



**2026**

**HIGHLIGHTS OF YOUR UCC  
NON-MEDICARE MEDICAL AND  
DENTAL BENEFITS PLAN**

**HEALTH | DENTAL COVERAGE**

## History

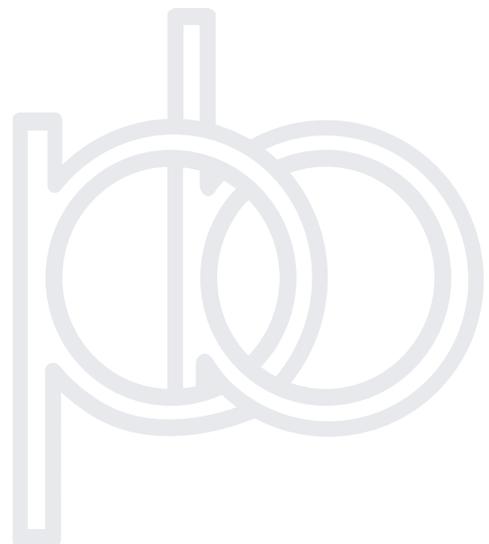
Since 1914, the Pension Boards-United Church of Christ, Inc. (PBUCC) has been a partner in ministry with those who serve the United Church of Christ (UCC). PBUCC offers comprehensive employee benefits programs for active and retired UCC clergy and lay employees and their eligible dependents, providing the highest standards of service, access, and options.

PBUCC assists those who serve the church in achieving health and economic security through:

- thought leadership regarding faith-based, socially responsible investing;
- professional investment expertise that enhances returns;
- a comprehensive mix of products and services that meet diverse needs;
- innovative application of technology; and
- outreach to all settings of the UCC and the greater church

## Health Plan Mission

To provide the highest standard of service, access to care and options to active, inactive, and retired UCC clergy and lay employees.





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## About This Booklet

The Pension Boards–United Church of Christ, Inc. (“PBUCC”) is pleased to provide you and your family with a comprehensive health benefits program, offering flexibility and choice. This booklet contains information about the UCC Medical and Dental Plan (“Plan”) and applies to you if you meet the Plan’s eligibility requirements (as determined by the PBUCC in its sole discretion) and other conditions of participation. Contact the PBUCC for additional information.

In the event of any conflict between this booklet and the official Plan document, the “UCC Medical and Dental ” document shall govern.

The Plan is designed to support eligible employees and clergy of the UCC and participating UCC-affiliated entities in performing their ministries. The Plan is self-insured and administered by the PBUCC on behalf of all participants.

This Plan is intended to meet the requirements of a “church plan” within the meaning of Section 414(e) of the Internal Revenue Code of 1986 (the “Code”), as amended, and Section 3(33) of the Employee Retirement Income Security Act of 1974 (“ERISA”), as amended. The Plan is exempt from the requirements of Title I of ERISA.

### PLAN ADMINISTRATION

The Plan’s benefits are self-funded and administered by the PBUCC, an affiliated ministry of the United Church of Christ. The Pension Boards has engaged Highmark Blue Cross Blue Shield, Express Scripts, United Concordia Companies, Inc., and VSP to provide claims administration services. Claims administration services do not insure benefits under the Plan. The PBUCC has sole and exclusive discretionary authority with respect to interpretation and application of any and all Plan provisions. The PBUCC is solely responsible for determination of, entitlements to, and payments of any amount due under this Plan. The PBUCC retains the right to modify, amend, or terminate the Plan at any time, with or without notice to participants or other persons.

## Your UCC Medical And Dental Benefits Plan Coordinates Access To Health Care Services Through The Following Preferred Provider Organizations



### MEDICAL SERVICES

Access through **BlueCard**, a nationwide network of physicians, hospitals, and ancillary care providers managed by Highmark Blue Cross Blue Shield

#### **Highmarkbcbs.com**

Member Services: 1.866.763.9471

Precertification for Inpatient Services:

1.800.452.8507

Blues On Call 24/7 Nurse Line: 1.888.258.3428

Mobile App - Highmark (Apple) (Google Play)

#### **Claims Processing Address**

Highmark Blue Cross Blue Shield

PO Box 1210

Pittsburgh, PA 15230-1210

### PHARMACY SERVICES

Access through **Express Scripts**, a nationwide network of retail pharmacies and Mail Order Pharmacy

#### **Express-scripts.com**

1.800.939.3781

Mobile App - Express Scripts

#### **Claims Processing Address**

Express Scripts

PO Box 2187

Lee's Summit, MO 64063-2187

## UNITED CONCORDIA®

### DENTAL SERVICES

Access through **Advantage Plus 2.0**, a nationwide network of dental providers managed by United Concordia Companies, Inc.

#### **Unitedconcordia.com**

1.866.851.7195

Mobile App - UCD Mobile

#### **Claims Processing Address**

United Concordia Companies, Inc.

PO Box 69421

Harrisburg, PA 17106-9421

**Additional Benefits Accessed Through Vendor Partnerships Include A Member Assistance Program, Wellness Rewards Program, And Telemedicine.**

## **HealthAdvocate<sup>SM</sup>**

## **Well360 Virtual Health**

### **MEMBER ASSISTANCE PROGRAM**

Access through **Health Advocate**, a leading clinical health advocacy company, to a Licensed Professional Counselor or Work/Life Specialist for help with personal, family, and work issues

### **WELLNESS REWARDS PROGRAM**

Access through Health Advocate to rewards for engaging in healthy lifestyle activities

**[Healthadvocate.com/members](https://healthadvocate.com/members)**

1.877.240.6863

Mobile App - Health Advocate

### **TELEMEDICINE**

Access to 24/7 virtual care visits with a board-certified physician ranging from general medical and behavioral health to dermatology concerns

**[Highmarkbcbs.com](https://highmarkbcbs.com)**

1.800.485.2889

## Available Plans

You are eligible to participate in the following UCC Plans if you meet the eligibility requirements listed in the Eligibility section of this booklet. The following plans are stand-alone plans, can be purchased separately, and do not require participation in any other Pension Boards benefit offerings.

### MEDICAL PLANS

**Plan A:** A comprehensive health plan including medical and pharmacy coverage with the lowest out-of-pocket (deductible and coinsurance) cost.

**Plan B:** A comprehensive health plan including medical and pharmacy coverage with mid-level out-of-pocket (deductible and coinsurance) cost.

### DENTAL PLAN

A comprehensive stand-alone dental plan available to all eligible employees and their eligible dependents. The annual benefit maximum is \$2,400 per person. A discounted dental premium is available when combined with enrollment in the Medical Plan.

## Eligibility for Benefits

You are generally eligible to participate in the Plan if you are an eligible lay employee or clergy of the UCC or a participating UCC-affiliated entity. If you are eligible for and enroll in the Plan, your dependents may also be eligible for coverage. Contact the PBUCC for the specific eligibility rules that apply as well as any limitations or restrictions on eligibility for coverage.\* The PBUCC determines Plan eligibility in its sole discretion.

### APPLYING FOR COVERAGE

You may apply for coverage for yourself and your eligible dependent(s) by filing an [application](#) with the PBUCC within 90 days of your initial eligibility to participate in the Plan. You must apply for employee coverage in order to apply for dependent coverage.

If you do not have a dependent when you are first enrolled in the Plan, you must apply for dependent coverage within 90 days of the birth, adoption, or placement of child in your care, or within 90 days of your marriage. You must apply for coverage for your domestic partner within 90 days of the commencement of your domestic partnership. A completed [Health Benefit Dependent Change Form](#) must be sent to the Pension Boards.

### EVIDENCE OF GOOD HEALTH

Evidence of good health must be provided if you and/or your dependent(s) are not enrolled in the Plan within the first 90 days of initial eligibility. Plan participation may be denied on health status after the first 90 days of eligibility. A completed medical [Statement of Health](#) form must accompany your Lifetime Retirement Income Plan and Other Benefits application form.

### WAIVING COVERAGE

If you choose to waive your coverage, you and your dependent(s) will not be eligible for future coverage under this Plan without first providing evidence of good health.

### WHEN COVERAGE STARTS

Plan coverage for you and your eligible dependent(s) begins on the first day of the month following receipt of your enrollment application, or approval of your Statement of Health (if applicable.)

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#### \*SPECIAL CONSIDERATION FOR MEDICARE-ELIGIBLE EMPLOYEES WHO ARE ACTIVELY WORKING

- If you continue UCC employment after age 65 and your employer has 20 or more employees, the Pension Boards recommends that you do not sign up for Medicare Part B at this time; however you must enroll in Medicare Part A. The UCC (Non-Medicare) Plan will remain the primary insurer until you retire, terminate employment with the UCC, or terminate your medical benefit coverage through the UCC Health Plan.
- If you continue UCC employment after age 65 and your employer has 19 employees or fewer, you will be required to enroll in Medicare Parts A and B in order to maintain eligibility for benefits under the UCC Plan. Your coverage will be transferred to the UCC Medicare Advantage Plan with Rx. If you do not enroll for Medicare benefits, you will no longer be eligible for benefits through the UCC Plan. The booklet, [Highlights of Your UCC Medicare Advantage Plan with Rx](#), is available online at [www.pbucc.org](http://www.pbucc.org) or by calling the Pension Boards toll-free at **1.800.642.6543**.

Newborn children are covered on the date of birth if you have timely enrolled. You must notify the PBUCC within 90 days following the birth; otherwise, you must generally wait until the next annual open enrollment period (unless an intervening election change event occurs) and provide evidence of good health in order to add your child to your coverage.

### WHEN COVERAGE ENDS

In general, Plan coverage continues from year to year unless you elect to terminate coverage during the Plan's annual open enrollment period, a special enrollment period, or if a mid-year election change event happens that allows you to cancel your coverage mid-year. Otherwise, coverage for you and your dependent(s) ends on the last day of the month during which any of the following occurs:

- Contributions are no longer made when due
- You or your dependent(s) are no longer eligible for coverage, including your termination of employment
- Your participating employer ceases to participate in the Plan
- The Plan terminates

Members who wish to cancel plan coverage can complete a [termination of benefits form](#) and return to the Pension Boards. If coverage has been terminated due to the conclusion of employment, a Continuation of Coverage form along with corresponding rate information will be sent to you (by email or mail) upon receipt

of the [Termination of Benefits Form](#) from your employer. Refer to Continuation of Coverage section for more information.

### COVERAGE WHILE LIVING ABROAD

Your coverage may be continued if you live outside the United States while on sabbatical, church business, or business for a UCC entity. Dependents who normally live with you in the United States and move to another part of the world may be eligible for Plan coverage for up to one year. This does not apply to participants in Plan M, whose eligibility will be determined by Wider Church Ministries or Division of Overseas Ministries.

### MILITARY SERVICE

If you are called to military service while enrolled in the Plan, you will be eligible for re-enrollment in the Plan upon return to your UCC-related employment, consistent with the requirements of the Uniform Services Employment and Reemployment Right Act ("USERRA").

## Continuation of Coverage

If your Plan coverage would otherwise end due to certain events, you may be eligible to continue the Plan for a limited period of time by electing continuation coverage and making premium contributions directly to the Plan. In most cases, you will be required to pay the full amount of your continuation of coverage costs (i.e., there is no employer contribution for continuation coverage).

The loss of coverage events that trigger a right to elect continuation coverage under the Plan include termination of employment (for reasons other than gross misconduct), divorce or dissolution of domestic partnership, death of the covered employee, and loss of dependent status. The Pension Boards must receive timely notice of a qualifying loss of coverage event in order for you to exercise this right to continuation of coverage. Contact the Pension Boards for additional information or to notify Pension Boards of a qualifying event.

## How the Medical Plan Works

To provide participants with quality, cost-effective health benefits, the Pension Boards has contracted for the following services:

### **HEALTH CARE SERVICES – BLUECARD PPO THROUGH HIGHMARK BLUE CROSS BLUE SHIELD**

The Pension Boards–United Church of Christ, Inc. has partnered with Highmark Blue Cross Blue Shield to help you get the medically-necessary and appropriate care you need from the provider you select. When you or a covered family member needs medical care, you can choose between in-network or out-of-network services. In-network care is care you receive from providers in the Plan’s PPO network. Out-of-network care is care you receive from providers who are not in the Plan’s PPO network. When you receive services from an out-of-network provider, you may be responsible for paying the difference between the provider’s actual charge and the Plan’s allowable amount.

### **CLAIMS PROCESSING SERVICES**

When you use a BlueCard PPO provider, your medical care provider will submit claims directly to their local Blue Cross Blue Shield plan.

If you receive services from an out-of-network provider, you may be required to submit your claim to Highmark. Contact Highmark at 1.866.763.9471 to request a claim form. Complete the form and submit online by logging into your [Highmark](#) account, or make a copy for your records and mail it to the address on the form along with your itemized receipt.

If your physician or other health care provider is not in the BlueCard network, they can contact the local Blue Cross Blue Shield plan serving their area to inquire about joining.

### **PREEXISTING MEDICAL CONDITIONS**

Once you become a participant in the plan, there are no exclusions for preexisting conditions.

### **PRECERTIFICATION**

All inpatient hospital services must be precertified through Highmark Healthcare Management Services by calling **1.800.452.8507**. If precertification is not obtained as required, you will be subject to a \$300 penalty that will not be applied toward your Plan Year out-of-pocket maximum.

**Non-Emergency Admissions**–You must notify Highmark Blue Cross Blue Shield at least 24 hours prior to a non-emergency hospital admission.

**Emergency Hospital Admissions**–You must ensure Highmark Blue Cross Blue Shield is notified within 48 hours of an emergency situation.

To find a Highmark Blue Cross Blue Shield BlueCard PPO network provider:  
call **1.866.763.9471**  
or  
visit [www.highmarkbcbs.com](http://www.highmarkbcbs.com)

SUBSCRIBER NAME		INN	
XXX123456789001		Ind Ded	\$XXXXX
DEPENDENT NAME		Fam Ded	\$XXXXX
Group	XXXXXXXX	Ind OOP	\$XXXXX
BC/BS Plan	363/865	Fam OOP	\$XXXXX
		PCP	\$XX
		SP	\$XX
		ER	\$XXX
		Out of Network	IND FAM
		Deductible	SXXXXX SXXXXX
		OOP	SXXXXX SXXXXX

PPO Rx

www.highmarkbcbs.com	
Member Service	1-866-763-9471
Blues on Call	1-866-763-9471
Admissions	1-800-452-8507
Mental Health	1-800-258-9808
Substance Abuse	1-800-258-9808
MAP	1-877-240-6863

Blues on Call: 24-hour access to nurses who provide health education and support services.  
To receive high level benefits: Receive care from a network provider. Receiving non-emergency care through an out-of-network provider will result in a reduced level of benefits. Precertification is required for all inpatient admissions.  
Highmark Blue Cross Blue Shield provides administrative claims payment services and does not assume any financial risk or obligation with respect to claims.

Providers: File claims to the local BC/BS plan.  
Members: File claims to: Highmark Blue Cross Blue Shield, P.O. Box 1210, Pittsburgh, PA 15230-1210. Highmark Blue Cross Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association.

## CENTERS OF EXCELLENCE

Centers of Excellence are part of an overall Blue Cross Blue Shield initiative called Blue Distinction. Blue Distinction includes centers for transplant, bariatric, cardiac care, knee and hip replacement, and spine surgery, and represents significant enhancements to quality critical care.

To obtain precertification for these services, contact Highmark Healthcare Management Services at **1.800.452.8507**. For more information about how to access the provider site or determine eligibility, contact the Highmark Blue Cross Blue Shield Customer Service Center at **1.866.763.9471**.

## BLUES ON CALL

Blues on Call is a nurse helpline made available to all Plan participants 24 hours a day, 7 days a week to answer your medical care questions. You can reach them by calling **1.888.258.3428**.

## MEDICAL REFERRALS

No physician referrals are required except in limited instances. If you are unsure whether your procedure will require a referral, call Highmark Blue Cross Blue Shield at **1.866.763.9471**.

## IDENTIFICATION CARDS

You will receive a medical identification card from Highmark Blue Cross Blue Shield for each member of your family who is enrolled in the Medical Plan. You may also access an electronic ID card on your smartphone using the Highmark Plan App, or by logging into your Highmark account at [www.highmarkbcbs.com](http://www.highmarkbcbs.com).

## An Explanation of Benefits (EOB)

will be mailed to you when claims are processed. An EOB is a summary of the benefits paid by Highmark to your medical care provider. It lists the date of service, the service performed, the charges submitted, and the total you may owe the provider according to the Medical Plan guidelines. You may also visit the Highmark Blue Cross Blue Shield website ([www.highmarkbcbs.com](http://www.highmarkbcbs.com)) to opt to receive EOBs electronically or view claims detail.

## INTERNATIONAL MEDICAL CARE

The Blue Cross Blue Shield Global Core program enables you to receive inpatient and outpatient hospital care and physician services while outside the United States. It includes medical assistance services and an expanded network of health care providers throughout the world.

If you need assistance finding a provider, call **1.800.810.2583**. If you are unable to use the toll-free number, you can call collect at **1.804.673.1177**. A medical coordinator will arrange hospitalization if necessary, or make an appointment with a physician. In an emergency, you should go directly to the nearest hospital.

These services are available 24 hours a day, 365 days a year, anywhere in the world. There is no charge for any referral or coordination help you need, and any medical services you receive will be covered in accordance with the Plan limits. To learn more about Blue Cross Blue Shield Global Core, or to access an international claim form, visit [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com). See the [Summary of Benefits](#) for additional information regarding covered medical services.

Medical evacuation and repatriation of remains are not covered under this Plan. The Pension Boards recommends you purchase a separate travel policy to cover these services.

### **CASE MANAGEMENT SERVICES**

The Plan includes case management services provided by Blues on Call. These services provide assistance with chronic or complex medical care services.

Case managers, physicians, and institutional providers collaborate to assess your needs and to plan and coordinate appropriate care options and services. For those with chronic conditions, health coaches offer

customized interventions and support, help you understand your condition and treatment plan, and address adherence issues and barriers to care. For those with complex needs related to major and/or multiple medical issues, Highmark Blue Cross Blue Shield offers case management services to ensure the most appropriate care is received in the most appropriate setting. You may contact Blues on Call at **1.888.258.3428**.

### **CONDITION/DISEASE MANAGEMENT**

The Plan provides chronic condition management services at no cost through Highmark Blue Cross Blue Shield. The program:

- assists in the management of individuals' total health;
- offers educational resources and materials on a wide range of diseases or chronic conditions, along with access to a personal health coach; and
- identifies individuals for participation based on medical and pharmacy claims received from their providers.

### **Use Participating Network Providers:**

Please use the services of Highmark Blue Cross Blue Shield participating network providers to receive maximum benefits under your health plan. To locate a Blue Cross Blue Shield participating provider, call **1.866.763.9471**, or visit [www.highmarkbcbs.com](http://www.highmarkbcbs.com) and click on "Find a Doctor or Pharmacy." Please have your provider confirm benefit coverage by contacting Highmark Blue Cross Blue Shield at **1.866.763.9471**.

**Present Your Identification Card:** Please remember to present your Blue Cross Blue Shield Identification card on your first visit to your provider. Also, please know that your pharmacy benefits are provided under Express Scripts, for which there is a separate ID card.

Refer to the Highmark Blue Cross Blue Shield Certificate of Coverage for specific rules regarding the Plan's covered benefits and exclusions.

#### FREQUENTLY ASKED QUESTIONS

**Q. Are services available for Assisted Fertilization?**

A. Yes. Services are available for the plan participant. A lifetime maximum of \$10,000 in medical services and \$10,000 in pharmacy services will apply. Contact Highmark BCBS for specific coverage details.

**Q. Is surrogacy a covered benefit?**

A. No. Surrogacy is not a covered plan benefit.

**Q. In the event of miscarriage, what is the coverage for a Dilation and Curettage (D&C) procedure?**

A. A D&C procedure is covered under "Global Maternity Benefits." (Deductible may apply.)

**Q. What coverage is available for abortions?**

A. Abortion is a covered benefit:

- All elective and voluntary services received are covered per Plan policies and per individual state regulations.

- Deductibles, copays, and coinsurance may apply.
- Unless otherwise prohibited by law, a travel reimbursement benefit of up to \$2,500 is available for reasonable and necessary travel costs incurred during travel from a state in which abortion or contraception services are unlawful to a state in which such services are lawful.

**Q. What if a claim has not been processed per my Plan benefits?**

A. Contact Highmark Blue Cross Blue Shield at **1.866.763.9471**. If further assistance is needed, please contact the Pension Boards at **1.800.642.6543**.

**Q. Can my newborn grandchild be added to my health plan coverage?**

A. No. Your grandchild does not qualify as a dependent under your coverage unless they have been adopted, or you have begun adoption proceedings. In addition, coverage for newborn grandchildren ends at the time of the mother's hospital discharge.

**Q. How do I ensure my baby is added to my UCC Health Plan?**

A. Please visit our website, [www.pbucc.org](http://www.pbucc.org), to download a copy of an [enrollment application](#). You may also obtain a copy by calling **1.800.642.6543**. Return the completed application with your church or employer's signature. This should be done as soon as possible, and no later than 90 days after the birth. Please also provide the Pension Boards with a copy of your child's birth

certificate and Social Security card as soon as they become available.

## **WOMEN'S HEALTH AND CANCER RIGHTS ACT**

The Women's Health and Cancer Rights Act of 1998 mandates that all group health plans providing coverage for mastectomies also cover:

- 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; and
- prostheses and treatment of physical complications for all stages of a mastectomy, including lymphedema.

The Plan covers mastectomies and, therefore, covers the services in the paragraphs above as well. A consultation with your attending physician is necessary to determine the level of covered services.

## **TELEMEDICINE**

Visits with a Well360 Virtual Health provider are covered under the Plan. Participants can connect with a board-certified physician via phone, video, or mobile app. Well360 Virtual Health can treat many nonemergency medical conditions such as cold and flu symptoms, sinus problems, and also offers specialty care for dermatology, and mental health. When necessary, medications can be prescribed. A \$0 copay applies. Connect with Well360 Virtual Health on the My Highmark mobile app,

[www.highmarkbcbs.com](http://www.highmarkbcbs.com), or call **1-800-485-2889**. If you have a disability and require TTY accommodations, please call 711. The Plan also covers virtual visits for members who schedule appointments with their PCP or Specialist. Plan copays and coinsurance will apply, according to the schedule of benefits.

## **WELLNESS BENEFITS**

### **HEALTHY STEWARDS**

Healthy Stewards is the Plan's well-being philosophy, rooted in the biblical understanding that we are called to be stewards of all our resources, including our health.

The Plan offers a well-being improvement program that provides participants with free information and tools needed to make positive lifestyle choices.

Visit [healthadvocate.com/members](http://healthadvocate.com/members) or call **1.877.240.6863** for additional information on how participants and their covered spouse or partner can receive incentives for completion of wellness activities. All information is kept confidential.

### **MEMBER ASSISTANCE PROGRAM**

The Member Assistance Program provides 24/7 access to confidential help with personal and work-related issues ranging from stress management to managing life's transitions. Access support by phone at **1.877.240.6863**, or at [healthadvocate.com/pbucc](http://healthadvocate.com/pbucc).

### PREVENTIVE SERVICES

The Plan provides coverage according to the schedule recommended by the U.S. Preventive Services Task Force, the Centers for Disease Control and Prevention, and the American College of Obstetricians and Gynecologists. The Plan covers 100% of the cost when in-network providers are used. When out-of-network providers are used, the Plan will pay 100% of the Reasonable and Customary (R&C) limit. The participant pays any charges in excess of the R&C limit. See the **Preventive Schedule** for more information.

## SUMMARY OF BENEFITS: MEDICAL PLANS THROUGH HIGHMARK BLUE CROSS BLUE SHIELD

The Plan offers two levels of benefits. If you receive services from a provider who is in the PPO network, you will receive the higher level of benefits.

If you receive services from a provider who is not in the PPO network, you will receive the lower level of benefits. In either case, you coordinate your own care. There is no requirement to select a Primary Care Physician (PCP) to coordinate your care. Below are specific benefit levels.

Benefit	Plan A		Plan B		Plan C		Plan M
	In-Network	Out-of-Network <sup>2</sup>	In-Network	Out-of-Network	In-Network	Out-of-Network	Comprehensive Coverage
Deductible <sup>1</sup>							
Individual	\$300	\$600	\$500	\$1,500	\$1,000	\$3,000	\$200
Family	\$600	\$1,200	\$1,500	\$4,500	\$3,000	\$9,000	\$400
Payment Level/ Coinsurance	80%	60%	80%	60%	70%	50%	85%
	after deductible until out-of-pocket maximum is met; then 100%						
Out-of-Pocket Maximum <sup>3</sup>	\$2,000 Individual \$4,000 Family	\$4,000 Individual \$8,000 Family	\$5,000 Individual \$15,000 Family	\$15,000 Individual \$45,000 Family	\$6,000 Individual \$18,000 Family	\$18,000 Individual \$54,000 Family	\$2,000 Individual \$4,000 Family
Annual Maximum <sup>4</sup>	No Limit	No Limit	No Limit	No Limit	No Limit	No Limit	No Limit
Physician Office Visits	100% after \$25 copayment <sup>5</sup>	60% after deductible	80% after deductible	60% after deductible	70% after deductible	50% after deductible	100% after \$25 copayment
	<a href="#">Click here for Plan A</a>		<a href="#">Click here for Plan B</a>				

### MEDICAL PLAN FOOTNOTES

1. In-network and out-of-network deductibles cross-accumulate. Excludes prescription drug copayment, physician office copayments, difference paid for brand name drugs in lieu of available generics, penalty for failure to precertify hospital admissions, and payments over Reasonable and Customary (R&C) limits.
2. Benefit payments are based on Reasonable and Customary Limits (R&C) limits.
3. In-network and out-of-network out-of-pocket maximums cross accumulate. Excludes prescription drug copayment, physician office copayments, difference paid for brand name drugs in lieu of available generics, penalty for failure to precertify hospital admissions, and payments over Reasonable and Customary (R&C) limits.
4. The annual maximum is the total paid in "essential health benefits" from January to December of each Plan Year.
5. Not subject to deductible.

# Preventive Schedule



## Plan your care: Know what you need and when to get it

Preventive or routine care helps us stay well or finds problems early, when they are easier to treat. As a part of your health plan, you may be eligible to receive some of these preventive benefits with little to no cost sharing when using in-network providers. All benefits for over the counter drugs and supplies must be purchased through in-network pharmacy providers in order to be covered.\* Make sure you know what is covered by your health plan and any requirements before you receive any of these services. Recommended annual services are based on a calendar year resetting January 1 of every year.

Some services and their frequency may depend on your doctor's advice. That's why it's important to talk with your doctor about the services that are right for your age, gender, and family history. CHIP members may have additional preventive services and coverage. Please check the CHIP member booklet for further details of CHIP coverage of preventive services.

### Questions?

**Call Member Service** 1.866.763.9471

**Ask your doctor**

**Log in to your account** [Highmarkbcbs.com](https://highmarkbcbs.com)

## Adults: Ages 19+



Female



Male

GENERAL HEALTH CARE	
<b>Routine Checkup**</b> (This exam is not the work- or school-related physical)	<ul style="list-style-type: none"> <li>Ages 19 – 49: Every one to two years</li> <li>Ages 50 and older: Once a year</li> </ul>
<b>Depression Screening and Anxiety Screening</b>	Once a year
<b>Illicit Drug-Use Screening</b>	Once a year
<b>Pelvic and Breast Exam</b>	Once a year
SCREENINGS/PROCEDURES	
<b>Abdominal Aortic Aneurysm Screening</b>	Ages 65 – 75 who have ever smoked: One-time screening
<b>Ambulatory Blood Pressure Monitoring</b>	To confirm new diagnosis of high blood pressure before starting treatment
<b>Breast Cancer Genetic (BRCA) Screening</b> (Requires prior authorization)	Those meeting specific high-risk criteria: One-time genetic assessment for breast and ovarian cancer risk
<b>Cholesterol (Lipid) Screening</b>	<ul style="list-style-type: none"> <li>Ages 20 and older: Once every five years</li> <li>High-risk: More often</li> </ul>
<b>Colon Cancer Screening</b> (Including colonoscopy)	<ul style="list-style-type: none"> <li>Ages 45 and older: Every one to 10 years, depending on screening test</li> <li>High-risk: Earlier or more frequently</li> </ul>
<b>Colon Cancer Screening</b>	Ages 45 and older: Colonoscopy following a positive result obtained within one year by other mandated screening method
<b>Certain Colonoscopy Preps With Prescription</b>	<ul style="list-style-type: none"> <li>Ages 45 and older: Once every 10 years</li> <li>High-risk: Earlier or more frequently</li> </ul>
<b>Hepatitis B Screening</b>	<ul style="list-style-type: none"> <li>Once per lifetime for adults</li> <li>High-risk: More often</li> </ul>
<b>Hepatitis C Screening</b>	Ages 18 – 79
<b>Latent Tuberculosis Screening</b>	High-risk
<b>Lung Cancer Screening</b> (Requires prior authorization and use of authorized facility)	Ages 50 – 80 with 20-pack per year history: Once a year for current smokers, or once a year if currently smoking or quit within past 15 years
<b>Mammogram</b>	<ul style="list-style-type: none"> <li>Ages 40 and older: Once a year including 3D</li> <li>Screening, follow-up MRI, or ultrasound per doctor's advice</li> </ul>
<b>Osteoporosis (Bone Mineral Density) Screening</b>	Ages 65 and older: Once every two years, or younger if at risk as recommended by physician
<b>Cervical Cancer Screening</b>	<ul style="list-style-type: none"> <li>Ages 21 – 65 Pap: Every three years, or annually, per doctor's advice</li> <li>Ages 30 – 65: Every five years if HPV only or combined Pap and HPV are negative</li> <li>Ages 65 and older: Per doctor's advice</li> </ul>
<b>Sexually Transmitted Disease (STD) Screenings and Counseling</b> (Chlamydia, Gonorrhea, HIV, and Syphilis)	<ul style="list-style-type: none"> <li>Sexually active males and females</li> <li>HIV screening for adults to age 65 in the general population and those at risk, then screening over age 65 with risk factors</li> </ul>

\* For example, if the in-network pharmacy provider is located within a larger retail setting, the drug/supply must be purchased through the pharmacy provider's register (and not the general retail register) in order to be covered.

\*\* Routine checkup could include health history; physical; height, weight, and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer, and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; age-appropriate guidance, and intimate partner violence screening and counseling for reproductive age women.

\*\* USPSTF-mandated routine labs

## Adults: Ages 19+



IMMUNIZATIONS**		
	Chicken Pox (Varicella)	Adults with no history of chicken pox: One two-dose series
	COVID-19 Vaccine	Per doctor's advice following CDC and Emergency Use Authorization Guidelines
	Diphtheria, Tetanus (Td/Tdap)	One dose Tdap, then Td or Tdap booster every 10 years
	Flu (Influenza)	Every year
	Haemophilus Influenzae Type B (Hib)	For adults with certain medical conditions to prevent meningitis, pneumonia, and other serious infections; this vaccine does not provide protection against the flu and does not replace the annual flu vaccine
	Hepatitis A	At-risk or per doctor's advice: One two-, three-, or four-dose series
	Hepatitis B	<ul style="list-style-type: none"> <li>• Ages 19–59: Two to four doses per doctor's advice</li> <li>• Ages 60 and older: High-risk per doctor's advice</li> </ul>
	Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>• To age 26: One three-dose series</li> <li>• Ages 27 – 45, at-risk or per doctor's advice</li> </ul>
	Measles, Mumps, Rubella (MMR)	One or two doses
	Meningitis*	At-risk or per doctor's advice
	Pneumonia	High-risk or ages 65 and older: One or two doses, per lifetime
	RSV Vaccine	<ul style="list-style-type: none"> <li>• Ages 60 and older</li> <li>• Pregnant women</li> </ul>
	Shingles	<ul style="list-style-type: none"> <li>• Shingrix — Ages 50 and older: Two doses</li> <li>• Ages 19 – 49: Immunocompromised per doctor's advice</li> </ul>
PREVENTIVE DRUG MEASURES THAT REQUIRE A DOCTOR'S PRESCRIPTION		
	Aspirin	Pregnant women at risk for preeclampsia
	Folic Acid	Women planning or capable of pregnancy: Daily supplement containing .4 to .8 mg of folic acid
	Chemoprevention drugs such as raloxifene, tamoxifen, or aromatase inhibitors***	At risk for breast cancer, without a cancer diagnosis, ages 35 and older
	Tobacco Cessation (Counseling and medication)	Adults who use tobacco products
	Low-to-Moderate Dose Select Generic Statin Drugs for Prevention of Cardiovascular Disease (CVD)	Ages 40 – 75 years with one or more CVD risk factors (such as dyslipidemia, diabetes, hypertension, or smoking) and have calculated 10-year risk of a cardiovascular event of 10% or greater
	Select PrEP Drugs and Certain Related Services for Prevention of HIV Infection	Adults at risk for HIV infection, without an HIV diagnosis
PREVENTIVE CARE FOR PREGNANT WOMEN		
	Screenings and Procedures	<ul style="list-style-type: none"> <li>• Gestational diabetes screening</li> <li>• Hepatitis B screening and immunization, if needed</li> <li>• HIV screening</li> <li>• Syphilis screening</li> <li>• Smoking cessation counseling</li> <li>• Depression screening and anxiety screening during pregnancy and postpartum</li> <li>• Depression prevention counseling during pregnancy and postpartum</li> <li>• Rh typing at first visit</li> <li>• Rh antibody testing for Rh-negative women</li> <li>• RSV vaccine per CDC guidelines</li> <li>• Tdap with every pregnancy</li> <li>• Urine culture and sensitivity at first visit</li> <li>• Alcohol misuse screening and counseling</li> <li>• Nutritional counseling for pregnant women to promote healthy weight during the pregnancy</li> </ul>

\* Meningococcal B vaccine per doctor's advice.

\*\* Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

## Adults: Ages 19+



PREVENTION OF OBESITY, HEART DISEASE, DIABETES, AND STROKE		
	Adults with BMI 25 to 29.9 (overweight) and 30 to 39.9 (obese) are eligible for:	<ul style="list-style-type: none"> <li>Additional annual preventive office visits specifically for obesity and blood pressure measurement</li> <li>Additional nutritional counseling visits specifically for obesity</li> <li>Recommended lab tests:                             <ul style="list-style-type: none"> <li>– ALT</li> <li>– AST</li> <li>– Hemoglobin A1c or fasting glucose</li> <li>– Cholesterol screening</li> </ul> </li> </ul>
	Adults with a diagnosis of Hypertension, High Blood Pressure, Dyslipidemia, or Metabolic Syndrome	Nutritional counseling
	Adults with BMI 40 and over	Nutritional counseling and fasting glucose screening
ADULT DIABETES PREVENTION PROGRAM (DPP)		
	<b>Applies to Adults</b> <ul style="list-style-type: none"> <li>Without a diagnosis of diabetes (does not include a history of gestational diabetes)</li> <li>Overweight or obese (determined by BMI)</li> <li>Fasting Blood Glucose of 100-125 mg/dl or HGBA1c of 5.7% to 6.4% or Impaired Glucose Tolerance Test of 140-199mg/dl</li> </ul>	Enrollment in certain select CDC-recognized lifestyle change DPP programs for weight loss

\*\* Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.  
 \*\* Aromatase inhibitors when the other drugs can't be used such as when there is a contraindication or they are not tolerated.

## CHILDREN'S PREVENTIVE SCHEDULE

Preventive or routine care helps your child stay well or finds problems early, when they are easier to treat. Most of these services may not have cost sharing if you use the plan's in-network providers. Make sure you know what is covered by your health plan and any requirements before you schedule any services for your child.

**It's important to talk with your child's doctor. The frequency of services, and schedule of screenings and immunizations, depends on what the doctor thinks is right for your child.**

### Children: 3 Years to 18 Years<sup>1</sup>

GENERAL HEALTH CARE	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y	
Routine Checkup* (This exam is not the preschool- or day care-related physical)	●	●	●	●	●	●	●	●	Once a year from ages 11 – 18				
Ambulatory Blood Pressure Monitoring**												●	
Anxiety Screening							Once a year from ages 8 – 18						
Depression Screening										Once a year from ages 12 – 18			
Illicit Drug-Use Screening												●	
Hearing Screening***		●	●	●		●		●		●	●	●	
Visual Screening***	●	●	●	●		●		●		●	●		
<b>SCREENINGS</b>													
Hematocrit or Hemoglobin Anemia Screening			Annually for females during adolescence and when indicated										
Lead Screening	When indicated (Please also refer to your state-specific recommendations)												
Cholesterol (Lipid) Screening								Once between ages 9 – 11 and ages 17 – 21					
<b>IMMUNIZATIONS</b>													
Chicken Pox		Dose 2											
COVID-19 Vaccine	Per doctor's advice following CDC and Emergency Use Authorization Guidelines												
Dengue Vaccine							9 – 16 years living in dengue endemic areas in U.S. Territories AND have laboratory confirmation of previous dengue infection						
Diphtheria, Tetanus, Pertussis (DTaP)		Dose 5							One dose Tdap				
Flu (Influenza)****	Ages 3 – 18: 1 or 2 doses annually												
Human Papillomavirus (HPV)							Provides long-term protection against cervical and other cancers. 2 doses when started ages 9 – 14. 3 doses, all other ages.						
Measles, Mumps, Rubella (MMR)		Dose 2											
Meningitis*****									Dose 1		Age 16: One-time booster		
Pneumonia	Per doctor's advice												
Polio (IPV)		Dose 4											

\* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance.

\*\* Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in

the Highmark network.

CARE FOR PATIENTS WITH RISK FACTORS	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y
<b>BRCA Mutation Screening</b> (Requires prior authorization)					Per doctor's advice							
<b>Cholesterol Screening</b>	Screening will be done based on the child's family history and risk factors											
<b>Fluoride Varnish</b> (Must use primary care doctor)	Ages 5 and younger											
<b>Hepatitis B Screening</b>									Per doctor's advice			
<b>Hepatitis C Screening</b>												●
<b>Latent Tuberculosis Screening</b>												High-risk
<b>Sexually Transmitted Disease (STD) Screenings and Counseling</b> (Chlamydia, Gonorrhea, HIV, and Syphilis)									For all sexually active individuals HIV routine check, once between ages 15 – 21			
<b>Tuberculin Test</b>	Per doctor's advice											

## Children: 6 Months to 18 Years<sup>1</sup>

### PREVENTIVE DRUG MEASURES THAT REQUIRE A DOCTOR'S PRESCRIPTION

<b>Oral Fluoride</b>	For ages 6 months to 16 years whose primary water source is deficient in fluoride
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### PREVENTION OF OBESITY, HEART DISEASE, DIABETES, AND STROKE

Children with a BMI in the 85th to 94th percentile (overweight) and the 95th to 98th percentile (obese) are eligible for:	<ul style="list-style-type: none"> <li>• Additional annual preventive office visits specifically for obesity</li> <li>• Additional nutritional counseling visits specifically for obesity</li> <li>• Recommended lab tests:                             <ul style="list-style-type: none"> <li>– Alanine aminotransferase (ALT)</li> <li>– Aspartate aminotransferase (AST)</li> <li>– Hemoglobin A1c or fasting glucose (FBS)</li> <li>– Cholesterol screening</li> </ul> </li> </ul>
Age 18 with a diagnosis of Hypertension, High Blood Pressure, Dyslipidemia, or Metabolic Syndrome	Nutritional counseling

### ADULT DIABETES PREVENTION PROGRAM (DPP) AGE 18

 <p><b>Applies to Adults</b></p> <ul style="list-style-type: none"> <li>• Without a diagnosis of diabetes (does not include a history of gestational diabetes)</li> <li>• Overweight or obese (determined by BMI)</li> <li>• Fasting Blood Glucose of 100-125 mg/dl or HGBA1c of 5.7% to 6.4% or Impaired Glucose Tolerance Test of 140-199mg/dl</li> </ul>	Enrollment in certain select CDC-recognized lifestyle change DPP programs for weight loss
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\* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance; alcohol and drug abuse, and tobacco use assessment. \*\* To confirm new diagnosis of high blood pressure before starting treatment. \*\*\* Hearing screening once between ages 11-14, 15-17, and 18-21. \*\*\*\* Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network. \*\*\*\*\* Meningococcal B vaccine per doctor's advice.

### INFORMATION ABOUT THE AFFORDABLE CARE ACT (ACA)

This schedule is a reference tool for planning your family's preventive care, and lists items and services required under the Affordable Care Act (ACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, laws and regulations, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. Some services may require prior authorization. If you have questions about this schedule, prior authorizations, or your benefit coverage, please call the Member Service number on the back of your member ID card.

### INFORMATION ABOUT CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

Because the Children's Health Insurance Program (CHIP) is a government-sponsored program and not subject to ACA, certain preventive benefits may not apply to CHIP members and/or may be subject to copayments.

### WHAT THE MEDICAL PLAN DOES NOT COVER

Any claim submitted after one year (12 months) from the date of service will not be considered for payment. If you are unsure of any aspects of your medical coverage, contact Highmark

at **1.866.763.9471** as this is not an exhaustive list of exclusions. The following services and/or supplies are not covered, unless otherwise specified:

1. Bereavement services not provided by hospice care.
2. Case management services for care, treatment, or services that have been disallowed under the provisions of the Plan's case management system.
3. Charges for failure to keep a scheduled visit, or charges for completion of a claim form and the preparation of specialized reports solely for insurance, licensing, employment, or other non-preventive purposes, such as premarital examinations.
4. Comfort/convenience items for personal hygiene and convenience items such as, but not limited to, air conditioners, humidifiers, or physical equipment, stair glides, elevators, lifts, or "barrier-free" home modifications, whether or not specifically recommended by a physician.
5. Confinement in a United States government or agency hospital, unless you would have to pay the expenses if you did not have coverage.
6. Corrective surgery for myopia, hyperopia, or presbyopia, including radial keratotomy, LASIK, LASEK, and PRK.

7. Cosmetic surgery for cosmetic purposes done to improve the appearance of any portion of the body and from which no improvement in physiological function can be expected, except as otherwise provided herein. (Surgery to correct a condition resulting from an accident, a congenital birth defect, and a functional impairment that results from a covered disease or injury are covered under the Plan.)
8. Court-ordered services or services ordered by a tribunal as part of the participant's sentence.
9. Custodial care, domiciliary care, or residential care, protective and supportive care including education services and convalescent care.
10. Dental care, except for professional services and anesthesia for removal of bony impactions of third molar(s) when performed by a doctor of dental surgery.
11. Education, training, and bed and board while confined in an institution which is mainly a school or other institution for training, a place of rest, a place for the aged, or a nursing home.
12. Experimental/investigative services and clinical research programs. All charges relating to a diagnosis and treatment procedures that are deemed to be experimental, investigative, unproven, for purposes of research, not medically necessary, or not generally accepted by the United States medical profession or approved by the Food and Drug Administration. The Plan does not cover services that are considered experimental by the medical profession of the United States or any other country.
13. Eyeglasses or contact lenses, except for initial pair of glasses/contact lenses prescribed following cataract extraction in place of surgically implanted lenses, or sclera shells intended for use in the treatment of disease or injury. Benefits are available under the stand-alone Vision Plan.
14. Food including, but not limited to, enteral formulae, infant formulae, supplements, substances, products, enteral solutions or compounds used to provide nourishment through the gastrointestinal tract whether ingested orally or provided by tube, whether utilized as a sole or supplemental source of nutrition and when provided on an outpatient basis. This does not include enteral formulae prescribed solely for the therapeutic treatment of phenylketonuria, branched-chain ketonuria, galactosemia, and homocystinuria.
15. Foot care, palliative or cosmetic, including flat-foot conditions, supportive devices for the foot, corrective shoes, the treatment of subluxations of the foot, care of

- corns, bunions (except capular or bone surgery), calluses, toenails (except surgery for ingrown nail), fallen arches, weak feet, chronic foot strain, and symptomatic complaints of the feet, except when such devices or services are related to the treatment of diabetes.
16. Genetic testing, unless medical documentation supports medical necessity.
  17. Hospice services that are not provided under the supervision of a physician.
  18. Inpatient admissions primarily for diagnostic studies and inpatient admissions primarily for physical therapy.
  19. Light therapy products for treatment of medical and mental health disorders including, but not limited to, a light box.
  20. Medical evacuation and repatriation of remains.
  21. Mental health and substance use care considered investigational/ experimental.
  22. Military service-related losses or expenses incurred while on active duty as a member of the armed forces of any nation or losses sustained or expenses incurred as a result of any war, whether or not declared.
  23. Motor vehicle accident injuries— services for treatment for injuries resulting from the maintenance or use of a motor vehicle if the services/treatment have been paid or are payable under a plan/ policy of motor vehicle insurance. This includes a certified or qualified plan of self-insurance, or any fund or program for the payment of extraordinary medical benefit established by state law. Payment for such injuries may be coordinated with your other insurance after those benefits have first been exhausted. The Medical Plan will then pay on a secondary basis. See Subrogation section.
  24. Nicotine cessation support programs and/or classes. Coverage for prescribed smoking deterrents is available under your pharmacy (Express Scripts) benefits.
  25. Physicals for school, camp, sports, travel, or any other administrative reason, that are not medically necessary and appropriate, except as provided herein or required by law.
  26. Prescription drugs for which there are over-the-counter equivalents and for which the Plan has discontinued coverage.
  27. Private duty nursing care, unless required by a physician.
  28. Respite care.
  29. Reversal of sterilization.
  30. Services provided by an immediate family member.

31. Services provided by an individual residing in the patient's home.
32. Services provided prior to the enrollee's effective date of coverage.
33. Services that are submitted by a certified registered nurse or another professional provider for the same services performed on the same date for the same participant.
34. Services performed by a professional provider enrolled in an education or training program when such services are related to the education or training program.
35. Surrogacy services provided to a surrogate or gestational carrier.
36. Treatment for injury or illness suffered while committing a felony.
37. Weight reduction programs, except for medical and surgical treatment of morbid obesity when determined to be medically necessary.
38. Workers' compensation-related illness or bodily injury, if benefits or compensation are available, in whole or in part, under the provisions of any federal, state, or local government workers' compensation, occupational disease or similar-type legislation. This exclusion applies whether or not the participant files a claim for said benefits or compensation.

## How The Prescription Drug Plan Works

The Plan includes a prescription benefit administered by Express Scripts. Neither the medical or prescription benefit may be purchased separately. To provide participants with quality, cost-effective health benefits, the Pension Boards has contracted for the following services:

### PRESCRIPTION DRUG BENEFITS- EXPRESS SCRIPTS

Prescription drugs can be purchased at discounted prices with copayments through the Express Scripts nationwide Retail Pharmacy Drug Program and the Mail Order Pharmacy, eliminating the need for claims submission. If the price of a prescription is less than the applicable copayment, you will pay the lesser of the two costs. If you purchase a brand-name drug when a generic substitute is available, you will be required to pay the copayment, plus the price difference. Prescription drug copayments are not included in the medical plan annual deductible or the annual out-of-pocket maximum.

### RETAIL PHARMACY PRESCRIPTION DRUG PURCHASES

You may purchase up to a 30-day supply of prescription drugs with a copayment at participating Express Scripts network pharmacies. If you must obtain prescription drugs at a retail pharmacy that does not participate in the Express Scripts network, you will need to submit a claim to Express Scripts for reimbursement of expenses. Claim forms are available from Express Scripts.

### MAINTENANCE (LONG-TERM) PRESCRIPTION DRUG REFILLS

Your pharmacy coverage includes a refill limit for maintenance (long-term) prescription drugs purchased at

participating retail pharmacies. Up to two refills plus the original prescription may be purchased at the retail drug copayment; after that, you will pay the entire cost of the maintenance drug unless you purchase future refills through the Mail Order Pharmacy.

If you need to start a maintenance drug treatment immediately, ask your physician to write two prescriptions – one for a 30-day supply to be filled at a local network pharmacy, and another for a 90-day supply with refills to be obtained through the Mail Order Pharmacy. Mail Order is the choice for maintenance drugs.

Submit claims for non-participating retail pharmacy drug purchases to:



Attn: Commercial Claims  
PO Box 14711  
Lexington, KY 40512-4711

Mail Order Pharmacy Orders  
should be sent to:

**Express Scripts**  
**Mail Order Pharmacy**  
PO Box 66577  
St. Louis, MO 63166-6564

More information on the Express Scripts Retail and Mail Order Pharmacy programs is available by contacting Express Scripts. For general information and to find a participating Express Scripts network pharmacy, call **1.800.939.3781** or visit [www.express-scripts.com](http://www.express-scripts.com).

**PHARMACY BENEFIT MANAGEMENT**

Your pharmacy benefit includes the following programs to provide patient safety:

**RATIONALMED**

Pharmacists review participant drug profiles and alert prescribing physicians of potential drug interactions.

**PRIOR AUTHORIZATION**

Prior authorization is a program that lets you get the effective medicine that you and your family need and helps your plan sponsor maintain affordable prescription drug coverage for everyone your plan covers. When your pharmacist tells you that your prescription needs a prior authorization, Express Scripts needs more information to know if your plan covers the drug. Only your own physician

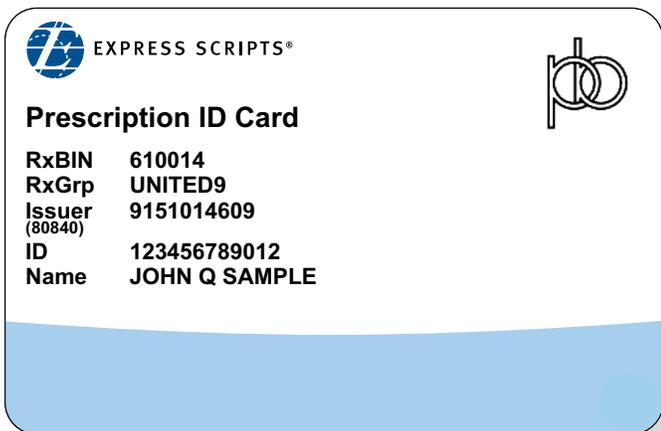
can provide this information and request a prior authorization.

**SPECIALTY MEDICATION MANAGEMENT**

Your prescription drug program requires that certain specialty medications be accessed through Accredo Health Group, Inc., Express Scripts’ specialty pharmacy. Specialty medications are drugs that are used to treat complex conditions and illnesses, such as growth hormone deficiency, hemophilia, hepatitis C, rheumatoid arthritis, etc. To confirm whether a medication you take is part of the specialty program, call Express Scripts at **1.800.939.3781** or visit [www.express-scripts.com](http://www.express-scripts.com). To learn more about specialty medications, call (800) 803-2523, or visit [www.accredo.com](http://www.accredo.com).

**ID CARDS**

You will receive prescription ID cards for you and your covered dependent(s) from Express Scripts upon enrollment in the Medical Plan. You may also access an electronic ID card from your smartphone by downloading the Express Scripts App, or by visiting [www.express-scripts.com](http://www.express-scripts.com).



## SUMMARY OF BENEFITS: PRESCRIPTION DRUG BENEFITS THROUGH EXPRESS SCRIPTS

A PPO, or Preferred Provider Organization, offers two levels of benefits. If you receive services from a pharmacy that is in the network, you'll receive the higher level of benefits.

If you receive services from a pharmacy that is not in the network, you'll receive the lower level of benefits. See specific benefit levels on the next page.

Benefit: Prescription Drugs <sup>1</sup>	Plans A & B
<b>When purchased at an Express Scripts network retail pharmacy</b>  <i>Up to a 30-day supply</i>	\$17 copay for a generic drug \$30 copay for a brand-name drug on the formulary \$45 copay for a brand-name drug not listed on the formulary
<b>When purchased through the Mail Order Pharmacy</b>  <i>Up to a 90-day supply</i>	\$34 copay for a generic drug \$75 copay for a brand-name drug on the formulary \$115 copay for a brand-name drug not listed on the formulary

### PRESCRIPTION DRUG FOOTNOTES

1. Coinsurance for prescription drugs is not included in the annual medical deductible or annual medical out-of-pocket maximum.
2. Eligibility for Plan M will be determined by Wider Church Ministries.

### EXAMPLES OF WHAT THE PRESCRIPTION PLAN DOES NOT COVER

Any claim submitted after one year (12 months) from the date of service will not be considered for payment. If you are unsure of any aspects of your pharmacy coverage, contact Express Scripts at **1.800.939.3781**. The UCC Prescription Plan does not cover the following services and/or supplies, unless otherwise specified. The following is not an exhaustive list of exclusions:

1. Allergy sera.
2. Charges for the administration or injection of any drug.

3. Contraceptive jellies, creams, foams, non-clinical devices, or over-the-counter contraceptives.
4. Drugs used to treat impotency, unless approved following prostate surgery.
5. Drugs whose sole purpose is to promote or stimulate hair growth or for cosmetic purposes only.
6. Drugs labeled "Caution-limited by federal law to investigational use," or experimental drugs, even though a charge is made to the participant.

7. Durable medical equipment (see [Medical Summary of Benefits](#)).
8. Lost, stolen, or damaged drugs.
9. Medication for which the cost is recoverable under any workers' compensation or occupational disease law or any state or governmental agency or medication furnished by any other drug or medical service for which no charge is made to the participant.
10. Non-federal legend drugs, which are not approved by the Food and Drug Administration (FDA).
11. Non-sedating antihistamines.
12. Nutritional/dietary supplements or supplies.
13. Ostomy supplies.
14. Prescription drugs for which there are over-the-counter equivalents.
15. Smoking deterrents, unless they are prescribed by your physician.
16. Therapeutic devices or appliances.

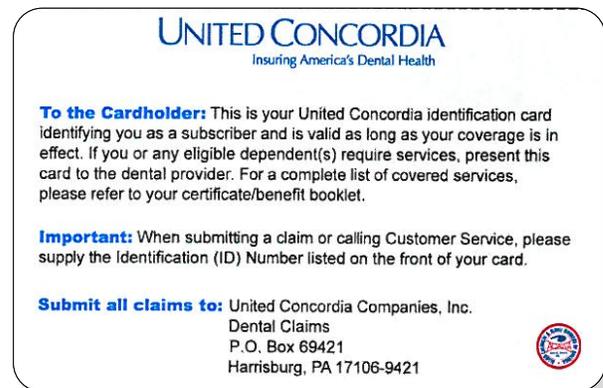
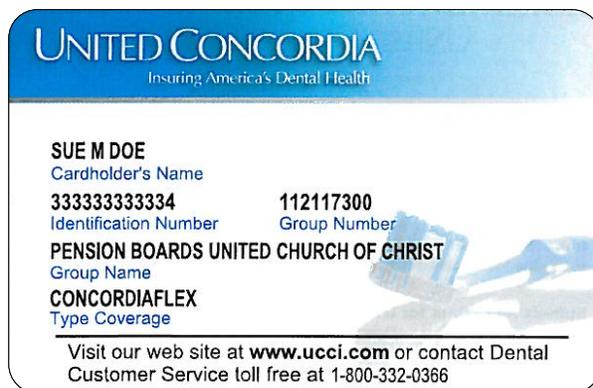
## How The Dental Plan Works

The UCC Dental Plan is a stand-alone benefit that provides preventive, therapeutic, restorative, prosthetic, and orthodontic services for you and your covered dependent(s). The Dental Plan is administered by United Concordia Companies, Inc. (UCCI). You will receive an ID card from United Concordia. You may create a MyDentalBenefits account at [UnitedConcordia.com](http://UnitedConcordia.com). Once your account is created, you can access the United Concordia Dental app.

### PREFERRED PROVIDER ORGANIZATION (PPO)–ADVANTAGE PLUS 2.0

Advantage Plus 2.0 network dentists provide services at discounted rates and submit claims directly to United Concordia Companies, Inc., our dental claims processor. You are later billed for your share of dental services in accordance with the Plan's provisions. You are not required to submit payment at the time you receive services, although the provider may request that you pay your deductible. Network providers may not bill you for charges in excess of network allowable fees.

This Plan provides open access, allowing you to see any dentist you choose. However, use of Advantage Plus 2.0 PPO network providers is highly encouraged in order to maximize your dental benefits. You will not receive a discount if you obtain services from providers who do not participate in the Advantage Plus 2.0 PPO network, and you are likely to be required to file a claim for services. If you wish to encourage your dentist to become an Advantage Plus 2.0 PPO network provider, you can ask them to contact Highmark Blue Cross Blue Shield to join.



To find an  
**Advantage Plus 2.0 PPO**  
network provider:

call **1.866.851.7576** or  
visit **www.ucci.com**

Submit dental claims to:

**United Concordia Companies, Inc.**  
Dental Claims  
P.O. Box 69421  
Harrisburg, PA 17106-9421

UNITED CONCORDIA®

## YOU RECEIVED DENTAL CARE FROM WEST SHORE DENTAL GROUP

This is your Dental Explanation of Benefits. It shows what we paid and what the dentist charged for your dental care. **This is not a bill. Keep for your tax records.**

**1** Subscriber: **LEE BROWN**

**2** Patient ID: **123456789001**

**3** Process Date: **December 1, 2020**

You visited an **in-network** dentist. This means they agreed not to bill you for the difference between what they normally charge and what we allow.

**4** **Cost Summary**

Allowed Amount	\$112.04
<b>Paid Amount</b>	<b>\$60.02</b>
<b>You may owe the dentist *</b>	<b>\$52.02</b>

See Service and Cost Breakdown for details

\* The amount you may owe the dentist could include your coinsurance, copays, maximums, deductibles and rejected or denied services.

**To learn more**  
www.UCCI.com

**Have a Question?**  
PLEASE CALL 1-800-332-0366  
Service for the Deaf via TTY Equipment is available at 711.

**Dental Customer Service**  
PO BOX 69420  
HARRISBURG, PA 17106-9420

1. The person or employee who originally enrolled in this dental plan
2. Your member ID number

The above is a sample copy of an **Explanation of Benefits (EOB)** from United Concordia Companies, Inc. (UCCI). You will receive an EOB from UCCI each time you or a covered family member receives dental treatment.

## SUMMARY OF BENEFITS: DENTAL BENEFITS THROUGH UNITED CONCORDIA COMPANIES, INC.

A PPO, or Preferred Provider Organization, offers two levels of benefits. If you receive services from a dentist who is in the PPO network, you'll receive the higher level of benefits. If you receive services from a dentist who is not in the PPO network, you'll receive the lower level of benefits. In either case, you coordinate your own care. Below are specific benefit levels.

Benefit		
<b>Dental Services</b>	Dental	
Annual Deductible	\$100/person or \$200/family	
Annual Benefit Maximum/per person	\$2,400	
Type of Service	In-Network <sup>1</sup>	Out-of-Network <sup>2</sup>
<b>Preventive Services and Supplies<sup>3</sup>:</b> <ul style="list-style-type: none"> <li>• Cleaning and routine oral examination—two times per calendar year</li> <li>• Fluoride application to child's teeth, age 16 and under—two times per calendar year</li> <li>• Dental sealants, under age 16</li> <li>• Space maintainers, under age 16</li> </ul>	100%	100%
<b>Diagnostic and Therapeutic Services and Supplies:</b> <ul style="list-style-type: none"> <li>• Periodontal cleanings—two times per calendar year</li> <li>• Full mouth X-rays—once in a three-year period</li> <li>• Bite-wing X-rays—two times in a calendar year</li> <li>• Oral examination</li> <li>• Emergency care<sup>4</sup></li> <li>• Extractions</li> <li>• Treatment of gums</li> <li>• Root canals</li> <li>• General anesthetics for oral surgery</li> <li>• Injectable antibiotics</li> </ul>	80%	80%
<b>Restorative Services and Supplies:</b> <ul style="list-style-type: none"> <li>• Fillings<sup>5</sup></li> <li>• Crowns<sup>5</sup></li> </ul>	80% 50%	80% 50%
<b>Prosthetic Services and Supplies<sup>6</sup>:</b> <ul style="list-style-type: none"> <li>• Full or partial dentures or fixed bridges</li> <li>• Repair or rebasing of dentures or bridges</li> </ul>	50%	50%
<b>Orthodontics up to a \$2,000 per person lifetime maximum</b>	50% after separate deductible per person	50% after separate deductible per person

### DENTAL PLAN FOOTNOTES

1. Advantage Plus 2.0 PPO network provides access to dental care at a lower cost than out-of-network providers.
2. Benefit payments are based on Reasonable and Customary (R&C) limits. Reimbursements are based on United Concordia's schedule of maximum allowable charges (MACs). Network dentists agree to accept UCCI's allowances as payment in full for covered services. Non-network dentists may bill the member for any difference between UCCI allowance and their fee.
3. Preventive Services do not apply towards the plan's annual maximum.
4. Treatment received for the unexpected onset of severe pain or other symptoms, which, if not treated immediately, could reasonably be expected to result in serious health threat or impair the health of the individual.
5. Crowns will only be covered on the same tooth once every five (5) years unless the need for replacement is due to poor quality of the existing restoration.
6. Implants: Have your dental provider contact United Concordia for information regarding predetermination of services.

### WHAT THE DENTAL PLAN DOES NOT COVER

Any claim submitted after one year (12 months) from the date of service will not be considered for payment. If you are unsure of any aspects of your dental coverage, contact United Concordia at **1.866.851.7576**. The UCC Dental Plan does not cover the following services and/or supplies, unless otherwise specified:

1. Charges for reline/rebase of dentures or bridges are not covered more than once every 36 months. Repair of dentures is not covered more than once per arch per 36-month period.
2. Implants, except in limited circumstances for members 18 and over. Please contact United Concordia Dental for review.
3. Motor vehicle accident injuries—services for treatment for injuries resulting from the maintenance or use of a motor vehicle if the services/treatment have been paid or are payable under a plan/policy of motor vehicle insurance. This includes a certified or qualified plan of self-insurance, or any fund or program for the payment of extraordinary medical benefit established by state law. Payment for such injuries may be coordinated with your other insurance after those benefits have first been exhausted. The Dental Plan will then pay on a secondary basis.

4. Oral surgery for bony impactions of third molars (wisdom teeth). Contact Highmark BCBS for benefits available under the Medical Plan.
5. Orthodontic services that occurred before enrollment in this Plan or after enrollment is terminated.
6. Procedures, restorations, and appliances to increase vertical dimension or to restore occlusion.
7. Replacement of an existing crown or gold filling will not be covered unless for tooth decay.
8. Training in or supplies used for dietary counseling, oral hygiene, or plaque control.
9. Treatment by someone other than a dentist or physician, except where performed by a duly qualified technician under the direction of a dentist or physician.
10. Workers' compensation-related illness or bodily injury, if benefits or compensation are available, in whole or in part, under the provisions of any federal, state, or local government workers' compensation, occupational disease, or similar-type legislation. This exclusion applies whether or not the participant files a claim for said benefits or compensation.

## Coordination Of Benefits

Plan benefits may be reduced if you or your dependent(s) have coverage for the same benefits under another plan. If you have coverage under two plans, you may file claims under both. You will not be reimbursed more than 100% of the expense and no plan will pay more than it would have without a coordination provision. Certain rules govern which plan pays benefits first, but generally, the plan under which the individual is covered as an employee is the primary plan and pays benefits first. The secondary plan may then pay the remainder of the claim. However, if the other plan does not have a coordination of benefits provision, it will be the primary plan and pay benefits.

If you and your spouse or domestic partner both carry children on your plans, generally the children's primary coverage is through the plan of the parent whose birthday comes first in the calendar year. For instance, a parent born on July 1 would have the primary plan if the other parent was born on August 1. If parents are divorced, special rules apply (e.g., Court Order). Additional rules and conditions for coordination of benefits may be found in the corresponding provisions of the formal Plan document.

### **SUBROGATION AND REIMBURSEMENT**

If a covered employee or dependent is injured or becomes ill through the act of a third party, the Plan shall provide for the care of the injury or illness. Acceptance of such services and benefits will constitute consent to assist the Plan with recovery of injury- or illness-related Plan expenses. If the participant receives or is entitled to receive payment from the third party of an amount up to and including the value of any such health services or supplies covered by the Plan, the participant is obligated to reimburse the Plan for the value of such benefits paid by the Plan. Additional rules and conditions for subrogation and reimbursement may be found in the corresponding provisions of the formal Plan document.

### **PARTICIPANT'S COOPERATION**

In some circumstances, the participant's help will be requested to assist with the administration of the Plan. Enrollment in the Plan constitutes an agreement by the participant and by their covered dependent(s) to cooperate with the Plan's administration requirements, including efforts to enforce the Plan's rights to subrogation and reimbursement.

## Your Rights To Appeal

You are entitled to a fair and reasonable claims and appeals process for benefits under this Plan. Specific details regarding the claims and appeals process for each benefit provided under this Plan are described in the materials prepared by the claims' administrator for that benefit. The following provides highlights of the Plan's claims and appeals rules. Contact the applicable claims administrator or the Pension Boards for additional information.

If you have additional information for the reconsideration of a claim, please send it with your request. You are entitled to obtain copies of documents related to the claim and appeal. In some cases, approval may be needed to release confidential information such as medical records. Appeals must be initiated within 12 months from the date of service in question. A decision will be made within 30 days after receipt of a written request for a review, or the date all information required from you is received. You will receive the decision in writing. In certain circumstances a denied appeal is entitled to external review. The claims administrator will explain this right and how to exercise it at the time of an appeal denial.

### FIRST LEVEL

#### *Medical Claim*

If you wish to appeal the denial of a medical claim by Highmark Blue Cross Blue Shield, you should submit a written or oral appeal within 180 days after receiving your Explanation of Benefits Statement. To file an appeal, please contact **1.866.763.9471**. Written appeals can be submitted to: Member Service, PO Box 1210, Pittsburgh, PA 15230.

#### *Pharmacy Claim*

If you wish to appeal the denial of a pharmacy claim by Express Scripts, you should submit a written request for a review to: Express Scripts, Attention: Administrative Appeals Department, P.O. Box 66587, St. Louis, MO 63166-6587. Phone#: **1.800.946.3979**.

#### *Dental Claim*

If you wish to appeal the denial of a dental claim by United Concordia Companies, Inc., you should submit a written request for a review to: Claim Appeal Department, United Concordia Companies, Inc., P.O. Box 69420, Harrisburg, PA 17106-9420.

### SECOND LEVEL

If you wish to appeal the decision related to a first level appeal you should submit a written request for a second level appeal within 180 days following the date of the denial. Your request should include all information pertinent to your appeal.

## Privacy Practices

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) requires, among other things, that health plans protect the confidentiality and privacy of individually identifiable health information. The Pension Boards–United Church of Christ, Inc. is the plan sponsor of the UCC Medical and Dental Benefits Plan and is committed to maintaining the privacy of your personal health information under the Plan in accordance with HIPAA privacy standards, which became effective April 14, 2003. The Plan and those administering it will use and disclose health information only as allowed by federal law. The Plan has provided you with a [Notice of Privacy Practices](#), describing how health information about you may be used or disclosed by the Plan.

### PROTECTED HEALTH INFORMATION (PHI)

Protected health information (PHI) is the identifiable health information about you that is created, received, or maintained by the Plan. The privacy of your health information that is used or disclosed by the Plan is protected by HIPAA.

The Plan is required by law to:

- Maintain the privacy of your PHI
- Provide you with a notice of the Plan's legal duties and privacy practices with respect to your PHI

The Plan may use, share, or disclose protected health information to pay your health care benefits, operate the Plan, or for treatment by a health care practitioner. In addition, the Plan may use or disclose your information in other special circumstances described in the privacy notice. For any other purpose, the Plan will require your written authorization for the use or disclosure of your protected health information. An authorization form is available online at [www.pbucc.org](http://www.pbucc.org) or by calling Member Services at **1.800.642.6543**.

## Definitions and Related Information

**Annual:** For the purposes of the medical and dental Plan, the period of time from January 1 through December 31 of each Plan Year.

**Benefit Administrator:** A third-party administrator that performs claims processing services.

**Brand-Name Drug:** A proprietary drug approved by the federal Food and Drug Administration (FDA) and protected by trademark registration.

**Coinsurance:** An insurance policy provision under which the insurer and the insured share costs incurred after the deductible is met, according to a specific formula.

**Continuation of Coverage:** Covered participants and their covered dependents may retain Plan coverage under certain circumstances. *See Continuation of Coverage section for more information.*

**Coordination of Benefits:** When coverage exists under two health plans, benefits may be paid under both plans. Certain restrictions and guidelines apply with regard to reimbursement amount, which plan is primary, etc.

**Copay:** The amount an insured person is expected to pay for an office visit at the time of the visit under the medical plan. For the purposes of the pharmacy plan, a flat rate applied to prescriptions based upon tier level.

**Deductible:** An out-of-pocket expense that must be satisfied per Plan Year for each individual or family, before benefits are paid for covered medical or dental expenses. There is no Plan Year deductible for preventive care services.

**Dependent:** An eligible spouse, domestic partner, or child(ren). *See Eligibility section for additional information.*

**Domestic Partner:** A person who meets the financial, cohabitation, and other requirements established by the Pension Boards. To apply for benefits, you must submit a Statement of Domestic Partnership after you have been in the domestic partnership for at least six months.

**Essential Health Benefits:** The essential health benefits under Section 1302(b) of the Affordable Care Act and the regulations issued thereunder.

**Formulary:** A list of preferred, commonly-prescribed drugs that includes both brand-name and generic drugs.

**Generic Drug:** A drug containing the same active ingredients found in a brand-name drug. A generic drug is known only by its formula name and is available to any pharmaceutical company. Generic drugs are rated by the FDA to be as safe and effective as brand-name drugs and typically cost less.

**HIPAA:** The Health Insurance Portability and Accountability Act of 1996 (HIPAA) – and the regulations promulgated thereunder, as each may be amended from time to time – that establishes health portability, non-discrimination, privacy, and security rights for individuals. The Plan is subject to certain HIPAA requirements, but is exempt from others. The [privacy notice](#) required by HIPAA is available online.

**Medically Necessary:** Services or supplies that are appropriate and consistent with a diagnosis in accordance with accepted medical standards as described in the Plan **Summary of Benefits**. Medical necessity, when used in relation to services, shall have the same meaning as medically necessary services. All services are subject to the medical necessity requirement and to the exclusions and limitations described in this Plan.

**Non-Formulary:** A list of non-preferred prescription drugs that are not commonly prescribed and are subject to higher copayment.

**Non-PPO Provider:** A hospital, physician, or other health care practitioner that has not contracted with the Plan's preferred provider organizations (PPOs) to provide services at discounted prices.

**Out-of-Pocket Maximum:** The maximum out-of-pocket cost a participant will have to pay per Plan Year for expenses covered under this Plan. The maximum is the sum of all applicable deductibles and

coinsurance payments. Amounts paid above Reasonable and Customary (R&C) charges, office visit copayments, and prescription copayments are excluded from the out-of-pocket maximum calculation.

**Participant:** Any member or dependent who meets eligibility requirements for whom contribution rates have been paid and is covered by the plan.

**Plan:** The UCC Medical and Dental Benefits Plan.

**Plan Year Benefit Maximum:** The maximum amount the Dental Plan will pay in a Plan Year per covered individual. The amounts can be found on the Dental [Summary of Benefits](#).

**Preventive Services:** Medical services that protect against or reduce the likelihood of health emergencies. These services are covered at no out-of-pocket cost to plan participants and are encouraged to help keep health care costs low.

**PPO Provider:** A hospital, physician, or other health care practitioner that has voluntarily contracted with a preferred provider organization (PPO) to provide services at discounted prices. The Medical Plan PPO is designated as BlueCard, the Dental Plan PPO is designated as Advantage Plus 2.0.

**Preferred Provider Organization (PPO):** A PPO is a network of physicians,

hospitals, laboratories, and other ancillary practitioners that have agreed to provide services at discounted rates. Use of in-network services is highly encouraged to receive the highest level of coverage. In-network providers are not permitted to bill Plan participants for charges in excess of network-allowable fees. PPO network access information can be found on your identification card.

**QMCSO:** Qualified Medical Child Support Order. A court order that requires health coverage for a participant's child(ren).

**Reasonable and Customary (R&C):** Fees for medical services are considered Reasonable and Customary when they are in line with average fees for said services in the same geographic area. Charges in excess of R&C are not covered under the Plan and are the responsibility of the Plan participant.

**Schedule of Benefits:** List of services covered under a health insurance plan, along with the associated fees.

**Spouse:** A person to whom a participant is legally married. To apply for benefits, you must submit a copy of your legal marriage certificate.

