Behavioral Health Hospitalization (including Residential Treatment)

Changing Types of Inpatient Care (applicable to B.1.1 and B.1.2 above): Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

Benefit Description: Benefits are available for:

• Diagnostic testing
• Medications, biologicals and solutions
• Room and board in a semi-private room or a standard private room (not deluxe) if the facility only has private rooms or if a private room is Medically Necessary
• Treatment and recovery rooms and equipment for Covered Services
Benefits are available for inpatient Behavioral and Mental Health Services that meet all the following criteria:

- A Physician or registered nurse practitioner is present on the premises of the facility or on-call at all times;
- The facility has 24/7 onsite RN coverage;
- The facility has sufficient behavioral or mental health professional staff to provide appropriate treatment;
- The facility is licensed to provide Behavioral Health Services to patients who require 24-hour skilled care and have the ability to achieve treatment goals in a reasonable period of time;
- The facility’s designated clinical director is a behavioral health professional and provides direction for the Behavioral Health Services provided at the facility;
- The facility’s designated medical director is a Physician or registered nurse practitioner and provides direction for physical health services provided at the facility; and
- The services meet the BCBSAZ Medical Necessity Criteria for inpatient level of care.

Benefit-Specific Exclusions:

- Activity therapy and milieu therapy including community immersion or integration, home independence, and work re-entry therapy or any care intended to assist an individual in the activities of daily living or for comfort and convenience
- Services rendered after a Member has met functional goals and no objectively measurable improvement is reasonably anticipated, as determined by BCBSAZ

Benefit-Specific Exclusions (applicable to B.1.1 and B.1.2 above):

- Domiciliary Care
- Medications dispensed at the time of discharge from an inpatient facility
- Private duty nursing
- Respite Care

B.2 Outpatient Facility and Professional Services

Benefit Description: Non-emergency outpatient Behavioral and Mental Health Services are available. Those services include psychotherapy, outpatient therapy for chemical dependency or substance abuse, diagnostic office visits, certain office visits for monitoring of behavioral health conditions or medications, intensive Outpatient Services, counseling for personal and family problems, electroconvulsive therapy (ECT), and partial hospitalization.

B.3 Behavioral Therapy Services for the Treatment of Autism Spectrum Disorder

Benefit-Specific Definitions: “Autism Spectrum Disorder” means Autistic Disorder, Asperger’s Syndrome, or Pervasive Developmental Disorder (not otherwise specified), as defined in current Evidence-based Criteria and referenced in the most current version of the Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association.

“Behavioral Therapy” means interactive therapies derived from evidence-based research, including applied behavior analysis, which includes discrete trial training, pivotal response training, intensive intervention programs, and early intensive behavioral intervention.

Benefit Description: Behavioral Therapy services for the treatment of Autism Spectrum Disorder are available for members who have been diagnosed with Autism Spectrum Disorder. Covered Behavioral Therapy services must be delivered by a Provider who is licensed or certified as required by law.

Benefit-Specific Exclusions (applicable to all Behavioral and Mental Health Services):

- Activity therapy, milieu therapy and any care primarily intended to assist an individual in the activities of daily living
- Biofeedback and hypnotherapy
- Custodial Care
- Development of a learning plan and treatment and education for learning disabilities (such as reading and arithmetic disorders)
- Inpatient and outpatient facility charges for treatment provided by the following facilities: group homes, wilderness programs, boarding schools, halfway houses, assisted living centers, shelters, or foster homes
- IQ testing
- Lifestyle and work-related education and training, and management services
• Neurofeedback
• Sensory integration and music therapy
• Services rendered after a Member has met functional goals and no objectively measurable improvement is reasonably anticipated, as determined by BCBSAZ

C. CARDIAC AND PULMONARY REHABILITATION – OUTPATIENT SERVICES

Benefit Description: Benefits are available for outpatient Phase 1 and 2 Cardiac Rehabilitation programs and Pulmonary Rehabilitation services.

D. CATARACT SURGERY AND KERATOCONUS

Benefit Description: Benefits are available for the removal of cataracts, including placement of a single intraocular lens at the time of the cataract removal. Benefits also are available for the first pair of external contact lenses or eyeglasses post-Cataract Surgery and for the first pair of contact lenses for treatment of Keratoconus.

Benefit-Specific Exclusion: Procedures associated with Cataract Surgery that are not included in the benefit description, including replacement, piggyback, or secondary intraocular lenses, and any other treatments or devices for refractive correction.

E. CHIROPRACTIC SERVICES

Benefit Description: Benefits are available for Chiropractic Services.

Benefit-Specific Exclusion: Maintenance or preventive treatment consisting of routine, long term or non-medically appropriate care provided to prevent reoccurrences or to maintain the patient’s current status.

F. CLINICAL TRIALS

Benefit-Specific Definition: “Approved Clinical Trial” means a Phase 1, 2, 3, or 4 clinical trial conducted for the prevention, detection, or treatment of cancer or other life-threatening disease or condition and also approved or funded by at least one of the following:
• The National Institutes of Health (NIH), including a NIH health cooperative group or center or a qualified research entity that meets the criteria established by NIH for grant eligibility
• Food and Drug Administration (FDA) reviewed investigational new drug application
• The U.S. Department of Defense
• The U.S. Department of Veterans Affairs
• A panel of qualified, recognized clinical research experts within an Arizona academic health institution

Benefit Description: Benefits are available for Covered Services directly associated with an Approved Clinical Trial meeting all requirements specified by applicable federal and Arizona law. Benefits are limited to those services covered under this plan that would be required if you received standard, non-investigational treatment. Services may include laboratory, radiology, and Physician Services, medical diagnostic and/or surgical procedures.

For services associated with an Approved Clinical Trial to be covered, you or your Provider must inform BCBSAZ that you are enrolled in a clinical trial, that the trial meets the requirements of Applicable Law, and that the services to be rendered are directly associated with the trial. Otherwise, BCBSAZ only covers Clinical Trials as required by law and will administer your benefits according to the other terms of your Benefit Plan, which may result in a denial of benefits. If you have any questions about whether a particular Service is covered, please call Customer Service at the number on your ID card.

Benefit-Specific Exclusions:
• Any item, device, or Service that is the subject of the clinical study, or which is provided solely to meet the need for data collection and analysis
• Clinical Trials not required by law to be covered
• Costs and services customarily paid for by government, biotechnical, pharmaceutical, and medical device industry sources
• Costs related to Clinical Trials that do not meet the applicable requirements
• Costs to manage the clinical trial research
• Investigational medications (except as stated in “Prescription Medications for the Treatment of Cancer”) and devices
• Non-health services that might be required for treatment or intervention, such as travel and transportation and lodging expenses
• Services not otherwise covered under this plan

G. DENTAL SERVICES – MEDICAL

Not all dentists who are contracted with BCBSAZ are contracted to provide medical-related Dental Services. Call Customer Service at the number on your ID card with questions.

G.1 Dental Accident Services

Benefit-Specific Definitions: “Accidental Dental Injury” is an injury to the structures of the teeth that is caused by an external force or element such as a blow or fall. An injury to a tooth while chewing is not considered an Accidental Dental Injury, even if the injury is due to chewing on a foreign object.

A “Sound Tooth” is a tooth that is:
• Whole or virgin; or
• Restored with amalgam (silver filling) or composite resin (tooth-colored filling) or restored by cast metal, ceramic/resin-to-metal or laboratory processed resin/porcelain restorations (crowns); and
• Without current periodontal (tissue supporting the tooth) disease or current endodontal (tooth pulp or root) disease; and
• Not in need of the treatment provided for any reason other than as the result of an Accidental Dental Injury.

Benefit Description: Benefits are available only for the following services to repair or replace a Sound Tooth damaged or lost by an Accidental Dental Injury:
• Extraction of teeth damaged as a result of Accidental Dental Injury
• Original placement of fixed or removable complete or partial dentures
• Original placement, repair, or replacement of crowns
• Original placement, repair, or replacement of veneers
• Orthodontic services directly related to a covered accidental injury

Benefit-Specific Exclusions:
• Gold foil restorations or inlays
• Occlusal rehabilitation and reconstruction
• Original placement, repair, or replacement of dental implants and any related services
• Repair and replacement of fixed or removable complete or partial dentures
• Routine dental care
• Routine extractions

G.2 Dental Services Required for Medical Procedures

Benefit Description: Benefits are available for Dental Services required to perform the medical services listed in this benefit. These Dental Services may either be part of the medical procedure or may be performed in conjunction with and made Medically Necessary solely because of the medical procedure:
• Diagnostic services prior to planned organ or stem cell transplant procedures
• Removal of teeth required for covered treatment of head and neck cancer or osteomyelitis of the jaw
• Restoration of teeth made Medically Necessary because of the covered treatment of head and neck cancer or osteomyelitis of the jaw

Benefit-Specific Exclusions:
• Dental implants and any related services
• Gold foil restorations and inlays
• Occlusal rehabilitation and reconstruction
• Orthodontic services
• Repair and replacement of fixed or removable complete or partial dentures
• Routine dental care
• Routine extractions
G.3 Medical Services Required for Dental Procedures (Facility and Professional Anesthesia Charges)

**Benefit Description:** Benefits are available for facility and professional anesthesiologist charges incurred to perform Dental Services under anesthesia in an inpatient or outpatient facility for a patient having one or more of the following concurrent or co-morbid conditions:

- Children 5 years or younger who, in the opinion of the treating dental Provider, cannot be safely treated in the dental office
- Dental extractions due to cancer related conditions
- Diabetes
- Heart problems
- Hemophilia
- Malignant hypertension
- Mental retardation
- Other conditions that could increase the danger of anesthesia
- Probability of allergic reaction
- Senility or dementia
- Uncontrolled seizure disorder
- Unstable cardiovascular condition
- Other conditions for which these services are required by federal or state law to be covered

H. DURABLE MEDICAL EQUIPMENT (DME), MEDICAL SUPPLIES, AND PROSTHETIC APPLIANCES AND ORTHOTICS

**Benefit-Specific Maximums:**

- Benefits are limited to 1 unit or 1 pair of Prosthetic Appliances and Orthotics per Member, per calendar year. This limit does not apply to claims submitted with a primary mental health and/or substance abuse diagnosis.
- Benefits are limited to 1 breast pump and breast pump supplies per Member, per calendar year. This limit does not apply to claims submitted with a primary mental health and/or substance abuse diagnosis.

H.1 DME

**Benefit Description:** To be eligible for coverage, DME must meet all of the following criteria:

- Be designed for appropriate use in the home setting;
- Be specifically designed to improve or support the function of a body part;
- Cannot be primarily useful to a person in the absence of an illness or injury; and
- Intended to prevent further deterioration of the medical condition for which the equipment has been prescribed.

Benefits are available for DME rental or purchase, as determined by BCBSAZ, and for DME repair or replacement, as determined by BCBSAZ, due to normal wear and tear caused by use of the item in accordance with the manufacturer’s instructions or due to growth of a child. Benefits are limited to the Allowed Amount for the DME item base model. BCBSAZ determines what is covered as the base model. Deluxe or upgraded DME items may be eligible for coverage based upon BCBSAZ Medical Necessity Criteria.

**Benefit-Specific Exclusions:**

- Charges for continued rental of a DME item after the Allowed Amount is reached, if applicable
- Repair costs that exceed the Allowed Amount for the DME item
- Repair or replacement of DME items lost or damaged due to neglect or use that is not in accordance with the manufacturer’s instructions or specifications

H.2 Medical Supplies

**Benefit Description:** Benefits are available for the following Medical Supplies:

- Any device or supply permitted under current Evidence-based Criteria
- Blood glucose monitors
- Blood glucose monitors for the legally blind and visually impaired
- Diabetic injection aids and drawing-up devices (including drawing-up devices for the visually impaired)
- Diabetic syringes and lancets, including automatic lancing devices
- Insulin cartridges, including insulin cartridges for the legally blind
• Insulin preparations and glucagon
• Insulin pumps and insulin pump supplies
• Ostomy and urinary catheter supplies
• Peak flow meters
• Prescribed oral agents for controlling blood sugar that are included on the Plan
• Supplies associated with oxygen or respiratory equipment
• Test strips for glucose monitors and visual reading and urine test strips
• Volume nebulizers
• Other Medical Supplies required by federal or state law to be covered

Benefits are limited to the Allowed Amount for the medical supply base model. BCBSAZ determines what is covered as the base model. Deluxe or upgraded Medical Supplies may be eligible for coverage based upon BCBSAZ Medical Necessity Criteria.

H.3 Prosthetic Appliances and Orthotics

Benefit Description: Benefits are available for the following:
• Cochlear implants
• External or internal breast prostheses when needed as a result of a Medically Necessary mastectomy
• External and internal prosthetic devices which are used as a replacement or substitute for a missing body part and are necessary for the support or function of a body part or for the alleviation or correction of illness, injury, or congenital defect. External Prosthetic Appliances shall include artificial arms and legs, wigs, hairpieces, and terminal devices such as a hand or hook. Wigs and hairpieces are covered:
  ♦ For individuals diagnosed with alopecia (absence of hair) caused by chemotherapy, radiation therapy, or second or third degree burns
  ♦ For individuals diagnosed with a substance abuse or a behavioral or mental health condition
  ♦ For individuals with any other condition for which coverage is required under federal or state law
• Orthopedic shoes that are:
  ♦ Attached to a brace
  ♦ Covered in accordance with BCBSAZ Medical Necessity Criteria
  ♦ Depth inlay or custom-molded, along with inserts, for individuals with diabetes
• Podiatric appliances for prevention of complications associated with diabetes, including foot orthotic devices and inserts (therapeutic shoes: including Depth Shoes or Custom-molded Shoes, as defined below). Custom-molded Shoes will only be covered when the Member has a foot deformity that cannot be accommodated by a Depth Shoe. Therapeutic shoes are covered only for diabetes mellitus and any of the following complications of diabetes involving the foot: Peripheral neuropathy with evidence of callus formation; or history of pre-ulcerative calluses; or history of previous ulceration; or foot deformity; or previous amputation of the foot or part of the foot; or poor circulation. Depth Shoes and Custom-molded Shoes are defined as follows:
  ♦ “Depth Shoes” shall mean the shoe has a full length, heel-to-toe filler that, when removed, provides a minimum of 3/16th inch of additional depth used to accommodate custom-molded or customized inserts; are made of leather or other suitable material of equal quality; have some sort of shoe closure; and are available in full and half sizes with a minimum of three widths so that the sole is graded to the size and width of the upper portions of the shoes according to the American standard sizing schedule or its equivalent.
  ♦ “Custom-molded Shoes” shall mean constructed over a positive model of the member’s foot; made from leather or other suitable material of equal quality; have removable inserts that can be altered or replaced as the member’s condition warrants; and have some sort of shoe closure. This includes a shoe with or without an internally seamless toe.
• Other Prosthetic Appliance and Orthotics required by federal or state law to be covered

Benefits are limited to the Allowed Amount for the prosthetic appliance or orthotic base model. BCBSAZ determines what is covered as the base model. Deluxe or upgraded Prosthetic Appliances or Orthotics may be eligible for coverage based upon BCBSAZ Medical Necessity Criteria.

Benefit-Specific Exclusions for all DME, Medical Supplies, and Prosthetic Appliances and Orthotics:
• Certain equipment and supplies that can be purchased over-the-counter, as determined by BCBSAZ. Examples include: adjustable beds, air cleaners, air-fluidized beds, air conditioners, air purifiers, assistive eating devices, atomizers, bathroom equipment, biofeedback devices, Braille teaching texts, bed boards, car seats, corsets, cushions, dentures, diatherapy machines, disposable hygienic items, dressing aids and devices, elastic/support/compression stockings,
(except TED hose), elevators, exercise equipment, foot stools, garter belts, grab bars, health spas, hearing aid batteries except as stated in this plan, heating and cooling units, helmets, humidifiers, incontinence devices/alarms, language and/or communication devices (except artificial larynx and trach speaking valve) or teaching tools, massage equipment, mineral baths, portable and permanent spa and whirlpool equipment and units, reaching and grabbing devices, recliner chairs, saunas and vehicle or home modifications.

• Hair transplants
• Hospital grade breast pumps and hospital grade breast pump supplies
• Items used primarily for help in daily living, socialization, personal comfort, convenience or other non-medical reasons
• Replacement of external prosthetic devices due to loss or theft
• Strollers of any kind
• Supplies used by a Provider during office treatments
• Tilt or inversion tables or suspension devices
• Wigs and hair pieces for alopecia caused by anything other than chemotherapy, radiation therapy, second or third degree burns, or a behavioral or mental health or substance abuse diagnosis

I. EDUCATION AND TRAINING

I.1 Diabetes and Asthma Education and Training

Benefit Description: Benefits are available for diabetes and asthma Education and Training from providers whose services are:
• Conducted in person;
• Prescribed by a patient’s healthcare Provider as part of a comprehensive plan of care to enhance therapy compliance and improve self-management skills and knowledge for a patient diagnosed with diabetes or asthma; and
• Provided in an outpatient setting (outpatient hospital, Physician office, or other Provider, excluding home health).

I.2 Nutritional Counseling and Training

Benefit-Specific Maximum: Benefits are limited to 6 nutritional counseling and training visits per Member, per calendar year.

Benefit Description: Nutritional counseling and training is available for members diagnosed with one or more of the following conditions:
• Cardiovascular disease
• Coronary artery disease
• Diabetes and pre-diabetes
• Eating disorders
• Food allergies
• Gastrointestinal disorders
• Heart failure
• High cholesterol
• Hypertension
• Mental health or substance abuse
• Obesity
• Renal failure/renal disease

J. EMERGENCY SERVICES

Benefit Specific Definition: “Emergency Medical Condition” means a medical or behavioral health condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that a prudent layperson, who possesses an average knowledge of health and medicine, could reasonably expect that failing to get immediate medical attention would result in serious jeopardy to the patient’s life, health, or ability to completely recover, serious impairment to a bodily function or part, or permanent disability.

Benefit Description: Benefits are available for services needed to treat an Emergency Medical Condition.
K. EOSINOPHILIC GASTROINTESTINAL DISORDER (EGID)

**Benefit-Specific Definition:** “Formula” is amino-acid based formula.

**Benefit Description:** Benefits are available for Formula for members who are:
- At risk of mental or physical impairment if deprived of the Formula;
- Diagnosed with EGID; and
- Under the continuous supervision of a Physician or a registered nurse practitioner.

L. FAMILY PLANNING (CONTRACEPTIVES AND STERILIZATION)

**Benefit Description:** Benefits are available for FDA-approved contraceptive methods and devices and sterilization procedures when prescribed by the member’s Provider.

**Benefit Specific Exclusion:** All prescription and over-the-counter contraceptive medications and devices for male members.

M. HOME HEALTH SERVICES

**Benefit-Specific Definition:** “Sole Source of Nutrition” is defined as the inability to orally receive more than 30 percent of daily caloric needs.

**Benefit-Specific Maximum:** Benefits are limited to any combination of skilled nursing services necessary to provide home infusion medication administration, enteral nutrition and/or other services requiring skilled nursing care, up to a maximum of 6 hours per Member, per day. The home health visit limit does not apply to Home Health Services provided in lieu of hospitalization or hospital Outpatient Services, or to claims for Home Health Services submitted with a primary mental health and/or substance abuse diagnosis.

**Benefit Description:** Benefits are available for the following services:
- Enteral nutrition (tube feeding) when it is the Sole Source of Nutrition
- Home infusion medication administration therapy, including:
  - Blood and blood components
  - Hydration therapy
  - Intravenous catheter care
  - Intravenous, intramuscular or subcutaneous administration of medication
  - Specialty Medications, as defined by BCBSAZ and not covered under the “Pharmacy Benefit”
  - Total parenteral nutrition
- Physical Therapy, Occupational Therapy, and Speech Therapy
- Skilled nursing services necessary to provide home infusion medication administration therapy, enteral nutrition, and other services that require skilled nursing care.
- Other Home Health Services required by federal or state law to be covered

Each Service must meet all of the following criteria:
- A healthcare Provider must order the Service pursuant to a specific plan of home treatment;
- A licensed home health agency must provide the Service in the member’s residence;
- The healthcare Provider must review the appropriateness of the Service at least once every 30 days or more frequently, if appropriate under the treatment plan; and
- The Service must be provided by an LPN, RN, or another eligible Provider.

**Benefit-Specific Exclusions:**
- All services in excess of the 6 hour per Member, per day maximum, except as described in this section
- Custodial Care
- Domiciliary Care
- Private duty nursing
- Respite Care

N. HOSPICE SERVICES

**Benefit-Specific Definition:** “Hospice Services” are an alternative multi-disciplinary approach to medical care for the terminally ill. No curative or aggressive treatments are used.
Changing Types of Inpatient Care: Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

Benefit-Specific Maximum: Benefits are limited to a maximum of up to 5 days of Respite Care, once every 21-day period. This limit does not apply to claims for Respite Care services submitted with a primary mental health and/or substance abuse diagnosis.

Benefit Description: When a Member elects to use the hospice benefit, it is in lieu of other medical benefits available under this plan, except for care unrelated to the terminal illness or related complications. The hospice agency determines the required level of care, which is subject to the medical necessity provisions of this Benefit Plan. Once the Member selects the hospice benefit, the hospice agency coordinates all of the member’s healthcare needs related to the terminal illness.

The member’s Physician must certify that the Member is in the later stages of a terminal illness and prescribe hospice care, which must be provided by a state-licensed hospice agency. The Member must meet the requirements of the hospice.

Benefits are available for the following services:

- Continuous home care: 24-hour skilled care provided by an LPN or RN during a period of crisis, as determined by the hospice agency, in order to maintain the Member at home, if the Member is receiving services in his or her home
- Home Health Services
- Individual and family counseling provided by a psychologist, social worker, or family counselor
- Inpatient acute care: inpatient admission for pain control or symptom management, which cannot be provided in the home setting
- Outpatient Services
- Respite Care: admission of the Member to an approved facility to provide rest to the member’s family or primary caregiver
- Routine care: intermittent visits provided by a member of the hospice team

O. INPATIENT AND OUTPATIENT DETOXIFICATION SERVICES

Benefit-Specific Definition: “Detoxification Services” means the initial medical treatment and support provided to a chemically dependent or addicted individual during acute withdrawal from a drug or substance.

Benefit Description: Benefits are available for medical observation and Detoxification Services needed to stabilize a Member who has developed substance intoxication due to the ingestion, inhalation or exposure to one or more substances.

P. INPATIENT HOSPITAL

Changing Types of Inpatient Care: Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

Benefit Description: Benefits are available for inpatient services:

- Adjustments to Bariatric Surgery provided while the Member was covered under another plan
- Blood transfusions, whole blood, blood components, and blood derivatives
- Diagnostic testing, including radiology and laboratory services
- General, spinal and caudal anesthetic provided in connection with a covered Service
- In-network benefits are available for covered cellular immunotherapies and gene therapies only when administered in a contracted Blue Distinction Center.
- Intensive care units and other special care units
- Medications, biologicals, and solutions
- Operating, recovery, and treatment rooms and equipment for Covered Services
- Radiation therapy or chemotherapy, except in conjunction with a noncovered transplant
• Room and board in a semi-private room or a standard private room (not deluxe) if the hospital only has private rooms or if a private room is Medically Necessary

**Benefit-Specific Exclusion:**
• Medications dispensed at the time of discharge from a hospital.

**Q. INPATIENT REHABILITATION – EXTENDED ACTIVE REHABILITATION (EAR) SERVICES**

**Changing Types of Inpatient Care:** Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

**Benefit-Specific Maximum:** Benefits are limited to 120 in- and out-of-network combined days of EAR Services per Member, per calendar year. This limit does not apply to claims for EAR Services submitted with a primary mental health and/or substance abuse diagnosis.

**Benefit Description:** Benefits are available for an intense therapy program which is provided in a facility licensed to provide EAR, and which meets the following criteria:
• A Physician or registered nurse practitioner is present on the premises of the facility or on-call at all times;
• Room and board in a semi-private room or a standard private room (not deluxe) is covered if the hospital only has private rooms or if a private room is Medically Necessary;
• Services must be for patients who require 24-hour rehabilitation nursing and have the ability to achieve rehabilitation goals in a reasonable period of time;
• The facility has 24/7 onsite RN coverage;
• The facility has sufficient professional staff to provide appropriate treatment;
• The facility’s designated medical director is a Physician or registered nurse practitioner and provides direction for services provided at the facility; and
• The services meet the BCBSAZ Medical Necessity Criteria for inpatient level of care.

**Benefit-Specific Exclusions:**
• Activity therapy and milieu therapy, including community immersion or integration, home independence, and work re-entry therapy, or any care intended to assist an individual in the activities of daily living or for comfort and convenience
• Custodial Care
• Domiciliary Care
• Medications dispensed at the time of discharge from a facility
• Private duty nursing
• Respite Care
• Services rendered after a Member has met functional goals and no objectively measurable improvement is reasonably anticipated, as determined by BCBSAZ

**R. LONG-TERM ACUTE CARE (INPATIENT)**

**Changing Types of Inpatient Care:** Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

**Benefit-Specific Maximum:** Benefits are limited to 365 in- and out-of-network combined days of Long-term Acute Care services per Member. This limit does not apply to claims for Long-term Acute Care services submitted with a primary mental health and/or substance abuse diagnosis. If you have questions about the Benefit Maximum, contact BCBSAZ Customer Service at the number on your ID card.

**Benefit Description:** Benefits are available for specialized acute, medically complex care for patients who require extended hospitalization and treatment in a facility that is licensed to provide Long-term Acute Care and which offers specialized treatment programs and aggressive clinical and therapeutic
interventions. Room and board is only covered in a semi-private room or a standard private room (not
deluxe) if the hospital only has private rooms or if a private room is Medically Necessary.

Benefit-Specific Exclusions:
• Custodial Care
• Domiciliary Care
• Medications dispensed at the time of discharge from the facility
• Private duty nursing
• Respite Care

S. MATERNITY

Benefit Description: Maternity benefits are available for Covered Services related to pregnancy. This
includes certain screening tests such as prenatal ultrasounds, alpha-fetoprotein (AFP), rubella
immunity, Hepatitis B and HIV exposure, blood type, anemia, urinary tract disease or infections,
sexually transmitted diseases and others as determined by BCBSAZ. Certain tests, including some
genetic screening, may not be covered. For a complete listing of covered prenatal screening, please
call Customer Service at the number on your ID card. Professional services provided in the member’s
home must be rendered by an eligible Provider. Covered Maternity services are available from
birthing centers.

Maternity benefits are available for the expense incurred by a birth mother (who is not a Member) for
the birth of any child legally adopted by a Member, if all of the following requirements are met:
• The Member adopts the child within 1 year of birth;
• The Member is legally obligated to pay the costs of birth; and
• The Member has provided notice to BCBSAZ within 60 days of the member’s acceptability to
adopt children.

This adopted child Maternity benefit is secondary to any other coverage available to the birth mother.
Contact Customer Service at the number on your ID card to receive a BCBSAZ adoption packet.

Statement of Rights Under the Newborns’ and Mothers’ Health Protection Act: Under federal law,
Group health plans and health insurance issuers offering Group health insurance coverage generally
may not restrict benefits for any hospital length of stay in connection with childbirth for the mother or
newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a
delivery by cesarean section. However, the Plan or issuer may pay for a shorter stay if the attending
Provider (e.g., your Physician, nurse midwife, or physician assistant), after consultation with the
mother, discharges the mother or newborn earlier.

Also, under federal law, plans and issuers may not set the level of benefits or out-of-pocket costs so
that any later portion of the 48-hour (or 96-hour) stay is treated in a manner less favorable to the
mother or newborn than any earlier portion of the stay. In addition, a plan or issuer may not, under
federal law, require that a Physician or other healthcare Provider obtain authorization for prescribing a
length of stay of up to 48 hours for the mother and newborn child following a normal vaginal delivery
or 96 hours for the mother and newborn child following a cesarean section delivery. However, to use
certain Providers or facilities, or to reduce your out-of-pocket costs, you may be required to obtain
Precertification. For information on Precertification, call the Customer Service number on your ID
card.

T. MEDICAL FOODS FOR INHERITED METABOLIC DISORDERS

Benefit-Specific Definitions: “Inherited Metabolic Disorder” means a disease caused by an
inherited abnormality of body chemistry that meets all of the following requirements:
• The disorder is one of the diseases tested under the newborn screening program required under
Arizona law (A.R.S. § 36-694);
• The disorder is such that an afflicted individual will need to consume Medical Foods throughout
life in order to avoid serious mental or physical impairment; and
• The disorder must involve amino acid, carbohydrate or fat metabolism and have medically
standard methods of diagnosis, treatment and monitoring, including quantification of metabolites
in blood, urine or spinal fluid or enzyme or DNA confirmation in tissues, as determined by
BCBSAZ.

“Medical Foods” mean modified low protein foods and metabolic formulas that are all of the
following:
• Administered for the medical and nutritional management of a Member who has limited capacity to metabolize foodstuffs or certain nutrients contained in the foodstuffs, or who has other specific nutrient requirements as established by medical evaluation;
• Essential to the member’s optimal growth, health, and metabolic homeostasis;
• Formulated to be consumed or administered through the gastrointestinal tract under the supervision of an MD, DO, or a registered nurse practitioner;
• Processed or formulated to be deficient in 1 or more of the nutrients present in typical foodstuffs (metabolic formula only); and
• Processed or formulated to contain less than 1 gram of protein per unit of serving (modified low protein foods only).

Benefit Description: Benefits are available for Medical Foods to treat Inherited Metabolic Disorder.

Benefit-Specific Exclusions:
• Foods and beverages that are naturally low in protein or galactose
• Foods and formulas available for purchase without a prescription or order from an MD, DO, or registered nurse practitioner
• Foods and formulas that do not require supervision by an MD, DO, or a registered nurse practitioner
• Food thickeners, baby food or other regular grocery products
• Medical Foods and formulas for any condition not included in the newborn screening program, such as lactose intolerance without a diagnosis of Galactosemia
• Nutrition for a diagnosis of anorexia
• Nutrition for nausea associated with mood disorder, end stage disease, etc.
• Spices and flavorings
• Standard oral infant formula

Claims for Reimbursement: You may buy Medical Foods from any source. If you buy Medical Foods from an out-of-network Provider, you must submit a claim form with the following information:
• Member’s diagnosis for which the Medical Foods were prescribed or ordered;
• Member’s name, identification number, Group number, and birth date;
• Prescribing or ordering Physician or registered nurse practitioner;
• The amount paid for the Medical Foods;
• The dated receipt or other proof of purchase; and
• The name, telephone number, and address of the medical food supplier.

Medical Foods claim forms are available from BCBSAZ. Submit the completed Medical Foods claim form and the dated receipt to the address for claims submission in the Customer Service section of this book. Medical Foods also may be covered under the “Home Health Services” benefit. Medical Foods are not covered under the “Pharmacy Benefit”.

U. NEUROPSYCHOLOGICAL AND COGNITIVE TESTING

Benefit Description: Services are available for the evaluation of decreased mental function or developmental delay.

V. OUTPATIENT SERVICES

Benefit Description: Benefits are available for the following Outpatient Services and include, but are not limited to, any services that would be covered if performed as an inpatient Service:
• Adjustments to Bariatric Surgery provided while the Member was covered under another plan
• Allergy testing, antigen administration, and desensitization treatment
• Blood transfusions, whole blood, blood components and blood derivatives
• Diagnostic testing, including laboratory and radiology services
• Dialysis
• Epidural and facet injections and radio frequency ablation for pain management
• End-stage renal disease services
• Infusion/IV therapy in an outpatient setting
• In-network benefits are available for covered cellular immunotherapies and gene therapies only when administered in a contracted Blue Distinction Center.
• Maternity services provided in birthing centers
• Medications, and the administration of medications, in an outpatient setting
• Orthognathic treatment and surgery, including but not limited to dental and orthodontic services and/or appliances that are orthodontic in nature or change the occlusion of the teeth (external or intra-oral)
• Outpatient and ambulatory cardiac testing, angiography, sleep testing (including sleep studies and polysomnography), video EEG
• Pre-operative testing
• Radiation therapy or chemotherapy, unless performed in conjunction with a noncovered transplant
• Surgery and other invasive procedures
• Treatment of Temporomandibular Joint Disorders (TMJ)

W. PHARMACY BENEFIT

Information about this Benefit: BCBSAZ works with a Pharmacy and Therapeutics (P&T) Committee that meets every other month to review new medications, as well as new information about medications that are already on the market. The P&T Committee is comprised of licensed pharmacists and doctors from within the community. The P&T Committee takes into consideration safety, effectiveness, and current use in therapy information when making decisions regarding medication coverage. Call the Pharmacy Benefit Customer Service number on your ID card to request any of the following:
• A list of covered medications that require Precertification
• A list of covered vaccines
• A list of pharmacies credentialed to dispense Compounded Medications
• A list of Specialty Medications
• An exception to BCBSAZ prescription medication limitations
• Information on the assigned Cost-share level of a covered medication
• Information regarding Maintenance Medications
• Tiered drug lists
• Other information about this Pharmacy Benefit

Benefit-Specific Definitions:

“Compounded Medications” are medications that contain at least one FDA-approved component and are custom-mixed by a pharmacist.

“Designated Prescription Network Program” is a program that requires certain members taking certain medications to obtain prescriptions for those covered medications from one designated eligible Provider and to obtain all medications designated by BCBSAZ or the PBM from one network pharmacy or Provider.

“Generic Medications” are medications defined as generic by the national database system used by BCBSAZ to pay prescription claims.

“Maintenance Medications” are medications taken on an extended and continual basis for treatment of a chronic or ongoing health condition, and which are not subject to frequent dosage or other adjustments, all as determined by BCBSAZ or the PBM. BCBSAZ and/or the PBM may designate or use national databases to designate certain medications as Maintenance Medications.

“Medication Synchronization” is defined as the coordination of medication refills for a patient taking two or more medications for a chronic condition that are being dispensed by a single in-network pharmacy to facilitate the synchronization of the patient’s medications for the purpose of improving medication adherence.

“PBM” means the independent pharmacy benefit manager that contracts with BCBSAZ to administer the prescription medication benefits covered under this Benefit Plan.

“Specialty Medications” are medications that treat chronic or complex conditions and are covered under the Pharmacy Benefit. BCBSAZ and/or the PBM determine which medications are Specialty Medications.

“Specialty Pharmacy” is a pharmacy contracted with the PBM to dispense Specialty Medications to Members.

“Step Therapy” is a program that requires members to take the generic version of certain medications before BCBSAZ and/or the PBM will consider coverage of the brand-name version of
that medication. BCBSAZ and/or the PBM determines which medications are part of the Step Therapy program.

**Benefit Description:** Benefits are available for prescription medications that meet the following criteria:

- The medication is not excluded by a different provision in this Benefit Plan;
- Except as otherwise required by Applicable Law, the medication must be approved by the FDA for the diagnosis for which the medication has been prescribed; and
- The medication must be dispensed by a pharmacy located in the U.S. and by a pharmacist licensed in the U.S., unless the medication is needed for an urgent or emergency medical situation while the Member is traveling outside the U.S. Claims for medications dispensed outside the U.S. will be subject to the U.S. dollar exchange rate on the date the claim is paid.

You may obtain prescription medications from retail pharmacies, the in-network mail order pharmacy, or in-network specialty pharmacies. If you are currently obtaining a covered medication from the in-network mail order pharmacy, you may have the option to receive that medication from a retail pharmacy. If you are currently obtaining a specialty medication from a Specialty Pharmacy and need to receive that medication from a retail pharmacy instead, BCBSAZ will determine whether you are eligible to receive the specialty medication from a retail pharmacy. Compounded Medications must be obtained from network retail pharmacies that have been credentialed by BCBSAZ (or BCBSAZ’s vendor) to dispense Compounded Medications. If you need assistance with any of these options, please call the Pharmacy Benefit Customer Service number on your ID card.

If a medication is not processing at the pharmacy, you or your Physician/Provider may request an exception by calling the Pharmacy Benefit Customer Service number on your ID card 24 hours per day, 7 days per week, 365 days per year. There is no guarantee that BCBSAZ and/or the PBM will authorize an exception. Reasons for requesting an exception include but are not limited to the following: quantity, age, gender, dosage, and/or frequency of refill limitations, requests for waiver of Cost Share for brand-name medications or devices taken or used for a preventive purpose. Certain medications are not medically necessary unless the Member participates in the Step Therapy program.

Covered medications are subject to limitations, including but not limited to quantity, age, gender, dosage, and frequency of refills. BCBSAZ and/or the PBM determine which medications are subject to limitations. Medication limitations are subject to change at any time without prior notice.

Certain members, as determined by BCBSAZ or the PBM, will be required to participate in the Designated Prescription Network Program to obtain coverage of certain medications under this Benefit Plan. BCBSAZ or the PBM decide which network pharmacies are eligible to dispense designated medications to members in the Designated Prescription Network Program.

Certain vaccines are covered when obtained from network retail pharmacies and administered by a certified, licensed pharmacist. The following medical devices also are covered under this benefit: diabetic test strips, lancets, diabetic syringes/needles for insulin, and spacer devices for asthma medications.

Your Cost Share is based on the level to which BCBSAZ has assigned the medication at the time the prescription is filled. No exceptions will be made regarding the assigned level of a medication. BCBSAZ may change the level of a medication at any time without notice. Go to www.azblue.com to view the lists of prescription drug tiers. To confirm the level of a particular medication, you may also call the Pharmacy Benefit Customer Service number on your ID card.

If you are taking two or more prescription medications for a chronic condition, you may request early or short refills of eligible covered medications by calling the Pharmacy Benefit Customer Service number on your ID card and requesting enrollment in the BCBSAZ Medication Synchronization program. If you are enrolled in the BCBSAZ Medication Synchronization program, your Cost Share for eligible covered medications will be adjusted for any early or short refills of those medications.

For cancer treatment medications that also are classified as Specialty Medications, you pay the level 1 pharmacy Copay. BCBSAZ determines which cancer treatment medications are classified as Specialty Medications. For certain cancer treatment medications, as determined by BCBSAZ, you will receive a 15-day supply, and pay one-half of the level 1 pharmacy Copay the first time you receive the medication. You will be able to refill the medication every 15 days, and you will continue to pay one-half of the level 1 Copay for each refill during your first 3 months of treatment with the medication. If you experience side effects from the medication during the 3-month period, your
prescribing Provider may change your medication. If you tolerate the medication, you will be able to refill the Cancer Treatment Medication for up to 30 days after 3 months of treatment.

If you believe you have paid more for a self-administered version of a Cancer Treatment Medication than for an injected or intravenously administered version of a Cancer Treatment Medication, please call the Pharmacy Benefit Customer Service number on your ID card.

Other than as noted in this section, no exceptions will be made concerning the Cost Share you will pay, regardless of the medical reasons requiring use of a particular medication, even when there is no equivalent medication on a lower level or if you are unable to take a medication on the lower level for any reason.

Your Cost Share is waived for preventive medications and for covered vaccines. BCBSAZ will determine which medications are considered preventive and for which your Cost Share is waived. BCBSAZ also determines which vaccines are covered and for which your Cost Share is waived. For certain covered preventive medications and items, your Cost Share is waived for the generic version of the medication or item, and you pay applicable Cost Share for the brand-name version of the medication or item. You may request an exception for waiver of Cost Share for the brand-name version of a preventive medication or item.

Your Cost Share also is waived for the following contraceptive methods when prescribed by your Provider and for the purpose of contraception:

- FDA-approved diaphragms, cervical caps, and cervical shields
- FDA-approved emergency contraception for members of any age
- FDA-approved generic oral, patch, vaginal ring, and injectable contraceptives
- FDA-approved brand oral, patch, vaginal ring, and injectable contraceptives with no generic equivalent components
- Female condoms
- Sponges and spermicides

See the “Guidance Regarding Preventive Medications” section on www.azblue.com for a list of contraceptive methods covered as Preventive Services under this benefit.

See the “Eosinophilic Gastrointestinal Disorder” and “Medical Foods for Inherited Metabolic Disorders” sections of this book for formula and medical foods covered under this Benefit Plan.

**Benefit-Specific Exclusions:**

- Abortifacient medications
- Administration of a covered medication
- All prescription and over-the-counter contraceptive medications and devices for male members
- Biologic serums
- Certain categories of injectable medications
- Compounded Medications obtained from a mail order pharmacy
- Designated medications prescribed by an ineligible provider or dispensed by an unapproved pharmacy or Provider to members enrolled in the Designated Prescription Network Program
- Medication delivery implants
- Medications designated as clinic packs
- Medications designed for weight gain or loss, including but not limited to Xenical® and Meridia®, regardless of the condition for which it is prescribed
- Medications, devices, equipment, and supplies lawfully obtainable without a prescription, except as stated in this Benefit Plan
- Medications dispensed to a Member who is an inpatient in any facility
- Medications for athletic performance
- Medications for lifestyle enhancement
- Medications for sexual dysfunction
- Medications for which the principal ingredient(s) are already available in greater and lesser strengths and/or combinations, as well as medications which modify the dosage form (tablet, capsule, liquid, suspension, extended release, tamper resistant) of drugs already available in a common dosage form, as described in the BCBSAZ Medication Benefit exclusion policy in addition to all other exclusions in this Benefit Book. Go to www.azblue.com/Pharmacy for a list of these specific exclusion details.
- Medications labeled “Caution – Limited by Federal Law to Investigational Use” or words to that effect and any experimental medications as determined by BCBSAZ and/or the PBM, except as stated in this Benefit Plan.
• Medications obtained from an out-of-network mail order pharmacy
• Medications packaged with one other or multiple other prescription products
• Medications packaged with over-the-counter medications, supplies, vitamins, or other excluded products, except as stated in this Benefit Plan
• Medications that exceed BCBSAZ and/or the PBM’s limitations, including but not limited to quantity, age, gender, and refill limits
• Medications to improve or achieve fertility or treat infertility
• Medications used for any Cosmetic purpose
• Medications used to treat a condition not covered under this Benefit Plan
• Medications with primary therapeutic ingredients that are sold over the counter in any form, strength, packaging, or name, except as stated in this Benefit Plan
• Prescription medications dispensed in unit-dose packaging, unless that is the only form in which the medication is available
• Prescription refills for medications that are lost, stolen, spilled, spoiled, or damaged

X. PHYSICAL THERAPY (PT), OCCUPATIONAL THERAPY (OT), AND SPEECH THERAPY (ST) SERVICES

Benefit Description: Benefits are available for PT, OT, and ST Services.

Benefit-Specific Exclusions:
• Activity therapy and milieu therapy, including community immersion or integration, and home independence
• Any care for comfort and convenience
• Cognitive therapy
• Computer speech training and therapy programs and devices
• Custodial Care
• Domiciliary Care
• Massage therapy, except in limited circumstances as described in current Evidence-based Criteria
• OT for any purpose other than training the Member to perform the activities of daily living
• Phase 3 cardiac rehabilitation programs
• PT or OT Services performed in a group setting of 2 or more individuals
• Services rendered after a Member has met functional goals
• Services rendered when no objectively measurable improvement is reasonably anticipated
• Services to improve or maintain posture
• Services to prevent future injury
• Services to prevent regression to a lower level of function
• Strength training, cardiovascular endurance training, fitness programs, strengthening programs, and other services designed primarily to improve or increase strength
• Work re-entry therapy, services, or programs

Y. PHYSICIAN SERVICES

Benefit Description: Benefits are available for the following:
• Abortifacient medications for the abortions covered under this Plan, including oral medications as described in current Evidence-based Criteria
• Allergy testing, antigen administration, and desensitization treatment
• Office, home, or walk-in clinic visits (Urgent Care facilities are not walk-in clinics) for the diagnosis and treatment of a sickness or injury
• Orthognathic treatment and surgery
• Inpatient medical visits
• Medications, and the administration of medications in a physician’s office
• Second surgical opinions
• Services for FDA-approved patches, rings, and contraceptive injections; FDA-approved diaphragms, cervical caps, cervical shields, female condoms, sponges, and spermicides; and FDA-approved emergency contraception. See the “Guidance Regarding Preventive Medications” section on www.azblue.com for a list of contraceptive methods covered as Preventive Services under the Pharmacy Benefit.
• Services for FDA-approved sterilization procedures
• Services for fitting, implantation, and/or removal (including follow-up care) of FDA-approved female contraceptive devices
• Services for FDA-approved implanted contraceptive devices
• Sleep studies
• Surgical procedures (including assistance at surgery). Only certain surgical assistants are Eligible Providers. Call Customer Service at the number on your ID card to verify that the surgical assistant chosen by your Physician is eligible and to determine whether the surgical assistant and anesthesiologist selected by your Physician are in-network Providers.
• Treatment of TMJ

The following circumstances may impact Member Cost Share for Physician Services:
• If multiple surgical procedures are performed during a single operative session, the secondary procedures are usually reimbursed at reduced amounts. Noncontracted Providers may bill the full amount for secondary, incidental or mutually exclusive procedures, in addition to the primary surgical procedure.
• You may receive services in a physician’s office that incorporate services or supplies from a Provider other than your Physician. If the other Provider submits a separate claim for those services or supplies, you will pay the Cost Share for the other Provider plus the Cost Share for your office visit. Examples of services or supplies from another Provider include DME from a medical supply company, an X-ray reading by a radiologist, or tissue sample analysis by a pathologist.

Z. POST-MASTECTOMY SERVICES

Benefit Description: Benefits are available, to the extent required by applicable federal and state law, for breast reconstruction following a Medically Necessary mastectomy. Benefits include all stages of reconstruction of the breast on which the mastectomy was performed; surgery and reconstruction of the other breast to produce a symmetrical appearance, including postoperative implanted or external prostheses; and treatment of physical complications for all stages of the mastectomy, including lymphedema.

Notice of Rights Under the Women’s Health and Cancer Rights Act of 1998 (WHCRA): If you have had or are going to have a mastectomy, you may be entitled to certain benefits under WHCRA. For individuals receiving the mastectomy-related benefits described above under “Benefit Description,” coverage will be provided in a manner determined in consultation between the attending Physician and the Member being treated. These benefits are subject to the same Cost Share generally applicable to other medical and surgical benefits provided under this plan, as described in the “Member’s Cost Share” section of your SBC. If you would like more information on WHCRA benefits, call BCBSAZ Customer Service at the number on your ID card.

AA. PREGNANCY, TERMINATION

Benefit Description: Benefits are available for abortions that meet the following requirements:
• The fetus is or will be nonviable, as defined by current Evidence-based Criteria; or
• The treating Provider certifies, in writing, the abortion is Medically Necessary because the pregnancy would endanger the life or health of the mother.

Benefits are also available for abortifacient medications for the abortions covered under this Plan, including some oral medications, as described in current Evidence-based Criteria.

Benefit-Specific Exclusion: Abortions, except as stated in this benefit.

BB. PRESCRIPTION MEDICATIONS FOR THE TREATMENT OF CANCER

Benefit-Specific Definition: “Off-label Prescription Medication” means a medication that is FDA approved for treatment of a diagnosis, or condition other than the cancer diagnosis or condition for which it is being prescribed, and which meets all requirements of Arizona law for mandated coverage of off-label use. These requirements include, but are not limited to, scientific evidence that the drug has been recognized as safe and effective for the specific type of cancer for which it is being prescribed.

Benefit Description: Benefits are available, to the extent required by applicable state law, for off-label use of prescription medications and for services directly associated with the administration of such medications. All other applicable benefit limitations and exclusions will apply to this benefit.

In administering claims for an Off-label Prescription Medication, BCBSAZ does not represent or warrant that the prescribed medication is safe or effective for the purpose for which your treating Provider has prescribed the medication. Decisions regarding whether the medication is safe and
effective for the type of cancer for which it has been prescribed and whether it is appropriate for you, are decisions to be made by your Provider using his or her independent medical judgment. If the medication is subject to Precertification, your Provider must specifically notify BCBSAZ that your Provider is requesting approval for this off-label use. After receiving your provider’s request, BCBSAZ will review the criteria and eligibility for benefits.

CC. PREVENTIVE SERVICES

Benefit-Specific Definition: “Preventive Services” are those Services performed for screening purposes when you do not have active signs or symptoms of a condition. Preventive Services do not include diagnostic tests performed because the Member has a condition or an active symptom of a condition, which is determined by the procedure codes, diagnosis codes, or combination of procedure and diagnosis codes your Provider submits on the claim.

Benefit-Specific Maximum: Benefits are limited to one (1) manual or electric (not hospital grade) breast pump and breast pump supplies per Member, per Calendar Year. These limits do not apply to claims for Preventive Services submitted with a primary mental health and/or substance abuse diagnosis.

Benefit Description: Benefits are available for the following Services recommended by your Provider and as appropriate for the Member’s age and gender, and as recommended by:

- Advisory Committee on Immunization Practices (ACIP) routine immunization recommendations at [www.cdc.gov/vaccines/hcp/acip-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/index.html)
- U.S. Preventive Services Task Force (USPSTF) A or B rated services at [www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations](http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations)

Benefits are also specifically available for the following services:

- Mammograms for routine breast cancer screening, including:
  - A single baseline mammogram for members ages 35-39, and
  - One mammogram per year for members age 40 and older
- Prostate specific antigen (PSA) testing and digital rectal examination (DRE) for members age 40 and older, or for members under age 40 who are at high risk due to:
  - Family history (such as multiple first degree relatives diagnosed at an early age);
  - African American race; or
  - Previous borderline PSA levels
- Well-baby/child care up to 47 months; childhood immunizations

Benefits will be provided for any other preventive Service required by federal or state law. For a list of covered preventive medications, go to the “Guidance Regarding Preventive Medications” section on [www.azblue.com](http://www.azblue.com). For questions about Preventive Services covered under this benefit, call Customer Service at the number on your ID card or log into your MyBlue account on [www.azblue.com](http://www.azblue.com) for more preventive health information and links.

In order to request an exception for waiver of Cost Share for the brand name version of a preventive medication or item obtained from an in-network pharmacy, you or your Physician/Provider can call the Pharmacy Benefit Customer Service number on your ID card 24 hours per day, 7 days per week, 365 days per year. There is no guarantee that BCBSAZ and/or the PBM will authorize an exception.

If a preventive Service has been denied due to your gender on file with BCBSAZ, and you are undergoing or have undergone gender transition, please contact Customer Service at the number on your ID card for assistance. BCBSAZ covers all gender-specific Preventive Services that are deemed medically appropriate for a Member, as determined by the member’s attending Provider, without regard to the Member’s gender identity, gender assigned at birth, or gender that is on file with BCBSAZ.

Services or tests included under this benefit and provided to a Member with a specific diagnosis, signs, or symptoms of a condition or disease for which the test is being performed may be covered through another benefit section of this plan. Certain Maternity services covered under this benefit are also available through the “Maternity” benefit.
Benefit-Specific Exclusions:
- Abortifacient medications
- All prescription and over-the-counter contraceptive medications and devices for male members

DD. RECONSTRUCTIVE SURGERY AND SERVICES

Benefit Description: Benefits are available for Reconstructive Surgery, which is surgery performed to improve or restore the impaired function of a body part or organ resulting from one of the following:
- Congenital defects
- Illness and disease
- Injury and trauma
- Surgery
- Therapeutic intervention

Benefit-Specific Exclusion: Cosmetic surgery and any related complications, procedures, treatment, office visits, consultations, and other services for Cosmetic purposes. This exclusion does not apply to:
- Breast reconstruction following a Medically Necessary mastectomy, to the extent required by federal and state law
- Medically Necessary breast implant removal
- Other services required by federal or state law to be covered

EE. SKILLED NURSING FACILITY (SNF) SERVICES

Changing Types of Inpatient Care: Some inpatient facilities provide different levels of care within the same facility (for example, acute inpatient, Inpatient Rehabilitation, and other inpatient care). If you move or transfer between different levels of inpatient care, even within the same facility, your Cost-share obligation will change to match your level of care. If you are moving to a level of care that requires Precertification, you will also need to obtain a new Precertification for the different level of care.

Benefit-Specific Maximum: Benefits are limited to 180 in- and out-of-network combined days of SNF Services per Member, per calendar year. This limit does not apply to claims for SNF Services submitted with a primary mental health and/or substance abuse diagnosis.

Benefit Description: Benefits are available for inpatient SNF Services provided in a facility licensed to offer 24-hour skilled nursing services and which meet the following criteria:
- A Physician or registered nurse practitioner is present on the premises of the facility or on-call at all times;
- Room and board in a semi-private room or a standard private room (not deluxe) is covered if the hospital only has private rooms or if a private room is Medically Necessary;
- Services must be provided to patients who require 24-hour skilled care and have the ability to achieve treatment goals in a reasonable period of time;
- Skilled nursing services must be provided by and under the supervision of qualified and licensed professionals, such as an LPN or RN, and provided at a level of complexity and sophistication requiring assessment, observation, monitoring, and/or teaching or training to achieve the medically desired outcome;
- The facility has 24/7 onsite RN coverage;
- The facility has sufficient professional staff to provide appropriate treatment;
- The facility’s designated medical director is a Physician or registered nurse practitioner and provides direction for services provided at the facility; and
- The services meet the BCBSAZ Medical Necessity Criteria for inpatient level of care.

Benefit-Specific Exclusions:
- Activity therapy and milieu therapy, including community immersion, or integration, home independence, and work re-entry therapy, or any care intended to assist an individual in the activities of daily living or for comfort and convenience
- Custodial Care
- Domiciliary Care
- Medications dispensed at the time of discharge from a facility
- Private duty nursing
- Respite Care
• Services rendered after a Member has met functional goals and no objectively measurable improvement is reasonably anticipated, as determined by BCBSAZ

**FF. TELEHEALTH SERVICES**

**Benefit Description:** Remote medical and behavioral health consultations between a Provider and a patient are available through the TSA, including:

- Counseling with a psychologist or other licensed therapist
- Medical consultations with a Physician, physician’s assistant, or nurse practitioner
- Psychiatry consultations with a psychiatrist

To obtain Telehealth Services, see the Customer Service section of this Benefit Book for information on how to contact the TSA. After you connect with a Provider, if he or she determines that your condition is not appropriate for Telehealth Services, the Provider will suggest that you seek in-person treatment.

**Benefit-Specific Exclusions:**

- Emergency Services
- Preventive Services
- Services covered under the “Telemedicine Services” benefit
- Services not provided through the TSA

**GG. TELEMEDICINE SERVICES**

**Benefit Description:** Benefits are available for Telemedicine Services delivered by an in-network Provider through interactive audio-video electronic media to treat the following conditions:

- Burns
- Cardiologic conditions
- Dermatologic conditions
- Infectious diseases
- Mental health disorders
- Neurologic diseases, including strokes
- Pain medicine
- Pulmonary diseases
- Substance abuse
- Trauma
- Urology
- Other conditions for which coverage is required by federal or state law

Benefits are also available for emergency or urgent Telemedicine Services from out-of-network Providers to treat one of the covered conditions.

**Benefit-Specific Exclusions:**

- Non-emergency and non-urgent Telemedicine Services from an out-of-network Provider
- Services delivered through the sole use of an audio-only telephone, a video-only system, a facsimile machine, instant messages or electronic mail
- Services provided through the “Telehealth Services” benefit
- Telemedicine Services for diseases or disorders not listed above

**HH. TRANSPLANTS – ORGAN – TISSUE – BONE MARROW TRANSPLANTS AND STEM CELL PROCEDURES**

**Benefit-Specific Definition:** “Bone Marrow Transplant” is a medical or surgical procedure comprised of several stages, including:

- Administration of high dose chemotherapy and high dose radiotherapy as prescribed by the treating Physician;
- Harvesting of stem cells from the bone marrow or the blood of a third-party donor (allogeneic transplant) or the Member (autologous transplant) and all component parts of the procedure;
- Hospitalization and management of reasonably anticipated complications;
- Infusion of the harvested stem cells; and
- Processing and storage of the stem cells after harvesting.

**Benefit Description:** In-network benefits are available for covered transplant services from Plan Network Providers, Providers contracted with Host Blue plans, and Blue Distinction Centers for
Transplants. The following Transplants are eligible for coverage if they meet current Evidence-based Criteria:

- Allogeneic and autologous bone marrow or stem cell
- Autologous islet cell transplant (AICT)
- Cornea
- Heart; heart-lung; kidney; kidney-liver; kidney-pancreas; liver; lung (lobar, single, and double lung); pancreas; small bowel; small bowel-multivisceral

Benefits are available for the following services in connection with, or in preparation for, a covered transplant:

- Air and ground transportation of a medical team to and from the site in the contiguous states of the United States to obtain tissue that is subsequently transplanted into a Member
- Bone marrow search and procurement of a suitable bone marrow donor when a Member is the recipient of a covered allogeneic transplant and in accordance with customary transplant center protocol as identified by that specific transplant center
- Chemotherapy or radiation therapy associated with transplant procedures
- Harvest and reinfusion of stem cells or bone marrow
- Inpatient and outpatient facility and professional services
- Medical expenses incurred by a donor when the recipient is covered by BCBSAZ. Covered donor expenses include complications and follow-up care related to the donation for up to 6 months post-transplant, as long as the recipient’s coverage with or administered by BCBSAZ remains in effect
- Pre-transplant testing and services

Benefit-Specific Exclusions:

- Expenses related to a noncovered transplant
- Expenses related to donation of an organ to a recipient who is not covered by BCBSAZ
- Transplants that do not meet current Evidence-based Criteria

II. TRANSPLANT AND GENE THERAPY TRAVEL AND LODGING

Benefit Maximums: Maximum of $10,000 per Member, per transplant or gene therapy treatment. Covered expenses incurred by a Caregiver accumulate toward the Member’s $10,000 per transplant maximum.

Benefit-Specific Definition: “Caregiver” is the individual primarily responsible for providing daily care, basic assistance and support to a Member who is eligible for transport lodging and reimbursement. Caregivers may perform a wide variety of tasks to assist the Member in his or her daily life, such as preparing meals, assisting with doctors’ appointments, giving medications or assisting with personal care and emotional needs.

Benefit Description: Coverage is available for reimbursement of transplant and gene therapy travel and lodging expenses as listed below during evaluation, transplant, post-transplant care, and complications directly related to the transplant when all the following criteria are met:

- BCBSAZ has precertified the transplant or, if BCBSAZ did not precertify the transplant, the transplant met the requirements of this Benefit Plan; and
- The distance from the member’s or caregiver’s residence must be more than 60 miles from the transplant facility;
- The expenses are incurred by the Member or the member's caregiver; and
- The expenses are for any of the following:
  - Meal expenses;
  - Mileage for travel in a personal vehicle (at the rate set by the Internal Revenue Service for medical purposes in effect at the time of travel); car rental charges; bus, train, or air fare;
  - Room charges from hotels, motels, and hostels, or apartment rental; and
  - Other expenses required by federal or state law to be covered.

Benefit-Specific Exclusions:

- Alcoholic beverages; in-room movies; items from in-room mini-bars or refrigerators; laundry, cleaning or valet services; telephone or internet service charges; spa services; gym facilities; or other hotel, or motel amenities
- All travel and lodging expenses in excess of the benefit-specific maximums stated above
- All travel and lodging expenses incurred by a donor or the donor's caregiver
- Ambulance transportation (ground or air)
- Caregiver salary, stipend, and compensation for services
• Cleaning fees
• Expenses for travel or lodging incurred in connection with transplant services that do not qualify for coverage under this Benefit Plan
• Food preparation services
• Furniture or supplies for a rental apartment
• Home modifications
• Security deposits
• Travel and lodging expenses for members or caregivers when the Member or Caregiver does not travel more than 60 miles for an authorized transplant or transplant-related services
• Vehicle maintenance or services (such as tires, brakes, oil change)

Claims for Reimbursement: To request reimbursement of eligible Transplant Travel and Lodging expenses, you must submit a Transplant Travel and Lodging claim form along with dated receipts to BCBSAZ. The address for claims submission is listed in the Customer Service section at the front of this book. To request a claim form, call the Customer Service number on your ID card.

JJ. URGENT CARE

Benefit-Specific Definition: “Urgent Care” means treatment for conditions that require prompt medical attention, but which are not emergencies.

Benefit Description: Benefits are available for Urgent Care services rendered by a freestanding Urgent Care Provider contracted with the Plan Network. These Providers are listed in your Provider directory and on the BCBSAZ website at www.azblue.com under “Urgent Care Centers.”

Please be aware that the Plan Network includes some Providers, such as hospitals, that offer Urgent Care services, but which are not specifically contracted with the Plan Network as Urgent Care providers. No matter what the circumstances, if you obtain Urgent Care services at a hospital or a hospital’s onsite Urgent Care department, you will be responsible for the applicable emergency room Cost Share.
WHAT IS NOT COVERED

Notwithstanding any other provision in this Benefit Plan, no benefits will be paid for expenses associated with the following:

Abortions, except as stated in this plan

Activity Therapy – Activity therapy and milieu therapy, including community immersion, integration, home independence and work re-entry therapy; and any care intended to assist an individual in the activities of daily living; and any care for comfort and convenience, except for limited hospice benefits

Acupuncture

Alternative Medicine – Non-traditional and alternative medical therapies; interventions; services and procedures not commonly accepted as part of allopathic or osteopathic curriculum and practices; naturopathic and homeopathic medicine; diet therapies; aromatherapy

Bariatric Surgeries excluded by current Evidence-based Criteria

Benefit-specific exclusions and limitations listed in this book under particular benefit sections

Biofeedback

Blood Administration for the purpose of general improvement in physical condition

Body Art, Piercing, and Tattooing – Services related to body piercing, Cosmetic implants, body art, tattooing, and any related complications. This exclusion does not apply to services required by federal or state law to be covered.

Care for health conditions that are required by state or local law to be treated in a public facility

Care required by federal or state law to be supplied by a public school system or school district

Certain Types of Facility Charges – Inpatient and outpatient facility charges for treatment provided by the following facilities are not covered: group homes, wilderness programs, boarding schools, halfway houses, assisted living centers, shelters, or foster homes.

Charges associated with the preparation, copying, or production of health records

Cognitive and Vocational Therapy – Services related to improving cognitive functioning (i.e., higher brain functions), reinforcing or re-establishing previously learned thought processes, compensatory training, sensory integrative activities, and services related to employability

Complications of Noncovered Services – Complications and consequences, whether immediate or delayed, arising from any condition or Service not covered under this plan. Medical complications arising from an abortion are covered under this Plan. This exclusion does not apply to services required by federal or state law to be covered.

Computer Speech Training, Therapy Programs, and Devices

Consumable Medical Supplies, including but not limited to bandages and other disposable medical supplies, skin preparations and test strips, except as stated in this plan

Cosmetic Services and any Related Complications – Surgery and any related complications, procedures, treatment, office visits, consultations, and other services for Cosmetic purposes. This exclusion does not apply to:

- Breast reconstruction following a Medically Necessary mastectomy
- Medically Necessary breast implant removal
- Medically Necessary surgery to improve or restore the impaired function of a body part or organ
- Services required by federal or state law to be covered
- Surgery to correct a congenital defect

Cosmetics and health and beauty aids
Counseling – Counseling and behavioral modification services, except as stated in this plan

Court-ordered Services – Court-ordered testing, treatment, and therapy, unless such services are otherwise covered under this plan, as determined by BCBSAZ

Custodial Care

Dental – Except as stated in this plan, dental and orthodontic services; placement or replacement of crowns, bridges, or implants; any fixed dental reconstruction of the teeth; orthodontics; extractions of teeth; dentures; vestibuloplasty and surgical orthodontics; and any procedures associated with the services listed in this exclusion, including but not limited to procedures associated with dental implants and fitting of dentures

Dietary and Nutritional Supplements – All dietary, caloric, and nutritional supplements, such as specialized formulas for infants, children, or adults or other special foods or diets, even if prescribed, except as stated in this plan

Domiciliary Care

Expenses for services that exceed benefit limitations

Experimental or Investigational Services, except as stated in this plan

Fees – that are a) associated with the collection or donation of blood or blood products; b) other than for medically appropriate, in-person, direct member services, except as stated in this Plan; or c) for concierge medicine services, or d) for direct primary care

Fertility and Infertility Services – Services to improve or achieve fertility (ability to conceive) or to diagnose and treat infertility (inability to conceive)

Flat Feet – Services for treatment of flat feet, weak feet, and fallen arches. This exclusion does not apply to, arch supports when Medically Necessary for diabetes, neurological involvement, or peripheral vascular disease of the foot or lower leg.

Foot Care – Services for foot care, including trimming of nails or treatment of corns or calluses. This exclusion does not apply when medically appropriate for diabetes, neurological involvement, or peripheral vascular disease of the foot or lower leg

Free Services – Services you receive at no charge or for which you have no legal obligation to pay

Genetic and Chromosomal Testing, Screening, and Therapy – Genetic and chromosomal testing, screening, and therapy for an individual who is asymptomatic, unaffected, or not displaying signs or symptoms of a disorder for which the test, screening, or therapy is performed, except as stated in this Plan

Government Services – Services provided at no charge to the Member through a governmental program or facility

Growth Hormone – Growth hormone, except as specified in current Evidence-based Criteria. Growth hormone to treat Idiopathic Short Stature (ISS) is expressly excluded.

Hearing Aids and Associated Services – Hearing aids, including external, semi-implantable middle ear, and implantable bone conduction hearing aids, and any associated services. Hearing screenings are covered as part of a preventive physical exam, except as stated in this Plan.

Hypnotherapy

Inpatient or Outpatient Long-term Care

Laboratory services provided without an order from an eligible Provider

Lifestyle and work-related education and training, and management services

Lodging and Meals – Lodging and meals, except as stated in this Plan
**Maintenance Services** – Services rendered after a Member has met functional goals; services rendered when no objectively measurable improvement is reasonably anticipated, services to prevent regression to a lower level of function, services to prevent future injury, and services to improve or maintain posture, except as stated in this Plan

**Manipulation of the spine under anesthesia**

**Marijuana** – Medical marijuana, marijuana, and any costs or fees associated with obtaining medical marijuana, such as obtaining an initial or renewal registry identification card, even when prescribed and obtained in compliance with state law(s)

**Massage Therapy** – Massage therapy, except in limited circumstances, as described in current Evidence-based Criteria

**Medical equipment, supplies, and medications sold on or through unregulated distribution channels, as determined by BCBSAZ**, including online sources such as eBay, Craig’s List, or Amazon.com; or at garage sales, swap meets, and flea markets

**Medications** – Medications which are:
- Not FDA approved
- Not required by the FDA to be obtained with a prescription, except as stated in this Plan
- Not used in accordance with current Evidence-based Criteria or Pharmacy Coverage Guidelines
- Off-label, unlabeled and orphan medications, except as stated in this Plan
- Used to treat a condition not covered by BCBSAZ

**Medications Dispensed in Certain Settings** – Prescription medications given to the Member, for the member’s future use, by any person or entity that is not a licensed pharmacy, home health agency, Specialty Pharmacy, or hospital emergency room

**Membership Costs or Fees** associated with health clubs and weight loss programs

**Neurofeedback**

**Non-medical Ancillary Services**, including but not limited to, vocational rehabilitation, behavioral training, sleep therapy, employment counseling, driving safety, and services, training, or educational therapy

**Non-medically Necessary Services** – Services that are not Medically Necessary, as determined by BCBSAZ or BCBSAZ’s contracted vendor. BCBSAZ and/or the contracted vendor may not be able to determine medical necessity until after services are rendered.

**Over-the-counter Items** – Medications, devices, equipment, and supplies that are lawfully obtainable without a prescription, except as stated in this Plan

**Payments** for exclusions imposed by any certification requirement

**Payments** for services that are unlawful in the location where the person resides at the time the expenses are incurred

**Personal Comfort Services** – Services intended primarily for assistance in daily living, socialization, personal comfort and convenience, homemaker services, and services primarily for rest, domiciliary or convalescent care, costs for television, telephone, newborn infant photographs, meals other than meals provided to a Member by an inpatient facility while the Member is a patient in the inpatient facility, birth announcements, and other services and items for other non-medical reasons

**Phase 3 Cardiac Rehabilitation**

**Private Duty Nursing**

**Refills or Replacements** – Refills or replacements for medications covered under this plan that are lost, stolen, spilled, spoiled, or damaged

**Reports, evaluations, physical examinations, or hospitalization not required for health reasons**, including but not limited to employment, insurance or government licenses, and court-ordered, forensic, or custodial evaluations
**Reproductive Services** – Procedures, treatment, office visits, consultations and other services related to the genetic selection and/or preparation of embryos and implantation services, including but not limited to, pre-implantation genetic diagnosis and in vitro fertilization and related services

**Respite Care**, except as covered in the Hospice Services benefit

**Reversal of Surgical Procedures**, except as stated in current Evidence-based Criteria and other criteria as determined by BCBSAZ

**Screening Tests** – Any testing performed on an individual who does not have a specific diagnosis or acute signs or symptoms of a condition or disease for which the test is being performed, regardless of whether the individual has a family history or other risk factors for the disease or condition, except as stated in this plan

**Sensory Integration and Music Therapy**

Service animals and related costs, including but not limited to food, training, and veterinary costs

**Services for children of a dependent**, unless the child is also eligible as a dependent.

**Services for Conditions Medicare Identifies as Hospital-Acquired Conditions (HACs), and/or National Quality Forum (NQF) “Never Events”**

**Services for Idiopathic Environmental Intolerance** – Services associated with environmental intolerance from unknown causes (idiopathic), multiple chemical sensitivity, the diagnosis or treatment of environmental illness (clinical ecology), such as chemical sensitivity or toxicity from exposure to atmospheric or environmental contaminants, pesticides, or herbicides

**Services for Weight Loss and Gain**, except as stated in this plan

**Services from Ineligible Providers**

**Services Paid for by Other Organizations; Services Required by Law to be Paid for by Other Organizations** – Services paid for by other organizations and/or services required by law to be paid for by other organizations. Other organizations include, but are not limited to, the government, a school, and/or biotechnical, pharmaceutical, medical, or dental device industry organizations. Examples of services that are paid for or required by law to be paid for by other organizations are services that are part of a child’s individual education program and/or worksite and ergonomic evaluations.

**Services Prior to Member’s Coverage Effective Date**

**Services Provided after the Member’s Coverage Termination Date**, except as stated in this plan

**Services Related to or Associated with Noncovered Services**, except services required by federal or state law to be covered

**Services Without a Prescription** – Services and supplies that are required by this plan to have a prescription and are not prescribed by a Physician or other Provider licensed to prescribe

**Sexual Dysfunction** – Services for sexual dysfunction, regardless of the cause, and medications for the treatment of sexual dysfunction

**Smoking Cessation**, except as stated in this Plan

**Spinal Decompression or Vertebral Axial Decompression Therapy (VAX-D)**

**Strength Training** – Services primarily designed to improve or increase fitness, strength, or athletic performance, including strength training, cardiovascular endurance training, fitness programs, and strengthening programs, except as stated in this plan

**Telephonic and Electronic Consultations** – Telephonic and electronic consultations, except as stated in this plan

**Therapy Services**, except as stated in this plan
Therapy to Improve General Physical Condition, including but not limited to inpatient and outpatient routine long-term care

Training and Education – Training and education, except as stated in this plan

Transportation – Transport services and travel expenses, except as stated in this plan

Vision – Routine vision exams, vision therapy; eye exercises; all types of refractive keratoplasties including but not limited to radial keratotomy and/or lasik surgery; any other procedures, treatments, and devices for refractive correction; eyeglass frames and lenses, contact lenses, and other eyewear; vision examinations for fitting of eyeglasses and contact lenses, except as stated in this plan

Vitamins – All vitamins, minerals and trace elements that are lawfully obtainable without a prescription, except as stated in this plan

Wigs and Hairpieces, except as stated in this plan

Workers’ Compensation – Services to treat illnesses and injuries that are (1) covered by workers’ compensation; and (2) expressly identified as workers’ compensation claims when submitted to BCBSA. This exclusion does not apply if the Member has made a statutory opt-out election and/or is exempt from workers’ compensation coverage.
NONDISCRIMINATION STATEMENT

BCBSAZ complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. BCBSAZ provides appropriate free aids and services, such as qualified interpreters and written information in other formats, to people with disabilities to communicate effectively with us. BCBSAZ also 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, call (602) 864-4884 for Spanish and (877) 475-4799 for all other languages and other aids and services.

If you believe that BCBSAZ has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: BCBSAZ’s Civil Rights Coordinator, Attn: Civil Rights Coordinator, Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466, (602) 864-2288, TTY/TDD (602) 864-4823, crc@azblue.com. You can file a grievance in person or by mail or email. If you need help filing a grievance, BCBSAZ’s Civil Rights Coordinator is available to help you. You also can 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 Avenue S.W., Room 509F, HHH Building, Washington, D.C. 20201, (800) 368-1019, TDD (800) 537-7697. Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.
MULTI-LANGUAGE INTERPRETER SERVICES

Spanish: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Blue Cross Blue Shield of Arizona, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 602-864-4884.

Navajo: Dii kwé'é atah niligii Blue Cross Blue Shield of Arizona haada yit’éego bina'idilkigo éi doogago Háida biýa aniiyeeedii t’áadood le’é yina'idilkigo beehaaz’áánii hoóí díí t’áad hazaadk’éhjii háá a’doooolgo bee haaz’á doo báajh ilinígíí. Ata’ halnééii kóójí bíichjí’ jí hodíilíí 877-475-4799.

Chinese: 如果您，或您正在协助的对象，有关于插入项目的名称 Blue Cross Blue Shield of Arizona 方面的问题，您有权免费以您的母语得到帮助和信息。洽询一位翻译员。请拨电话 在此插入数字 877-475-4799。

Vietnamese: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Blue Cross Blue Shield of Arizona quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nhận chuyển với một thông dịch viên, xin gọi 877-475-4799.

Arabic: إن كان لديك أو لدى شخص تُعَمَّد له استخدام إصدار خاص من Blue Cross Blue Shield of Arizona، فعليك الحق في الحصول على المساعدة والمعلومات.

Tagalog: Kung ikaw, o ang iyong tinitulungan, ay maaaring katanungan tungkol sa Blue Cross Blue Shield of Arizona, maaaring karanatan ka na makakuhanga ng tulong at impormasyon sa iyong wika ng walang gastos. Ulang makaasap ang isang tagalog, tumawag sa 877-475-4799.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Blue Cross Blue Shield of Arizona에 관해 질문이 있다면 귀하는 이러한 도움과 정보를 귀하의 언어로 이용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 877-475-4799로 전화하십시오.

French: Si vous, ou quelqu’un de vos étudiants, a des questions à propos de Blue Cross Blue Shield of Arizona, vous avez le droit d’obtenir de l’aide et l’information dans votre langue à aucun coût. Pour parler à un interprète, appelez 877-475-4799.

German: Falls Sie oder jemand, dem Sie helfen, Fragen zum Blue Cross Blue Shield of Arizona 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 877-475-4799 an.

Russian: Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Blue Cross Blue Shield of Arizona, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 877-475-4799.

Japanese: ご本人様、またはお客様の身内の方でも、Blue Cross Blue Shield of Arizonaについてご質問があれば、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、877-475-4799までお電話ください。

Farsi: اگر شما یا یک شخصی که شما به او کمک می‌کنید، سوال در مورد Blue Cross Blue Shield of Arizona داشته باشید حق این را دارید که در زبان خود را طوری رایگان دریافت نمایید 877-475-4799.

Assyrian: يمین سما. يو یکی یا یکدی یه کمکی یه، دوده و. موزاند وت او کمکی 877-475-4799.

Serbo-Croatian: Ukoliko Vi ili neko kome Vi pomazete ima pitanje o Blue Cross Blue Shield of Arizona, imate pravo da besplatno dobijete pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodiocem, nazovite 877-475-4799.

Thai: หากคุณ หรือคนที่คุณช่วยเหลืออยู่มีคำถามเกี่ยวกับ Blue Cross Blue Shield of Arizona คุณมีสิทธิ์ที่จะได้รับความช่วยเหลือและข้อมูลในภาษาของคุณโดยไม่มีค่าใช้จ่าย โปรดคุยกับเรา โทร 877-475-4799.