# **BENEFIT SUMMARY**

Administered by - Cigna Health and Life Insurance Co. For - North Country Hospital Choice Fund Open Access Plus HRA Plan HRA Plan A Effective - 01/01/2024



Selection of a Primary Care Provider - your plan may require or allow the designation of a primary care provider. You have the right to designate any primary care provider who participates in the network and who is available to accept you or your family members. If your plan requires designation of a primary care provider, Cigna may designate one for you until you make this designation. For information on how to select a primary care provider, and for a list of the participating primary care providers, visit <u>www.mycigna.com</u> or contact customer service at the phone number listed on the back of your ID card. For children, you may designate a pediatrician as the primary care provider.

**Direct Access to Obstetricians and Gynecologists** - You do not need prior authorization from the plan or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, visit www.mycigna.com or contact customer service at the phone number listed on the back of your ID card.

This plan may contain a higher level of In-Network benefits for a Client-Specific Network (CSN) as shown in the column labeled "North Country Hospital". The CSN network is defined by the Client.

Your employer has established a health reimbursement account that you can use to pay for eligible out-of-pocket expenses during the Calendar Year.				
Employer Contribution	Employee - \$600 Employee + 1 - \$1,200 Family - \$1,200			

Plan Highlights	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Lifetime Maximum	Unlimited	Unlimited	Unlimited
Plan Year Accumulation	basis unless otherwise stated. Ir	Pockets and benefit level limits ac addition, all plan maximums and cumulate between In- and Out-of-	service-specific maximums
Plan Coinsurance	Plan pays 80%	Plan pays 70%	Plan pays 50%
Maximum Reimbursable Charge	Not Applicable	Not Applicable	150%

Plan Highlights	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Plan Deductible	Individual: \$1,250 Family: \$2,500	Individual: \$2,250 Family: \$4,500	Individual: \$3,250 Family: \$6,500
<ul> <li>The amount you pay for all in-network covered expendeductible.</li> <li>The amount you pay for all covered expenses counts</li> <li>Benefit copays always apply before plan deductible a</li> <li>After each eligible family member meets his or her indlevel specified by the plan. Or, after the family deduct coinsurance level specified by the plan.</li> <li>Prescription medications obtained at the In house host</li> <li>Note: Services where plan deductible applies are noted with the plan.</li> </ul>	toward both your in-network and ou and coinsurance. dividual deductible, covered expens tible has been met, covered expense spital pharmacy are not subject to th	ut-of-network deductibles. es for that family member will be pa es for each eligible family member y	aid based on the coinsurance will be paid based on the
Plan Out-of-Pocket Maximum	Individual: \$2,500 Family: \$5,000	Individual: \$3,000 Family: \$6,000	Individual: \$4,000 Family: \$8,000
<ul> <li>The amount you pay for all in-network covered experinetwork out-of-pocket maximum.</li> <li>The amount you pay for all covered expenses counts</li> </ul>	-		
	towards both your in-network and c et maximum. Ir out-of-pocket maximum. cket maximum include customer pai r charges in excess of Maximum Re dividual out-of-pocket maximum, the	out-of-network out-of-pocket maxim d coinsurance and charges for Mer imbursable Charge do not contribu e plan will pay 100% of their covere	ums. ntal Health and Substance Use te towards the out-of-pocket
<ul> <li>network out-of-pocket maximum.</li> <li>The amount you pay for all covered expenses counts</li> <li>Plan deductible contributes towards your out-of-pocket</li> <li>All benefit copays/deductibles contribute towards your out-of-pocket</li> <li>Covered expenses that count towards your out-of-pocket</li> <li>Disorder. Out-of-network non-compliance penalties of maximum.</li> <li>After each eligible family member meets his or her independent of the second s</li></ul>	towards both your in-network and c et maximum. Ir out-of-pocket maximum. cket maximum include customer pai r charges in excess of Maximum Re dividual out-of-pocket maximum, the	out-of-network out-of-pocket maxim d coinsurance and charges for Mer imbursable Charge do not contribu e plan will pay 100% of their covere	ums. ntal Health and Substance Use te towards the out-of-pocket
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<ul> <li>network out-of-pocket maximum.</li> <li>The amount you pay for all covered expenses counts</li> <li>Plan deductible contributes towards your out-of-pocket</li> <li>All benefit copays/deductibles contribute towards you</li> <li>Covered expenses that count towards your out-of-pochet</li> <li>Disorder. Out-of-network non-compliance penalties o maximum.</li> <li>After each eligible family member meets his or her into out-of-pocket maximum has been met, the plan will p</li> </ul> Benefit Note: Services where plan deductible applies are noted with the plan will perform the plan deductible applies are noted with the plan will perform the plan deductible applies are noted with the plan will perform the plan deductible applies are noted with the plan will perform the plan deductible applies are noted with the plan deductible applies ar	a towards both your in-network and c et maximum. Ir out-of-pocket maximum. cket maximum include customer pai r charges in excess of Maximum Re dividual out-of-pocket maximum, the ay 100% of each eligible family mer <b>North Country</b> <b>Hospital</b> <b>In-Network</b> vith a caret (^). Benefit copays/dec	out-of-network out-of-pocket maxim d coinsurance and charges for Mer eimbursable Charge do not contribu e plan will pay 100% of their covere nber's covered expenses. Cigna In-Network	ums. Intal Health and Substance Use te towards the out-of-pocket d expenses. Or, after the family Out-of-Network
<ul> <li>network out-of-pocket maximum.</li> <li>The amount you pay for all covered expenses counts</li> <li>Plan deductible contributes towards your out-of-pocket</li> <li>All benefit copays/deductibles contribute towards you</li> <li>Covered expenses that count towards your out-of-pochet</li> <li>Disorder. Out-of-network non-compliance penalties o maximum.</li> <li>After each eligible family member meets his or her into out-of-pocket maximum has been met, the plan will p</li> </ul> Benefit Note: Services where plan deductible applies are noted w Physician Services - Office Visits	towards both your in-network and c et maximum. In out-of-pocket maximum. cket maximum include customer pai or charges in excess of Maximum Re dividual out-of-pocket maximum, the ay 100% of each eligible family mer <b>North Country</b> <b>Hospital</b> <b>In-Network</b>	out-of-network out-of-pocket maxim d coinsurance and charges for Mer eimbursable Charge do not contribu e plan will pay 100% of their covere nber's covered expenses. Cigna In-Network	ums. Intal Health and Substance Use te towards the out-of-pocket d expenses. Or, after the family Out-of-Network
<ul> <li>network out-of-pocket maximum.</li> <li>The amount you pay for all covered expenses counts</li> <li>Plan deductible contributes towards your out-of-pocket</li> <li>All benefit copays/deductibles contribute towards you</li> <li>Covered expenses that count towards your out-of-poc Disorder. Out-of-network non-compliance penalties o maximum.</li> <li>After each eligible family member meets his or her into out-of-pocket maximum has been met, the plan will p</li> </ul> Benefit Note: Services where plan deductible applies are noted w Physician Services - Office Visits Primary Care Physician (PCP) Services/Office Visit	a towards both your in-network and c et maximum. Ir out-of-pocket maximum. cket maximum include customer pai or charges in excess of Maximum Re dividual out-of-pocket maximum, the vay 100% of each eligible family men <b>North Country</b> <b>Hospital</b> <b>In-Network</b> vith a caret (^). Benefit copays/dev \$25 copay, and plan pays 100% Plan pays 80% ^	but-of-network out-of-pocket maxim d coinsurance and charges for Mer simbursable Charge do not contribu- e plan will pay 100% of their covere nber's covered expenses. Cigna In-Network ductibles always apply before plat Plan pays 70% ^	ums. Intal Health and Substance Use te towards the out-of-pocket d expenses. Or, after the family Out-of-Network an deductible. Plan pays 50% ^ Plan pays 50% ^
<ul> <li>network out-of-pocket maximum.</li> <li>The amount you pay for all covered expenses counts</li> <li>Plan deductible contributes towards your out-of-pocket</li> <li>All benefit copays/deductibles contribute towards you</li> <li>Covered expenses that count towards your out-of-pochet bisorder. Out-of-network non-compliance penalties of maximum.</li> <li>After each eligible family member meets his or her introductor out-of-pocket maximum has been met, the plan will penaltic bisorder.</li> </ul>	a towards both your in-network and c et maximum. Ir out-of-pocket maximum. cket maximum include customer pai or charges in excess of Maximum Re dividual out-of-pocket maximum, the vay 100% of each eligible family men <b>North Country</b> <b>Hospital</b> <b>In-Network</b> vith a caret (^). Benefit copays/dev \$25 copay, and plan pays 100% Plan pays 80% ^	but-of-network out-of-pocket maxim d coinsurance and charges for Mer simbursable Charge do not contribu- e plan will pay 100% of their covere nber's covered expenses. Cigna In-Network ductibles always apply before plat Plan pays 70% ^	ums. Intal Health and Substance Use te towards the out-of-pocket d expenses. Or, after the family Out-of-Network an deductible. Plan pays 50% ^ Plan pays 50% ^

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with	a caret (^). Benefit copays/ded		
Allergy Treatment/Injections and Allergy Serum Allergy serum dispensed by the physician in the office	Plan pays 80% ^	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
Virtual Care			
Dedicated Virtual Providers - MDLIVE			
MDLIVE Urgent Virtual Care Services	Not Applicable	Plan pays 70% ^	Not Covered
MDLIVE Primary Care Services	Not Applicable	Plan pays 70% ^	Not Covered
MDLIVE Specialty Care Services	Not Applicable	Plan pays 70% ^	Not Covered
<ul> <li>Includes charges for the delivery of medical and health-r audio, video, and secure internet-based technologies.</li> <li>Virtual Physician Services - Office Visits</li> </ul>		by dedicated virtual providers as	medically appropriate through
Primary Care Physician (PCP) Services/Office Visit	\$25 copay, and plan pays 100%	Plan pays 70% ^	Plan pays 50% ^
Specialty Care Physician Services/Office Visit	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Physicians may deliver services virtually that are payable			
as PCP or as Specialist).	s provided in a face-to-face setting	g.	
	s provided in a face-to-face setting	g.	
based technologies that are similar to office visit services <b>NOTE:</b> Obstetrician and Gynecologist (OB/GYN) visits are subje as PCP or as Specialist).	s provided in a face-to-face setting	g.	
based technologies that are similar to office visit services <b>NOTE:</b> Obstetrician and Gynecologist (OB/GYN) visits are subje as PCP or as Specialist). <b>Convenience Care Clinic</b>	s provided in a face-to-face setting ct to either the PCP or Specialist	g. cost share depending on how the	provider contracts with Cigna (i.e
based technologies that are similar to office visit services NOTE: Obstetrician and Gynecologist (OB/GYN) visits are subje as PCP or as Specialist). Convenience Care Clinic Convenience Care Clinic	s provided in a face-to-face setting ct to either the PCP or Specialist	g. cost share depending on how the	provider contracts with Cigna (i.e
based technologies that are similar to office visit services <b>NOTE:</b> Obstetrician and Gynecologist (OB/GYN) visits are subje as PCP or as Specialist). <b>Convenience Care Clinic</b> <b>Convenience Care Clinic</b> <b>Preventive Care</b>	s provided in a face-to-face setting ct to either the PCP or Specialist Not Applicable Plan pays 100%	g. cost share depending on how the Plan pays 70% ^	provider contracts with Cigna (i.e Plan pays 50% ^ Plan pays 100%

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are r	oted with a caret (^). Benefit copays/de	ductibles always apply before <b>p</b>	plan deductible.
Mammogram, PAP, and PSA Tests	Plan pays 100%	Plan pays 100%	Covered same as other x-ray and lab services, based on Place of Service
Coverage includes the associated Preventive	Outpatient Professional Services.		

Coverage includes the associated Preventive Outpatient Professional Services.
 Diagnostic-related services are covered at the same level of benefits as other x-ray and lab services, based on Place of Service.

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with	a caret (^). Benefit copays/ded	uctibles always apply before pla	an deductible.
Inpatient			
Inpatient Hospital Facility Services	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Note: Includes all Lab and Radiology services, including Advance	· · · · ·		
Inpatient Hospital Physician's Visit/Consultation	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Inpatient Professional Services	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
For services performed by Surgeons, Radiologists, Patho	ologists and Anesthesiologists		
Outpatient			
Outpatient Facility Services	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Outpatient Professional Services	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
For services performed by Surgeons, Radiologists, Patho	ologists and Anesthesiologists		
Emergency Services			
<ul> <li>Emergency Room</li> <li>Includes Professional, X-ray and/or Lab services performed at the Emergency Room and billed by the facility as part of the ER visit.</li> </ul>	Plan pays 80% ^	Plan pays 80% ^	Plan pays 80% ^
<ul> <li>Urgent Care Facility</li> <li>Includes Professional, X-ray and/or Lab services performed at the Urgent Care Facility and billed by the facility as part of the urgent care visit.</li> </ul>	Plan pays 80% ^	Plan pays 80% ^	Plan pays 80% ^
Ambulance	Plan pays 80% ^	Plan pays 80% ^	Plan pays 80% ^
Ambulance services used as non-emergency transportation (e.g.	, transportation from hospital bac	k home) generally are not covered	1.
Inpatient Services at Other Health Care Fac			
Skilled Nursing Facility, Rehabilitation Hospital, Sub-Acute Facilities <ul> <li>Annual Limit: Unlimited days</li> </ul>	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Laboratory Services			
Physician's Services/Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
Independent Lab	Not Applicable	Plan pays 70% ^	Plan pays 50% ^
Outpatient Facility	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted v	vith a caret (^). Benefit copays/ded	uctibles always apply before pla	an deductible.
Radiology Services			
Physician's Services/Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
Outpatient Facility	Not Applicable	Plan pays 70% ^	Plan pays 50% ^
Advanced Radiological Imaging (ARI)	Includes MRI, MRA, CAT	Scan, PET Scan, etc.	
Outpatient Facility	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Physician's Services/Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
Outpatient Therapy Services			
Outpatient Therapy Services	Plan pays 80% ^	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
<ul> <li>Annual Limits:</li> <li>All Therapies Combined - Includes Cognitive Therapy days</li> </ul>	y, Occupational Therapy, Physical Th	erapy, Pulmonary Rehabilitation, a	and Speech Therapy - Unlimited
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home</li> </ul>		pplicable outpatient therapy servic Covered same as Physician	ces maximum. Covered same as Physician
All Therapies Combined - Includes Cognitive Therapy	Health Care plan, accumulate to the a	pplicable outpatient therapy service	ces maximum.
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> </ul>	Health Care plan, accumulate to the a	pplicable outpatient therapy servic Covered same as Physician	ces maximum. Covered same as Physician
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> <li>Cardiac Rehabilitation Services</li> </ul>	Health Care plan, accumulate to the a Plan pays 80% ^	pplicable outpatient therapy servic Covered same as Physician Services - Office Visit Covered same as Physician	ces maximum. Covered same as Physician Services - Office Visit Covered same as Physician
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:             <ul> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:</li> <li>Cardiac Rehabilitation Services</li> </ul> </li> </ul>	Health Care plan, accumulate to the a Plan pays 80% ^	pplicable outpatient therapy servic Covered same as Physician Services - Office Visit Covered same as Physician	ces maximum. Covered same as Physician Services - Office Visit Covered same as Physician
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:             <ul> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:</li> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:</li> <li>Cardiac Rehabilitation - 36 days</li> <li>Hospice</li> </ul> </li> </ul>	Health Care plan, accumulate to the a Plan pays 80% ^	pplicable outpatient therapy servic Covered same as Physician Services - Office Visit Covered same as Physician	ces maximum. Covered same as Physician Services - Office Visit Covered same as Physician
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:             <ul> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:                     <ul></ul></li></ul></li></ul>	Health Care plan, accumulate to the a Plan pays 80% ^ Plan pays 80% ^ Plan pays 80% ^ Plan pays 80% ^	pplicable outpatient therapy servic Covered same as Physician Services - Office Visit Covered same as Physician Services - Office Visit	ces maximum. Covered same as Physician Services - Office Visit Covered same as Physician Services - Office Visit
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:             <ul> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:                     <ul> <li>Cardiac Rehabilitation Services</li></ul></li></ul></li></ul>	Health Care plan, accumulate to the a Plan pays 80% ^ Plan pays 80% ^ Plan pays 80% ^ A Plan pays 80% ^ a hospice program.	Plan pays 70% ^ Plan pays 70% ^	ces maximum. Covered same as Physician Services - Office Visit Covered same as Physician Services - Office Visit
<ul> <li>All Therapies Combined - Includes Cognitive Therapy days</li> <li>Note: Therapy days, provided as part of an approved Home I</li> <li>Chiropractic Services</li> <li>Annual Limit:         <ul> <li>Chiropractic Care - 12 days</li> </ul> </li> <li>Cardiac Rehabilitation Services</li> <li>Annual Limit:</li> </ul>	Health Care plan, accumulate to the a Plan pays 80% ^ Plan pays 80% ^ Plan pays 80% ^ A Plan pays 80% ^ a hospice program.	Plan pays 70% ^ Plan pays 70% ^	ces maximum. Covered same as Physician Services - Office Visit Covered same as Physician Services - Office Visit

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with	a caret (^). Benefit copays/ded	uctibles always apply before pl	an deductible.
Medical Pharmaceutical Drugs			
Outpatient Facility	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Physician's Office	Plan pays 80% <mark>^</mark>	Plan pays 70% ^	Plan pays 50% ^
lome	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
<b>Note:</b> This benefit only applies to the cost of the Infusion Therapy charges.	/ drugs administered. This benefi	t does not cover the related Facili	ty, Office Visit or Professional
Vaternity			
nitial Visit to Confirm Pregnancy	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
All Subsequent Prenatal Visits, Postnatal Visits and Physician's Delivery Charges (Global Maternity Fee)	Plan pays 80% <mark>^</mark>	Plan pays 70% ^	Plan pays 50% ^
<b>Office Visits in Addition to Global Maternity Fee</b> (Performed oby OB/GYN or Specialist)	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
<b>Delivery - Facility</b> Inpatient Hospital, Birthing Center)	Covered same as plan's Inpatient Hospital benefit	Covered same as plan's Inpatient Hospital benefit	Covered same as plan's Inpatient Hospital benefit
Abortion			
Abortion Services	Coverage varies based on Place of Service	Coverage varies based on Place of Service	Coverage varies based on Place of Service
Note: Elective and non-elective procedures			
Family Planning			
Vomen's Services	Plan pays 100%	Plan pays 100%	Plan pays 100%
ncludes contraceptive devices as ordered or prescribed by a phy			
len's Services	Coverage varies based on Place of Service	Coverage varies based on Place of Service	Coverage varies based on Place of Service
ncludes surgical sterilization services, such as vasectomy (exclu	des reversals)		

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with	a caret (^). Benefit copays/ded	uctibles always apply before pla	n deductible.
Infertility			
Infertility Treatment Note: Coverage will be provided for the treatment of an underlyin any other illness.	ng medical condition up to the poi	nt an infertility condition is diagnose	ed. Services will be covered as
Outpatient Dialysis Services			
Physician's Services/Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit	Not Covered
Home Dialysis Note: Dialysis visits will not accumulate to Home Health Care maximum	Not Applicable	Covered same as plan's Home Health Care benefit	Not Covered
Outpatient Facility Services	Not Applicable	Covered same as plan's Outpatient Facility Services benefit	Not Covered
Outpatient Professional Services	Not Applicable	Covered same as plan's Outpatient Professional Services benefit	Not Covered
Other Health Care Facilities/Services	·	·	
Home Health Care	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
<ul> <li>Annual Limit: 60 days (The limit is not applicable to men</li> <li>16 hour maximum per day</li> <li>Note: Includes outpatient private duty nursing when approved as</li> <li>Organ Transplants</li> </ul>		rder conditions.)	
Inpatient Hospital Facility Services LifeSOURCE Facility	Not Applicable	Plan pays 100%	Not Applicable
Non-LifeSOURCE Facility	Not Applicable	Covered same as plan's Inpatient Hospital benefit	Not Covered
Inpatient Professional Services	1		1
LifeSOURCE Facility	Not Applicable	Plan pays 100%	Not Applicable
Non-LifeSOURCE Facility	Not Applicable	Covered same as plan's Inpatient Professional benefit	Not Covered
Travel Maximum - Cigna LifeSOURCE Transplant Netwo	ork® Facility Only: \$10,000 maxim	num per Transplant	
Durable Medical Equipment     Annual Limit: Unlimited	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with a	a caret (^). Benefit copays/dedu	ictibles always apply before pl	an deductible.
<ul> <li>Breast Feeding Equipment and Supplies</li> <li>Limited to the rental or purchase through CareCentrix of one breast pump per birth as ordered or prescribed by a physician</li> <li>Includes related supplies</li> </ul>	Plan pays 100%	Plan pays 100%	Plan pays 100%
External Prosthetic Appliances (EPA)	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Annual Limit: Unlimited			
<ul> <li>Temporomandibular Joint Disorder (TMJ)</li> <li>Unlimited lifetime maximum</li> <li>Note: Provided on a limited, case-by-case basis. Excludes applian</li> </ul>	Coverage varies based on Place of Service	Coverage varies based on Place of Service	Coverage varies based on Place of Service
Routine Foot Care	Not Covered	Not Covered	Not Covered
<b>Note:</b> Services associated with foot care for diabetes and periphe			
Hearing Aids	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
<ul> <li>Maximum of 2 devices per 60 months</li> <li>Includes testing and fitting of hearing aid devices at Physi</li> </ul>	cian Office Visit cost share		
Wigs <ul> <li>Annual Limit: Unlimited</li> </ul>	Plan pays 80% ^	Plan pays 70% <mark>^</mark>	Plan pays 50% <mark>^</mark>

Benefit	North Country Hospital In-Network	Cigna In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with	a caret (^). Benefit copays/de	ductibles always apply before	plan deductible.
Mental Health and Substance Use Disorder	•		
Inpatient Mental Health	Plan pays 80% ^	Plan pays 70% ^	Plan pays 50% ^
Outpatient Mental Health – Physician's Office	Plan pays 80% ^	Plan pays 80% ^	Plan pays 50% ^
Outpatient Mental Health - MDLIVE Behavioral Services	Plan pays 80% ^	Plan pays 80% ^	Not Covered
Outpatient Mental Health – All Other Services	Plan pays 80% <sup>^</sup>	Plan pays 80% ^	Plan pays 50% ^
Inpatient Substance Use Disorder	Plan pays 80% <sup>^</sup>	Plan pays 70% ^	Plan pays 50% ^
Outpatient Substance Use Disorder – Physician's Office	Plan pays 80% <sup>^</sup>	Plan pays 80% ^	Plan pays 50% ^
Outpatient Substance Use Disorder - MDLIVE Behavioral Services	Plan pays 80% ^	Plan pays 80% ^	Not Covered
Outpatient Substance Use Disorder – All Other Services	Plan pays 80% <sup>^</sup>	Plan pays 80% ^	Plan pays 50% ^
Appual Limits:			

Annual Limits:

• Unlimited maximum

Notes:

- Inpatient includes Acute Inpatient and Residential Treatment.
- Outpatient Physician's Office and MDLIVE Behavioral Services may include Individual, family and group therapy, psychotherapy, medication management, etc.
- Outpatient All Other Services may include Partial Hospitalization, Intensive Outpatient Services, Applied Behavior Analysis (ABA Therapy), etc.
- Services are paid at 100% after you reach your out-of-pocket maximum.

Important Note on Mental Health and Substance Use Disorder Coverage: Covered medical services listed above, which are received to diagnose or treat a Mental Health or Substance Use Disorder condition will be payable according to this section titled "Mental Health and Substance Use Disorder." Mental Health/Substance Use Disorder Utilization Review, Case Management and Programs

#### Cigna Total Behavioral Health - Inpatient and Outpatient Management

- Inpatient utilization review and case management
- Outpatient utilization review and case management
- Partial Hospitalization
- Intensive outpatient programs
- Changing Lives by Integrating Mind and Body Program
- Lifestyle Management Programs: Stress Management, Tobacco Cessation and Weight Management.
- Narcotic Therapy Management
- inMynd<sup>™</sup> program a comprehensive, holistic solution to help recognize and find resources to treat behavioral health conditions.

Pharmacy	North Country Hospital In-Network	Cigna In-Network
Cost Share and Supply		
<ul> <li>Cigna Pharmacy Cost Share</li> <li>North Country Hospital Retail – up to 30 or 90 day supply</li> <li>Cigna Retail- up to 30 day supply</li> <li>Cigna Home Delivery – up to 90-day supply</li> <li>Oral specialty medications are covered at Non-Specialty cost share</li> </ul>	Retail (per 30-day supply): Generic: You pay \$10 Preferred Brand: You pay \$20 Non-Preferred Brand: You pay \$40 Specialty Drugs: You pay 50%	Retail (per 30-day supply): Generic: You pay 50% Preferred Brand: You pay 50% Non-Preferred Brand: You pay 50% Specialty: You pay 50%
Sildre	Retail (per 90-day supply): Generic: You pay \$10 Preferred Brand: You pay \$60 Non-Preferred Brand: You pay \$120 Speciality Drugs: You pay 50%	Home Delivery (per 90-day supply): Generic: You pay \$10 Preferred Brand: You pay \$45 Non-Preferred Brand: You pay \$90 Specialty: You pay 50%
<ul> <li>hepatitis C or rheumatoid arthritis. Specialty Drugs may include hig supervision when being administered.</li> <li>Patient is responsible for the applicable cost share based upon the Pharmacist will dispense the brand medication, and the patient will Substitution Program (DAW9).</li> <li>Exclusive specialty home delivery: Specialty medications must be first fill. Some exceptions may apply.</li> <li>SaveOn Specialty Program: If you participate in the SaveOnSP p</li> </ul>	tier of the dispensed medication. pay the generic cost share, when the medic filled through home delivery; otherwise you p	ation is part of the Brand-for-Generic ay the entire cost of the prescription upon you
<ul><li>and may fall outside of the deductible and out-of-pocket limits. In the pocket maximums.</li><li>If you receive a supply of 34 days or less at home delivery (including)</li></ul>	nat case, manufacturer assistance may not b	e applied towards your deductible and out-of-
to reflect a 30-day supply. Preventive Drugs: Federally required preventive drugs will not be subject to deductible and wincluded in the Standard Package will be provided at no charge. This may a Asthma, Cavities, Cholesterol Lowering, Colonoscopy Prep, Depression Smoking Cessation	apply to drugs for:	

#### Pharmacy Out-of-Pocket Maximum

гпатп			Individual: \$1,000
•	Retail and Home Delivery cost share applies to the Pharmacy Out-	Not Applicable	. ,
•	, , , , ,	Not Applicable	Family: N/A
	of-Pocket.		

## **Drugs Covered**

**Prescription Drug List:** Your National Preferred Prescription Drug List includes a full range of drugs including all those required under applicable health care laws. To check which drugs are included in your plan, please log on to myCigna.com. Some highlights:

- Self Administered injectables are covered.
- Contraceptive devices and drugs are covered with federally required products covered at 100%.
- Insulin, glucose test strips, lancets, insulin needles & syringes, insulin pens and cartridges are covered.
- Lifestyle drugs are covered limited to sexual dysfunction.
- Oral Fertility drugs are covered.

# **Pharmacy Program Information**

## Pharmacy Clinical Management: Essential for NPF

Your plan features drug management programs and edits to ensure safe prescribing, and access to medications proven to be the most reliable and cost effective for the medical condition, including:

- Prior authorization requirements
- Step Therapy on select classes of medications and drugs new to the market
- Quantity limits, including maximum daily dose edits, quantity over time edits, duration of therapy edits, and dose optimization edits
- Age edits, and refill-too-soon edits
- Plan exclusion edits
- Your plan includes Specialty Drug Management features, such as prior authorization and quantity limits, to ensure the safe prescribing and access to specialty medications.
- For customers with complex conditions taking a specialty medication, we will offer Accredo Therapeutic Resource Centers (TRCs) to provide specialty
  medication and condition counseling. For customers taking a specialty medication not dispensed by Accredo, Cigna experts will offer this important specialty
  medication and condition counseling.

#### **Clinical Day Supply Program**

Your plan includes the Clinical Day Supply Program for specialty drugs which provides a balance between specialty drug waste control and improved therapy adherence. During a stabilization period, certain specialty drugs, dispensed by a Cigna designated specialty pharmacy, may be limited to less than a consecutive 90 day supply. Further, for some drugs with a very high risk for early discontinuation, a split-fill (either 14 or 15 days), may be dispensed. Your cost share will be prorated to reflect the actual days' supply dispensed.

# **Additional Information**

#### **Case Management**

Coordinated by Cigna HealthCare. This is a service designated to provide assistance to a patient who is at risk of developing medical complexities or for whom a health incident has precipitated a need for rehabilitation or additional health care support. The program strives to attain a balance between quality and cost effective care while maximizing the patient's quality of life.

# **Additional Information**

#### Maximum Reimbursable Charge

The allowable covered expense for non-network services is based on the lesser of the health care professional's normal charge for a similar service or a percentage of a fee schedule (150%) developed by Cigna that is based on a methodology similar to one used by Medicare to determine the allowable fee for the same or similar service in a geographic area. In some cases, the Medicare based fee schedule will not be used and the maximum reimbursable charge for covered services is based on the lesser of the health care professional's normal charge for a similar service or a percentile (80th) of charges made by health care professionals of such service or supply in the geographic area where it is received. If sufficient charge data is unavailable in the database for that geographic area to determine the Maximum Reimbursable Charge, then data in the database for similar services may be used. Out-of-network services are subject to a Calendar Year deductible and maximum reimbursable charge limitations.

#### **Out-of-Network Emergency Services Charges**

1. Emergency Services are covered at the In-Network cost-sharing level as required by applicable state or federal law if services are received from a non-participating (Out-of-Network) provider.

2. The allowable amount used to determine the Plan's benefit payment for covered Emergency Services rendered in an Out-of-Network Hospital, or by an Out-of-Network provider in an In-Network Hospital, is the amount agreed to by the Out-of-Network provider and Cigna, or as required by applicable state or federal law.

The member is responsible for applicable In-Network cost-sharing amounts (any deductible, copay or coinsurance). The member is not responsible for any charges that may be made in excess of the allowable amount. If the Out-of-Network provider bills you for an amount higher than the amount you owe as indicated on the Explanation of Benefits (EOB), contact Cigna Customer Service at the phone number on your ID card.

#### **Medicare Coordination**

In accordance with the Social Security Act of 1965, this plan will pay as the Secondary plan to Medicare Part A and B as follows:

(a) a former Employee such as a retiree, a former Disabled Employee, a former Employee's Dependent, or an Employee's Domestic Partner who is also eligible for Medicare and whose insurance is continued for any reason as provided in this plan (including COBRA continuation);

(b) an Employee, a former Employee, an Employee's Dependent, or former Employee's Dependent, who is eligible for Medicare due to End Stage Renal Disease after that person has been eligible for Medicare for 30 months.

When a person is eligible for Medicare A and B as described above, this plan will pay as the Secondary Plan to Medicare Part A and B regardless if the person is actually enrolled in Medicare Part A and/or Part B and regardless if the person seeks care at a Medicare Provider or not for Medicare covered services.

#### Multiple Surgical Reduction

Multiple surgeries performed during one operating session result in payment reduction of 50% to the surgery of lesser charge. The most expensive procedure is paid as any other surgery.

Additional	nformation
Pre-Certification - Continued Stay Review - Preferred Care Management Inpat In-Network: Coordinated by your physician Out-of-Network: Customer is responsible for contacting Cigna Healthcare. Subject • \$750 penalty applied to hospital inpatient charges for failure to contact Cign	o penalty/reduction or denial for non-compliance.
<ul> <li>Benefits are denied for any admission reviewed by Cigna Healthcare and n</li> <li>Benefits are denied for any additional days not certified by Cigna Healthcar</li> </ul>	
<ul> <li>Pre-Certification - Preferred Care Management Outpatient Prior Authorization In-Network: Coordinated by your physician</li> <li>Out-of-Network: Customer is responsible for contacting Cigna Healthcare. Subject</li> <li>\$750 penalty applied to outpatient procedures/diagnostic testing charges for</li> <li>Benefits are denied for any outpatient procedures/diagnostic testing review</li> <li>Pre-Existing Condition Limitation (PCL) does not apply.</li> <li>Well-Being Solution: Core         <ul> <li>Health Assessment</li> <li>Device/App Integration</li> <li>Personalized online content and data-driven actions</li> </ul> </li> </ul>	<ul> <li>required for selected outpatient procedures and diagnostic testing to penalty/reduction or denial for non-compliance.</li> <li>failure to contact Cigna Healthcare and to precertify admission.</li> </ul>
<ul> <li>Your Health First - 200</li> <li>Individuals with one or more of the chronic conditions, identified on the right, may be eligible to receive the following type of support:</li> <li>Condition Management</li> <li>Medication adherence</li> <li>Risk factor management</li> <li>Lifestyle issues</li> <li>Health &amp; Wellness issues</li> <li>Pre/post-admission</li> <li>Treatment decision support</li> <li>Gaps in care</li> </ul>	<ul> <li>Holistic health support for the following chronic health conditions: <ul> <li>Heart Disease</li> <li>Coronary Artery Disease</li> <li>Angina</li> <li>Congestive Heart Failure</li> <li>Acute Myocardial Infarction</li> <li>Peripheral Arterial Disease</li> <li>Asthma</li> <li>Chronic Obstructive Pulmonary Disease (Emphysema and Chronic Bronchitis)</li> <li>Diabetes Type 1</li> <li>Diabetes Type 2</li> <li>Metabolic Syndrome/Weight Complications</li> <li>Osteoarthritis</li> <li>Low Back Pain</li> <li>Anxiety</li> </ul> </li> </ul>

## **Definitions**

**Coinsurance** - After you've reached your deductible, you and your plan share some of your medical costs. The portion of covered expenses you are responsible for is called Coinsurance.

Copay - A flat fee you pay for certain covered services such as doctor's visits or prescriptions.

Deductible - A flat dollar amount you must pay out of your own pocket before your plan begins to pay for covered services.

**Out-of-Pocket Maximum** - Specific limits for the total amount you will pay out of your own pocket before your plan coinsurance percentage no longer applies. Once you meet these maximums, your plan then pays 100 percent of the "Maximum Reimbursable Charges" or negotiated fees for covered services.

Place of Service - Your plan pays based on where you receive services. For example, for hospital stays, your coverage is paid at the inpatient level.

Prescription Drug List - The list of prescription brand and generic drugs covered by your pharmacy plan.

**Professional Services** - Services performed by Surgeons, Assistant Surgeons, Hospital Based Physicians, Radiologists, Pathologists and Anesthesiologists **Transition of Care** - Provides in-network health coverage to new customers when the customer's doctor is not part of the Cigna network and there are approved clinical reasons why the customer should continue to see the same doctor.

# **Exclusions**

#### What's Not Covered (not all-inclusive):

Your plan provides for most medically necessary services. The complete list of exclusions is provided in your Certificate or Summary Plan Description. To the extent there may be differences, the terms of the Certificate or Summary Plan Description control. Examples of things your plan does not cover, unless required by law or covered under the pharmacy benefit, include (but aren't limited to):

- Care for health conditions that are required by state or local law to be treated in a public facility.
- Care required by state or federal law to be supplied by a public school system or school district.
- Care for military service disabilities treatable through governmental services if you are legally entitled to such treatment and facilities are reasonably available.
- Treatment of an Injury or Sickness which is due to war, declared, or undeclared.
- Charges which you are not obligated to pay or for which you are not billed or for which you would not have been billed except that they were covered under this plan. For example, if Cigna determines that a provider or Pharmacy is or has waived, reduced, or forgiven any portion of its charges and/or any portion of Copayment, Deductible, and/or Coinsurance amount(s) you are required to pay for a Covered Expense (as shown on The Schedule) without Cigna's express consent, then Cigna in its sole discretion shall have the right to deny the payment of benefits in connection with the Covered Expense, or reduce the benefits in proportion to the amount of the Copayment, Deductible, and/or Coinsurance amounts waived, forgiven or reduced, regardless of whether the provider or Pharmacy represents that you remain responsible for any amounts that your plan does not cover. In the exercise of that discretion, Cigna shall have the right to require you to provide proof sufficient to Cigna that you have made your required cost share payment(s) prior to the payment of any benefits by Cigna. This exclusion includes, but is not limited to, charges of a non-Participating Provider who has agreed to charge you or charged you at an In-Network benefits level or some other benefits level not otherwise applicable to the services received.
- Charges arising out of or relating to any violation of a healthcare-related state or federal law or which themselves are a violation of a healthcare-related state or federal law.
- Assistance in the activities of daily living, including but not limited to eating, bathing, dressing or other Custodial Services or self-care activities, homemaker services and services primarily for rest, domiciliary or convalescent care.
- For or in connection with experimental, investigational or unproven services.
- Experimental, investigational and unproven services are medical, surgical, diagnostic, psychiatric, substance use disorder or other health care technologies, supplies, treatments, procedures, drug or Biologic therapies or devices that are determined by the utilization review Physician to be:
  - o not approved by the U.S. Food and Drug Administration (FDA) or other appropriate regulatory agency to be lawfully marketed;
  - o not demonstrated, through existing peer-reviewed, evidence-based, scientific literature to be safe and effective for treating or diagnosing the condition or Sickness for which its use is proposed;

## 01/01/2024

ASO

## **Exclusions**

- o the subject of review or approval by an Institutional Review Board for the proposed use except as provided in the "Clinical Trials" sections of this plan; or
- o the subject of an ongoing phase I, II or III clinical trial, except for routine patient care costs related to qualified clinical trials as provided in the "Clinical Trials" sections of this plan.

In determining whether any such technologies, supplies, treatments, drug or Biologic therapies or devices are experimental, investigational and/or unproven, the utilization review Physician may rely on the clinical coverage policies maintained by Cigna or the Review Organization. Clinical coverage policies may incorporate, without limitation and as applicable, criteria relating to U.S. Food and Drug Administration-approved labeling, the standard medical reference compendia and peer-reviewed, evidence-based scientific literature or guidelines.

- Cosmetic surgery and therapies. Cosmetic surgery or therapy is defined as surgery or therapy performed to improve or alter appearance or self-esteem.
- The following services are excluded from coverage regardless of clinical indications: rhinoplasty; blepharoplasty; redundant skin surgery; removal of skin tags; acupressure; craniosacral/cranial therapy; dance therapy; movement therapy; applied kinesiology; rolfing; prolotherapy; and extracorporeal shock wave lithotripsy (ESWL) for musculoskeletal and orthopedic conditions.
- Dental treatment of the teeth, gums or structures directly supporting the teeth, including dental X-rays, examinations, repairs, orthodontics, periodontics, casts, splints and services for dental malocclusion, for any condition. Charges made for services or supplies provided for or in connection with an accidental Injury to teeth are covered provided a continuous course of dental treatment is started within six months of an accident. Additionally, charges made by a Physician for any of the following Surgical Procedures are covered: excision of unerupted impacted wisdom tooth, including removal of alveolar bone and sectioning of tooth; removal of residual root (when performed by a Dentist other than the one who extracted the tooth).
- For medical and surgical services intended primarily for the treatment or control of obesity. However, treatment of clinically severe obesity, as defined by the body mass index (BMI) classifications of the National Heart, Lung and Blood Institute guideline is covered if the services are demonstrated, through peer-reviewed medical literature and scientifically based guidelines, to be safe and effective for treatment of the condition.
- Unless otherwise covered in this plan, for 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.
- Court-ordered treatment or hospitalization, unless such treatment is prescribed by a Physician and listed as covered in this plan.
- Infertility services including infertility drugs, surgical or medical treatment programs for infertility, including in vitro fertilization, gamete intrafallopian transfer (GIFT), zygote intrafallopian transfer (ZIFT), variations of these procedures, and any costs associated with the collection, washing, preparation or storage of sperm for artificial insemination (including donor fees). Cryopreservation of donor sperm and eggs is also excluded from coverage.
- Reversal of male or female voluntary sterilization procedures.
- Any medications, drugs, services or supplies for the treatment of male or female sexual dysfunction such as, but not limited to, treatment of erectile dysfunction (including penile implants), anorgasmy, and premature ejaculation.
- Medical and Hospital care and costs for the infant child of a Dependent, unless this infant child is otherwise eligible under this plan.
- Non-medical counseling and/or ancillary services including, but not limited to, Custodial Services, educational services, vocational counseling, training and rehabilitation services, behavioral training, biofeedback, neurofeedback, hypnosis, sleep therapy, return to work services, work hardening programs and driver safety courses.
- Therapy or treatment intended primarily to improve or maintain general physical condition or for the purpose of enhancing job, school, athletic or recreational performance, including but not limited to routine, long term, or maintenance care which is provided after the resolution of the acute medical problem and when significant therapeutic improvement is not expected.
- Consumable medical supplies other than ostomy supplies and urinary catheters. Excluded supplies include, but are not limited to bandages and other disposable medical supplies, skin preparations and test strips, except as specified in the "Home Health Services" or "Breast Reconstruction and Breast

## **Exclusions**

Prostheses" sections of this plan.

- Private Hospital rooms and/or private duty nursing except as provided under the Home Health Services provision.
- Personal or comfort items such as personal care kits provided on admission to a Hospital, television, telephone, newborn infant photographs, complimentary meals, birth announcements, and other articles which are not for the specific treatment of an Injury or Sickness.
- Artificial aids including, but not limited to, elastic stockings, garter belts, corsets and dentures.
- Aids or devices that assist with non-verbal communications, including but not limited to communication boards, pre-recorded speech devices, laptop computers, desktop computers, Personal Digital Assistants (PDAs), Braille typewriters, visual alert systems for the deaf and memory books.
- Eyeglass lenses and frames and contact lenses (except for the first pair of contact lenses for treatment of keratoconus or post cataract surgery).
- Routine refractions, eye exercises and surgical treatment for the correction of a refractive error, including radial keratotomy.
- Treatment by acupuncture.
- All non-injectable prescription drugs, unless Physician administration or oversight is required, injectable prescription drugs to the extent they do not require Physician supervision and are typically considered self-administered drugs, non-prescription drugs, and investigational and experimental drugs, except as provided in this plan.
- Routine foot care, including the paring and removing of corns and calluses or trimming of nails. However, services associated with foot care for diabetes and peripheral vascular disease are covered when Medically Necessary.
- Membership costs or fees associated with health clubs, weight loss programs and smoking cessation programs.
- Genetic screening or pre-implantations genetic screening. General population-based genetic screening is a testing method performed in the absence of any symptoms or any significant, proven risk factors for genetically linked inheritable disease.
- Dental implants for any condition.
- Fees associated with the collection or donation of blood or blood products, except for autologous donation in anticipation of scheduled services where in the utilization review Physician's opinion the likelihood of excess blood loss is such that transfusion is an expected adjunct to surgery.
- Blood administration for the purpose of general improvement in physical condition.
- Cost of biologicals that are immunizations or medications for the purpose of travel, or to protect against occupational hazards and risks.
- Cosmetics, dietary supplements and health and beauty aids.
- All nutritional supplements and formulae except for infant formula needed for the treatment of inborn errors of metabolism.
- For or in connection with an Injury or Sickness arising out of, or in the course of, any employment for wage or profit.
- Charges for the delivery of medical and health-related services via telecommunications technologies, including telephone and internet, unless provided as specifically described under Covered Expenses.
- Massage therapy.

#### These are only the highlights

This summary outlines the highlights of your plan. For a complete list of both covered and not covered services, including benefits required by your state, see your employer's insurance certificate, service agreement or summary plan description -- the official plan documents. If there are any differences between this summary and the plan documents, the information in the plan documents takes precedence.

EHB State: VT

# DISCRIMINATION IS AGAINST THE LAW

## **Medical coverage**

Cigna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cigna does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Cigna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact customer service at the toll-free number shown on your ID card, and ask a Customer Service Associate for assistance.

If you believe that Cigna 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 by sending an email to ACAGrievance@Cigna.com or by writing to the following address:

Cigna Nondiscrimination Complaint Coordinator PO Box 188016 Chattanooga, TN 37422

If you need assistance filing a written grievance, please call the number on the back of your ID card or send an email to ACAGrievance@Cigna.com. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, DC 20201 1.800.368.1019, 800.537.7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.



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## Proficiency of Language Assistance Services

**English** – ATTENTION: Language assistance services, free of charge, are available to you. For current Cigna customers, call the number on the back of your ID card. Otherwise, call 1.800.244.6224 (TTY: Dial 711).

**Spanish** – ATENCIÓN: Hay servicios de asistencia de idiomas, sin cargo, a su disposición. Si es un cliente actual de Cigna, llame al número que figura en el reverso de su tarjeta de identificación. Si no lo es, llame al 1.800.244.6224 (los usuarios de TTY deben llamar al 711).

Chinese - 注意:我們可為您免費提供語言協助服務。對於 Cigna 的現有客戶,請致電您的 ID 卡背面的號碼。其他客戶請致電 1.800.244.6224 (聽障專線:請撥 711)。

Vietnamese – XIN LƯU Ý: Quý vị được cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Dành cho khách hàng hiện tại của Cigna, vui lòng gọi số ở mặt sau thẻ Hội viên. Các trường hợp khác xin gọi số 1.800.244.6224 (TTY: Quay số 711).

Korean - 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 현재 Cigna 가입자님들께서는 ID 카드 뒷면에 있는 전화번호로 연락해주십시오. 기타 다른 경우에는 1.800.244.6224 (TTY: 다이얼 711)번으로 전화해주십시오.

**Tagalog** – PAUNAWA: Makakakuha ka ng mga serbisyo sa tulong sa wika nang libre. Para sa mga kasalukuyang customer ng Cigna, tawagan ang numero sa likuran ng iyong ID card. O kaya, tumawag sa 1.800.244.6224 (TTY: I-dial ang 711).

Russian – ВНИМАНИЕ: вам могут предоставить бесплатные услуги перевода. Если вы уже участвуете в плане Cigna, позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки участника плана. Если вы не являетесь участником одного из наших планов, позвоните по номеру 1.800.244.6224 (TTY: 711).

Arabic – برجاء الانتباه خدمات الترجمة المجانية متاحة لكم. لعملاء Cigna الحاليين برجاء الاتصال بالرقم المدون علي ظهر بطاقتكم الشخصية. او اتصل ب 1.800.244.6224 (TTY: اتصل ب 711). French Creole – ATANSYON: Gen sèvis èd nan lang ki disponib gratis pou ou. Pou kliyan Cigna yo, rele nimewo ki dèyè kat ID ou. Sinon, rele nimewo 1.800.244.6224 (TTY: Rele 711).

**French** – ATTENTION: Des services d'aide linguistique vous sont proposés gratuitement. Si vous êtes un client actuel de Cigna, veuillez appeler le numéro indiqué au verso de votre carte d'identité. Sinon, veuillez appeler le numéro 1.800.244.6224 (ATS : composez le numéro 711).

**Portuguese** – ATENÇÃO: Tem ao seu dispor serviços de assistência linguística, totalmente gratuitos. Para clientes Cigna atuais, ligue para o número que se encontra no verso do seu cartão de identificação. Caso contrário, ligue para 1.800.244.6224 (Dispositivos TTY: marque 711).

**Polish** – UWAGA: w celu skorzystania z dostępnej, bezpłatnej pomocy językowej, obecni klienci firmy Cigna mogą dzwonić pod numer podany na odwrocie karty identyfikacyjnej. Wszystkie inne osoby prosimy o skorzystanie z numeru 1 800 244 6224 (TTY: wybierz 711).

Japanese - 注意事項:日本語を話される場合、無料の言語支援サービスをご利用いただけます。現在のCignaのお客様は、IDカード裏面の電話番号まで、お電話にてご連絡ください。その他の方は、1.800.244.6224 (TTY: 711) まで、お電話にてご連絡ください。

**Italian** – ATTENZIONE: Sono disponibili servizi di assistenza linguistica gratuiti. Per i clienti Cigna attuali, chiamare il numero sul retro della tessera di identificazione. In caso contrario, chiamare il numero 1.800.244.6224 (utenti TTY: chiamare il numero 711).

**German** – ACHTUNG: Die Leistungen der Sprachunterstützung stehen Ihnen kostenlos zur Verfügung. Wenn Sie gegenwärtiger Cigna-Kunde sind, rufen Sie bitte die Nummer auf der Rückseite Ihrer Krankenversicherungskarte an. Andernfalls rufen Sie 1.800.244.6224 an (TTY: Wählen Sie 711).

Persian (Farsi) – توجه: خدمات کمک زبانی، به صورت رایگان به شما ارائه می شود. برای ممتنزیان فعلی Cigna، لطفاً با شماره ای که در یشت کارت شناسایی شماست تماس بگیرید. در غیر اینصورت با شماره Cigna، لطفاً با شماره 1.800.244.6224 تماس بگیرید (شماره تلفن ویژه ناشنوایان: شماره 711 را شماره گیری کنید).