



Basic MEC

2022 Schedule of Medical Benefits

Covered Preventive Services for Adults as defined by CMS Preventive Services			
Wellness Office Visits and Lab Services	Network Providers	Non-Network Providers	Benefit Limits
Office Visit Exam & Includes Services For:	Plan pays 100%	No Benefit	Limited to preventive diagnosis only
Abdominal Aortic Aneurysm	Plan pays 100%	No Benefit	One time screening for males of ages 65 to 75 who have ever smoked
Alcohol Misuse Screening and Counseling	Plan pays 100%	No Benefit	
Aspirin use for Men and Women	Plan pays 100%	No Benefit	A low-dose aspirin for prevention of cardiovascular disease and colorectal cancer in adults aged 50-59 years (See plan document for further criteria.)
Blood Pressure Screening	Plan pays 100%	No Benefit	One screening every two years for ages 18 to 39 One Screening per plan year for ages 40 and over
Cholesterol Screening	Plan pays 100%	No Benefit	One screening per plan year for men 35 and older. Men under 35 who have heart disease or risk factors for heart disease or women who have heart disease or risk factors for heart disease.
Colorectal Cancer Screening	Plan pays 100%	No Benefit	Screening for adults over age 45
Depression Screening	Plan pays 100%	No Benefit	Screening for depression in the general adult population, including pregnant and postpartum women.
Type 2 Diabetes Screening	Plan pays 100%	No Benefit	Screening for adults with high blood pressure only.
Diet Counseling	Plan pays 100%	No Benefit	Screening for adults at higher risk of chronic disease.
Hepatitis B Screening	Plan pays 100%	No Benefit	For members at high risk, including members in countries with 2% or more Hepatitis B prevalence, and US born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
Hepatitis C Screening	Plan pays 100%	No Benefit	For adults at increased risk, and one time for everyone born between 1945 - 1965
HIV Screening	Plan pays 100%	No Benefit	Screening for adults at higher risk
Immunizations * Hepatitis A * Hepatitis B * Herpes Zoster * Human Papillomavirus * Influenza (Flu Shot) * Measles, Mumps, Rubella * Meningococcal * Pneumococcal * Tetanus, Diphtheria, Pertussis * Varicella	Plan pays 100%	No Benefit	Listed immunizations are once per plan year. Human Papillomavirus shots up to age 26. Pneumococcal shots for adults 65 and older
Latent Tuberculosis Infection	Plan pays 100%	No Benefit	Screening for latent tuberculosis infection (LTBI) in populations at increased risk
Lung Cancer Screening	Plan pays 100%	No Benefit	For adults 55-80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years
Obesity Screening and Counseling	Plan pays 100%	No Benefit	
Sexually Transmitted Infection (STI) Screening and Counseling	Plan pays 100%	No Benefit	Prevention counseling for adults at higher risk, includes syphilis screening
Statin	Plan pays 100%	No Benefit	Adults aged 40-75 years with no history of cardiovascular disease (CVD) use a low to moderate dose statin for the prevention of CVD events and mortality when they have one or more cardiovascular disease risk factors, and a calculated 10-year CVD event risk of 10% or greater; screening for cardiac risk may include assessment of blood pressure, smoking status, screening for lipid disorders and use of ACC/AHA CVD to estimate 10-year risk
Syphilis Screening	Plan pays 100%	No Benefit	For all adults at higher risk
Tobacco Use Screening	Plan pays 100%	No Benefit	Screenings for adults and cessation interventions for tobacco users
Covered Preventive Services for Women - Including Pregnant Women			
Wellness Office Visits and Lab Services	Network Providers	Non-Network Providers	Benefit Limits

Well-Women Visits	Plan pays 100%	No Benefit	
Anemia Screening	Plan pays 100%	No Benefit	For pregnant women
BRCA Counseling	Plan pays 100%	No Benefit	Includes genetic test for women at high risk
Breast Cancer Mammography Screening	Plan pays 100%	No Benefit	Screenings every 1 to 2 years for women over 40 through age 74. (See plan document for further criteria.)
Breast Cancer Chemoprevention Counseling	Plan pays 100%	No Benefit	Counseling for women at high risk
Breast Pumps	Plan pays 100%		One per delivery. Purchase Breast Pump at a local retail store and submit the receipt for reimbursement
Breastfeeding Consultations	Plan pays 100%	No Benefit	Providing interventions during pregnancy and after birth to support breastfeeding. Comprehensive support and counseling from trained providers as well as access to breastfeeding supplies for pregnant and nursing women.
Cervical Cancer Screening	Plan pays 100%	No Benefit	For ages 21-29, PAP smear every 3 years For ages 30-65, with cytology and human papillomavirus testing (HPV) with Pap smear every 5 years or a regular cytology alone (without HPV testing) every 3 years. Women with an average risk shouldn't be screened more than once every 3 years.
Chlamydia Infection Screening	Plan pays 100%	No Benefit	For younger women and women at high risk
Contraception	Plan pays 100%	No Benefit	Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs. Counseling and follow-up care are included with this benefit. Birth control pills will be covered under your Rx benefits.
Depression Screening	Plan pays 100%	No Benefit	Screening for depression in the general adult population, including pregnant and postpartum women
Domestic and Interpersonal Violence Screening	Plan pays 100%	No Benefit	Annual screening for women to obtain a referral to initial intervention services, which includes counseling, education, harm reduction strategies and referral to appropriate support services.
Folic Acid Supplements	Plan pays 100%	No Benefit	All women who are planning or capable of pregnancy take a daily supplement containing 0.4-0.8mg
Gestational Diabetes Screening	Plan pays 100%	No Benefit	For women 24 to 28 weeks pregnant and / or at high risk of developing gestational diabetes should be screened prior to 24 weeks of gestation
Gonorrhea Screening	Plan pays 100%	No Benefit	For all women at higher risk
Hepatitis B Screening	Plan pays 100%	No Benefit	For pregnant women at their first prenatal visit
Human Immunodeficiency Virus (HIV) Screening and counseling	Plan pays 100%	No Benefit	For women sexually active
Human Papillomavirus (HPV) DNA Test	Plan pays 100%	No Benefit	One test every 3 years for women with normal cytology results who are 30 or older
Osteoporosis Screening	Plan pays 100%	No Benefit	For women over age 60 or at high risk
Preeclampsia	Plan pays 100%	No Benefit	Screening for preeclampsia in pregnant women with blood pressure measurements throughout pregnancy
Rh Incompatibility Screening	Plan pays 100%	No Benefit	For pregnant women and follow-up testing for women at higher risk
Tobacco Use Screening and interventions	Plan pays 100%	No Benefit	
Syphilis Screening	Plan pays 100%	No Benefit	For all pregnant women or other women at increased risk
Sexually Transmitted Infection (STI) and Sexually transmitted Diseases (STD) Screening and counseling, includes Gonorrhea & Syphilis Screening	Plan pays 100%	No Benefit	Counseling for sexually active women
Urinary Tract or other Infection Screening for Pregnant Women	Plan pays 100%	No Benefit	
Covered Preventive Services for Children			
Wellness Office Visits and Lab Services	Network Providers	Non-Network Providers	Benefit Limits
Office Visit Exam & Includes Services For:	Plan pays 100%	No Benefit	Limited to preventive diagnosis only

Alcohol and Drug Use Assessments	Plan pays 100%	No Benefit	
Autism Screening	Plan pays 100%	No Benefit	For children at 18 months to 24 months
Behavioral Assessments	Plan pays 100%	No Benefit	For children to age 18
Blood Pressure Screening	Plan pays 100%	No Benefit	For children to age 18
Cervical Dysplasia Screening	Plan pays 100%	No Benefit	For sexually active females
Congenital Hypothyroidism Screening	Plan pays 100%	No Benefit	For newborns
Contraception	Plan pays 100%	No Benefit	Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs. Counseling and follow-up care are included with this benefit. Birth control pills will be covered under your Rx benefits.
Depression Screening	Plan pays 100%	No Benefit	Screening for major depressive disorder (MDD) in adolescents aged 12 to 18 years
Developmental Screening	Plan pays 100%	No Benefit	For children under age 3 and surveillance throughout childhood
Dyslipidemia Screening	Plan pays 100%	No Benefit	For children at high risk of lipid disorders
Fluoride Chemoprevention Supplements	Plan pays 100%	No Benefit	For children without fluoride in their water sources
Gonorrhea Preventive Medication for the Eyes of all Newborns	Plan pays 100%	No Benefit	
Hearing Screenings	Plan pays 100%	No Benefit	For all newborns
Height, Weight, and Body Mass Index Measurements	Plan pays 100%	No Benefit	For children to age 18
Hematocrit or Hemoglobin Screening	Plan pays 100%	No Benefit	For children to age 18
Hemoglobinopathies of Sickle Cell Screening	Plan pays 100%	No Benefit	For all newborns
HIV Screening	Plan pays 100%	No Benefit	For sexually active children
Hypothyroidism Screening for Newborns	Plan pays 100%	No Benefit	
Immunizations: <ul style="list-style-type: none"> * Acellular Pertussis * Diphtheria, Tetanus, Pertussis * Haemophilus influenzae type B * Hemophilia * Hepatitis A * Hepatitis B * Human Papillomavirus * Inactivated Poliovirus * Influenza (Flu Shot) * Measles, Mumps, Rubella * Meningococcal * Meningococcal B Vaccine * Pneumococcal * Rotavirus * Varicella 	Plan pays 100%	No Benefit	For children to age 18
Interpersonal and Domestic Violence Screening	Plan pays 100%	No Benefit	Annual screening for women to obtain a referral to initial intervention services, which includes counseling, education, harm reduction strategies and referral to appropriate support services.
Iron Supplements	Plan pays 100%	No Benefit	For children ages 6 to 12 months at risk of anemia
Lead Screening	Plan pays 100%	No Benefit	For children at risk of exposure
Medical History	Plan pays 100%	No Benefit	For all children throughout development
Obesity	Plan pays 100%	No Benefit	Screening for obesity in children and adolescents six years and older and offer to refer them to comprehensive, intensive behavioral interventions to promote improvements in weight status
Oral Health	Plan pays 100%	No Benefit	At risk assessment for your children ages newborn to age 10
Phenylketonuria (PKU) Screening	Plan pays 100%	No Benefit	For genetic disorders in newborns
Sexually Transmitted Infection (STI) and Sexually Transmitted Diseases (STD) Screening and Counseling	Plan pays 100%	No Benefit	For children at higher risk, includes gonorrhea preventive medication for newborn eyes
Syphilis Screening	Plan pays 100%	No Benefit	For all adolescents at higher risk
Tuberculin Testing	Plan pays 100%	No Benefit	For children at higher risk of tuberculosis to age 18
Vision Screening	Plan pays 100%	No Benefit	Screening at least once in all children ages 3 to 5 years to detect amblyopia or its risk factors.

Prescription Benefits

Preventative Prescription Drugs	\$0 Copay (Limited to preventative only)
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If the service is not listed on this Schedule of Benefits it is not covered.

We believe this coverage is a Non-Grandfathered health plan under the Patient Protection and Affordable Care Act. (PPACA)

I PLAN EXCLUSIONS

The following medical services are not a covered benefit unless otherwise stated in the Schedule of Benefits.

1. **Abortion.** Services, supplies, care, or treatment in connection with an abortion.
2. **Acupuncture or Acupressure.**
3. **Adoption.** Any charges associated with Adoption.
4. **Ambulance Charges.**
5. **Bereavement Counseling Services and Supplies.**
6. **Blood or Blood Derivatives.**
7. **Chemotherapy.**
8. **Chiropractic Services/Spinal Adjustments.**
9. **Complications of Non-Covered Treatments.** Care, services, or treatment required as a result of complications from a treatment not covered under the Plan.
10. **Cosmetic Procedures.** A procedure performed primarily for psychological purposes or to preserve or improve appearance rather than to restore the anatomy and /or functions of the body which are lost or impaired due to an illness or injury.
11. **Counseling Services.** Counseling for educational, social, occupational, religious, or other maladjustments. Counseling for treatment of a gambling addiction. Sensitivity or stress management training, self-help training unless specifically stated in the Schedule of Benefits. Counseling services mandated by the PPACA are covered as specifically stated in the Schedule of Benefits.
12. **Custodial Care.** Services or supplies provided mainly as a rest cure, maintenance, or Custodial Care.
13. **Day Treatment.** Means a day treatment program that offers intensive, multidisciplinary services not otherwise offered in an Outpatient setting. The treatment program generally consists of a minimum of 20 hours of scheduled programming extended over a minimum of five days per week. The program is designed to treat patients with serious mental or nervous disorders and offers alternative to Inpatient treatment.
14. **Dental Care.** Services are excluded except those that are accidental and treated as a covered service listed on the Schedule of Benefits.
15. **Dialysis.**
16. **Educational or Vocational Testing.** Services for educational or vocational testing or training, except in regard to education and training for diabetic management.
17. **Emergency Room Services.**
18. **Error.** This Plan reserves the right to recover any payments made by this Plan that were:
 - a. Made in error, or
 - b. Made to you or any party on your behalf where this Plan determines the payment to you or any party is greater than the amount payable under this Plan, or
 - c. This Plan has the right to recover against you if this Plan has paid you or any other party on your behalf.

19. **Exams or Treatment Required by Third Party.** Physical, psychiatric, and psychological exams or treatments and related services that are required by third parties. For example, exams and tests that are required for recreational activities, employment, insurance, and school; court-ordered exams and services, except when they are medically necessary services.
20. **Excess Charges.** The part of an expense for care and treatment of an Injury or Sickness that is in excess of the Maximum Allowable Charge.
21. **Exercise Programs.** Exercise programs for treatment of any condition.
22. **Experimental.** Care and treatment that is either Experimental or Investigational.
23. **Eye Care.** Radial keratotomy, Lasik surgery, or other eye surgery to correct refractive disorders. Lenses for the eyes and exams for their fitting.
24. **Foot Care.** Treatment of weak, strained, flat, unstable or unbalanced feet, metatarsalgia or bunions, and treatment of corns, calluses, toenails, and foot inserts.
25. **Foreign Travel.** Non-emergent care, treatment, or medical supplies obtained outside of the U.S.
26. **Government Coverage.** Care, treatment, or supplies furnished by a program or agency funded by any government. This does not apply to Medicaid or when otherwise prohibited by law.
27. **Hair Loss.** Care and treatment for hair loss including hair transplants or any drug that promises hair growth, whether or not prescribed by a Physician.
28. **Hearing Aids, Including Cochlear Implants and Hearing Examinations.** Charges for services including exams and supplies in connection with hearing aids or cochlear implants.
29. **Hospice Care Services and Supplies or Bereavement Counseling.**
 1. **Hospital Charges for Medical Illness or Injury.**
 2. **Illegal Acts.** Charges for services received for Injury or Sickness occurring directly or indirectly as a result of active participation in an Illegal Act, or active participation in a riot or public disturbance.
 - a. It is not necessary that criminal charges be filed, or if filed, that a conviction result, or that a sentence of imprisonment be imposed for this exclusion to apply.
 - b. Proof beyond a reasonable doubt is not required.
 - c. **This exclusion does not apply if the Injury or Sickness resulted from an act of domestic violence or a medical (including both physical and mental health) condition.**
 - d. Services received as a result of illness or injury caused or contributed to by the Covered Person committing or attempting to commit any of the following or engaging in conduct which would amount to any of the following if a charge had been made, regardless of whether a charge was filed or guilt was determined:
 - i. A felony;
 - ii. Any illegal occupation;
 - iii. A misdemeanor or other offense involving theft, fighting, disorderly conduct, or other breach of the peace; or
 - iv. A misdemeanor or other offense involving the use of alcohol or drugs, including, but not limited to any crime or offense involving driving or being in actual physical control of a motor vehicle or any other means of conveyance propelled in part or

in whole by an engine or motor, for example, a boat or ATV, while under the influence of alcohol or drugs.

- 3. Illegal Drugs or Medications.** Services, supplies, care, or treatment to a Covered Person for Injury or Sickness resulting from that Covered Person's voluntary taking of or being under the influence of any controlled substance, drug, hallucinogen, or narcotic not administered on the advice of a Physician.

 - a.** Expenses will be covered for Injured Covered Persons other than the person using controlled substances.
 - b.** **This exclusion does not apply if the Injury resulted from an act of domestic violence or a medical (including both physical and mental health) condition.**
- 4. Impotence.** Care, treatment, services, or supplies in connection with treatment for impotence. Some plans may cover medications under the prescription drug benefit.
- 5. Infertility.** Care, supplies, services, and treatment for infertility, artificial insemination, or in vitro fertilization, unless listed as covered in the Schedule of Medical Benefits.
- 6. Long Term Care.**
- 7. Marital, Pre-Marital, or Family Counseling.** These services are not a covered benefit.
- 8. Mental Health.** Any charges associated with care and treatment of a Mental Disorder. Screening for depression in both adults and children will be covered under preventive care.
- 9. No Charge.** Care and treatment for which there would not have been a charge if no coverage had been in force.
- 10. No Obligation to Pay.** Charges incurred for which the Plan has no legal obligation to pay.
- 11. No Physician Recommendation.**

 - a.** Care, treatment, services, or supplies not recommended and approved by a Physician; or
 - b.** Treatment, services, or supplies when the Covered Person is not under the regular care of a Physician.

 - i.** **Regular care** means ongoing medical supervision or treatment which is appropriate care for the Injury or Sickness.
- 12. Not Specified as Covered.** Non-traditional medical services, treatments, and supplies which are not specified as covered under this Plan.
- 13. Obesity.** Care and treatment of obesity, weight loss, or dietary control whether or not it is a part of the treatment plan for another Sickness.

 - a.** Specifically excluded are charges for Bariatric Surgery, including but not limited to:

 - i.** Gastric Bypass,
 - ii.** Stapling and Intestinal Bypass, and
 - iii.** Lap Band Surgery, including reversals.
 - iv.** Medically Necessary non-surgical charges for Morbid Obesity will not be covered.
 - v.** Nutritional counseling will be covered under preventive care.

14. **Occupational.** Care and treatment of an Injury or Sickness that is occupational. Occupational means that it arises from work for wage or profit, including self-employment.
15. **Out of Country Care.**
16. **Outpatient Hospital Services.** This includes Surgical and other ancillary services performed in an outpatient hospital setting.
17. **Oxygen.**
18. **Physician Care Performed for Medical Illness or Injury.**
19. **Plan Design Excludes.** Charges excluded by the Plan design as mentioned in this document.
20. **Private Duty Nursing Care.**
21. **Prosthetic Devices.** Purchase, fitting and repair of fitted prosthetic devices which replace body parts.
22. **Reconstructive Surgery.** Correction of abnormal congenital conditions and reconstructive mammoplasties.
23. **Replacement Braces.** Replacement of braces of the leg, arm, back, neck, or artificial arms or legs.
24. **Residential Treatment Facilities.** Inpatient and outpatient services associated with Mental Health, Chemical Dependency and Substance Abuse.
25. **Respiration Therapy.**
26. **Sales Tax.**
27. **Services Before or After Coverage.** Care, treatment, or supplies for which a charge was incurred before a person was covered under this Plan or after coverage ceased under this Plan.
28. **Sex Changes.** Care, services, or treatment for non-congenital transsexualism, gender dysphoria, or sexual reassignment or change. This exclusion includes medications, implants, hormone therapy, surgery, medical, or psychiatric treatment.
29. **Sexual Dysfunction.** Behavioral treatment or drug therapy for sexual dysfunction and sexual function regardless if cause of dysfunction is due to physical or psychological reasons.
30. **Skilled Nursing Facility or Physician Care.**
31. **Sleep Studies.**
32. **Smoking / Tobacco Cessation.** Care and treatment for smoking cessation programs, including smoking deterrent patches. Counseling for tobacco use is covered under preventive care.
33. **Speech Therapy.**
34. **Sterilization Services For Men.**
35. **Substance Abuse.** Care and treatment of substance abuse.
36. **Surgical Services.** Any surgery performed in a primary care office, specialist office, or outpatient hospital setting is specifically excluded.
37. **Surgical Sterilization Reversal.** Care and treatment for reversal of surgical sterilization.
38. **Surrogate Pregnancy Services.** Services incurred in connection with an agreement to act as a surrogate mother. This excludes pregnancy-related charges incurred by a Plan Participant who is

acting as a surrogate mother as well as pregnancy-related charges incurred by a non-Plan Participant who is acting as a surrogate for a Plan Participant.

39. **TMJ or Orthognathic Services.** Treatment is not covered.
40. **Transplant Services.**
41. **Travel or Accommodations.** Charges for travel or accommodations, whether or not recommended by a Physician.
42. **Vision Therapy Services.** Services incurred to treat vision therapy is not covered.
43. **War.** Any loss that is due to a declared or undeclared act of war. Including nuclear reaction or the release of nuclear energy. This exclusion will not apply if the loss is sustained within 90 days of the initial incident. To be covered under the Plan, the loss must be caused by fire, heat, explosion or other physical trauma that is a result of the release of nuclear energy. The covered person must be within a 25-mile radius of the release site at the time of the release or within 24 hours of the start of the release.
44. **Workers Compensation.** Injury or illness that is covered by any Workers Compensation or Occupational Disease law.