

Summary of Benefits and Coverage: What this [Plan](#) Covers & What You Pay For Covered Services

Coverage Period: Beginning on or after 01/01/2021

ALLINA HEALTH ALLINA FIRST PLAN (alt)

Coverage for: Individual/Family | [Plan](#) Type: PPO



The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be [provided](#) separately.

This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, visit www.bluecrossmn.com/allinahealth or call toll-free 1-800-509-5310, select option 1. For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copay](#), [deductible](#), [provider](#), or other [underlined](#) terms see the Glossary.

You can view the Glossary at <https://www.healthcare.gov/sbc-glossary> or call toll-free 1-800-509-5310, select option 1 to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall deductible ?	<p>\$300 individual medical combined in-network, extended in-network and out-of-network</p> <p>\$900 family medical combined in-network, extended in-network and out-of-network</p>	<p>Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay.</p> <p>If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.</p>
Are there services covered before you meet your deductible ?	Yes. Well-child care, prenatal care and in-network preventive care services are covered before you meet your deductible .	This plan covers some items and services even if you haven't yet met the deductible amount. But a copay or coinsurance may apply. For example, this plan covers certain preventive services without cost-sharing and before you meet your deductible . See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan?	<p>\$3,500 individual medical combined in-network, extended in-network and out-of-network</p> <p>\$7,000 family medical combined in-network, extended in-network and out-of-network</p>	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan , they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the out-of-pocket limit ?	Premiums , balance-billed charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit .

<p>Will you pay less if you use an in-network provider?</p>	<p>Yes. See www.bluecrossmn.com/allinahealth or call toll-free 1-800-509-5310, select option 1 for a list of in-network providers.</p>	<p>This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware your in-network provider might use an out-of-network provider for some services (such as laboratory work). Check with your provider before you get services.</p>
<p>Do you need a referral to see a specialist?</p>	<p>No.</p>	<p>You can see the specialist you choose without a referral.</p>



All [copay](#) and [coinsurance](#) costs shown in this chart are after your [deductible](#) has been met, if a [deductible](#) applies.

Common Medical Event	Services You May Need	What You Will Pay if You Use In-network Providers (You will pay the least)	What You Will Pay if You Use Extended In-network Providers	Out-of-network Providers (You will pay the most)	Limitations & Exceptions
<p>If you visit a health care provider's office or clinic</p>	<p>Primary care visit to treat an injury or illness</p>	<p>\$10 office visit copay</p>	<p>\$25 office visit copay</p>	<p>Not covered</p>	<p>None</p>
	<p>Specialist visit</p>	<p>15% coinsurance</p>	<p>30% coinsurance</p>	<p>Not covered</p>	<p>None</p>
	<p>Preventive care/screening/immunization</p>	<p>No charge</p>	<p>No charge</p>	<p>Not covered</p>	<p>You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.</p>
<p>If you have a test</p>	<p>Diagnostic test (x-ray, blood work)</p>	<p>10% coinsurance deductible applies</p>	<p>20% coinsurance deductible applies</p>	<p>Not covered</p>	<p>None</p>
	<p>Imaging (CT/PET scans, MRIs)</p>	<p>10% coinsurance deductible applies</p>	<p>20% coinsurance deductible applies</p>	<p>Not covered</p>	<p>None</p>
<p>If you need drugs to treat your illness or condition. A retail pharmacy is any licensed pharmacy that you can physically enter to obtain a prescription drug. A</p>	<p>Preferred generic drugs</p>	<p>Allina First Network \$0 copay/retail \$0 copay/mail service</p>	<p>National Network \$8 copay/retail Not covered mail service</p>	<p>Not covered</p>	<p>Covers up to a 31-day supply (retail prescription); 32-93-day supply (mail order prescription). Mail service only available through Allina Health pharmacies.</p>
	<p>Preferred brand drugs</p>	<p>Allina First Network 25% coinsurance/retail 25% coinsurance/mail service</p>	<p>National Network 40% coinsurance/retail Not covered mail service</p>	<p>Not covered</p>	

Common Medical Event	Services You May Need	What You Will Pay if You Use In-network Providers (You will pay the least)	What You Will Pay if You Use Extended In-network Providers	Out-of-network Providers (You will pay the most)	Limitations & Exceptions
mail service pharmacy dispenses prescription drugs through the U.S. Mail.	Non-preferred brand drugs	Allina First Network 50% coinsurance /retail 50% coinsurance /mail service	National Network 40% coinsurance /retail Not covered mail service	Not covered	
	Specialty drugs	Available through Allina Health Pharmacy. Refer to applicable prescription drug cost-sharing unless included on the SaveonSP Specialty Drug list. For a list of drugs and associated copays included in SaveonSP, go to www.saveonsp.com/allina	Not covered	Not covered	No coverage for services from out-of-network providers . If an Allina Health Pharmacy is unable to fill a specialty drug you must receive an override from the Allina Health Pharmacy to fill the drug with the Express Scripts specialty drug pharmacy, Accredo.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	10% coinsurance deductible applies	\$250 copay ; per occurrence; then 40% coinsurance deductible applies	Not covered	None
	Physician/surgeon fee	15% coinsurance deductible applies	15% coinsurance deductible applies	Not covered	None
If you need immediate medical attention	Emergency room care	25% coinsurance deductible applies	25% coinsurance deductible applies	25% coinsurance deductible applies	None
	Emergency medical transportation	15% coinsurance deductible applies	15% coinsurance deductible applies	15% coinsurance deductible applies	None
	Urgent care	10% coinsurance ,	20% coinsurance ,	25% coinsurance ,	None
If you have a hospital stay	Facility fee (e.g., hospital room)	10% coinsurance deductible applies	\$250 copay ; per occurrence; then 40% coinsurance deductible applies	Not covered	None

Common Medical Event	Services You May Need	What You Will Pay if You Use In-network Providers (You will pay the least)	What You Will Pay if You Use Extended In-network Providers	Out-of-network Providers (You will pay the most)	Limitations & Exceptions
	Physician/surgeon fee	15% coinsurance deductible applies	15% coinsurance deductible applies	Not covered	None
If you need mental health, behavioral health, or substance use needs	Outpatient services	\$10 office visit copay	\$10 office visit copay	Not covered	Services for marriage/couples counseling are not covered.
	Inpatient services	10% coinsurance deductible applies for facility charges, 15% coinsurance deductible applies for all other services	10% coinsurance deductible applies for facility charges, 15% coinsurance deductible applies for all other services	Not covered	None
If you are pregnant	Office visits	Prenatal care: No charge Postnatal care: \$10 office visit copay	Prenatal care: No charge Postnatal care: \$25 office visit copay	Not covered	Cost sharing does not apply to certain preventive services . Depending on the type of services, other cost-sharing may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery professional services	15% coinsurance deductible applies	15% coinsurance deductible applies	Not covered	
	Childbirth/delivery facility services	10% coinsurance deductible applies	\$250 copay ; per occurrence; then 40% coinsurance deductible applies	Not covered	
If you need help recovering or have other special health needs	Home health care	15% coinsurance	15% coinsurance	Not covered	Network : 120 visits per benefit period.
	Rehabilitation services	10% coinsurance deductible applies for occupational therapy 10% coinsurance deductible applies for physical therapy 10% coinsurance deductible applies for speech therapy	20% coinsurance deductible applies for occupational therapy 20% coinsurance deductible applies for physical therapy 20% coinsurance deductible applies for speech therapy	Not covered for occupational therapy Not covered for physical therapy Not covered for speech therapy	

Common Medical Event	Services You May Need	What You Will Pay if You Use In-network Providers (You will pay the least)	What You Will Pay if You Use Extended In-network Providers	Out-of-network Providers (You will pay the most)	Limitations & Exceptions
	Habilitation services	10% coinsurance deductible applies for occupational therapy 10% coinsurance deductible applies for physical therapy 10% coinsurance deductible applies for speech therapy	20% coinsurance deductible applies for occupational therapy 20% coinsurance deductible applies for physical therapy 20% coinsurance deductible applies for speech therapy	Not covered for occupational therapy Not covered for physical therapy Not covered for speech therapy	
	Skilled nursing care	15% coinsurance deductible applies	15% coinsurance deductible applies	Not covered	None
	Durable medical equipment	10% coinsurance deductible applies	20% coinsurance deductible applies	Not covered	None
	Hospice service	10% coinsurance deductible applies	20% coinsurance deductible applies	Not covered	None
If your child needs dental or eye care	Children's eye exam	No charge	No charge	Not covered	None
	Children's glasses	Not covered	Not covered	Not covered	None
	Children's dental check-up	Not covered	Not covered	Not covered	None

Excluded Services & Other Covered Services:

Services Your [Plan](#) Generally Does NOT Cover (Check your policy or [plan](#) document for more information and a list of any other [excluded services](#).)

- Acupuncture (except as specified in plan benefits)
- Cosmetic surgery (except as specified in plan benefits)
- Dental care (except as specified in plan benefits)
- Long-term care
- Private-duty nursing
- Routine foot care
- Weight loss programs

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your [plan](#) document.)

- Bariatric surgery
- Chiropractic care
- Hearing aids for individuals 18 year of age or younger
- Infertility treatment
- Non-emergency care when traveling outside the U.S.
- Routine eye care (adult)

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Minnesota Department of Commerce, Attention: Consumer Concerns/Market Assurance Division, 85 7th Place East Suite 280, St. Paul, MN 55101-2198, or call 1 800-657-3602; for group health coverage subject to ERISA, contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa>; or, Department of Health and Human Services, Center for Consumer Information and Insurance Oversight at 1-877-267-2323, extension 61565 or <http://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/>. Other coverage options may be available to you too, including buying individual insurance coverage through MNsure/the [Marketplace](#). For more information about MNsure/the [Marketplace](#), visit www.mnsure.org or call 1 855 366 7873.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a grievance or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: Customer Service at www.bluecrossmn.com/allinahealth or call 1-800-509-5310, select option 1 or the Minnesota Department of Commerce by calling (651) 539-1600 or toll-free 1 800-657-3602. For group health coverage subject to ERISA, contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa>. If you are covered under a [plan](#) offered by the State Health [plan](#), a city, county, school district, or Service Coop, you may contact the Department of Health and Human Services Health Insurance team at 1-888-393-2789.

Does this plan provide Minimum Essential Coverage? Yes.

[Minimum Essential Coverage](#) generally includes [plans](#), health insurance available through MNsure/the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of [Minimum Essential Coverage](#), you may not be eligible for the premium tax credit.

Does this plan meet Minimum Value Standards? Yes.

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through MNsure/the [Marketplace](#).

Notice of Nondiscrimination Practices

Effective July 18, 2016

Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or gender. Blue Cross does not exclude people or treat them differently because of race, color, national origin, age, disability, or gender.

Blue Cross provides resources to access information in alternative formats and languages:

- Auxiliary aids and services, such as qualified interpreters and written information available in other formats, are available free of charge to people with disabilities to assist in communicating with us.
- Language services, such as qualified interpreters and information written in other languages, are available free of charge to people whose primary language is not English.

If you need these services, contact us at 1-800-382-2000 or by using the telephone number on the back of your member identification card. TTY users call 711.

If you believe that Blue Cross or Allina has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or gender, you can file a [grievance](#) with the applicable Nondiscrimination Civil Rights [Grievance](#) Coordinator:

- by email at: Civil.Rights.Coord@bluecrossmn.com
- by mail at: Nondiscrimination Civil Rights Coordinator

Blue Cross and Blue Shield of Minnesota and Blue Plus - M495
PO Box 64560
Eagan, MN 55164-0560

- or by telephone at: 1-800-509-5312
Or

- by email at: GrievanceCoordinator@allina.com
- by mail at: Allina Health at
Allina Health Grievance Coordinator
P.O. Box 43
Minneapolis, MN 55440-0043

- or by telephone at: 612-262-0900

[Grievance](#) forms are available by contacting us at the contacts listed above, by calling 1-800-382-2000 or by using the telephone number on the back of your member identification card. TTY users call 711. If you need help filing a [grievance](#), assistance is available by contacting us at the numbers listed above.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights

- electronically through the Office for Civil Rights Complaint Portal, available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- by telephone at: 1-800-368-1019 or 1-800-537-7697 (TDD)
- or by mail at: U.S. Department of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, DC 20201

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

Language Access Services:

This information is available in other languages. Free language assistance services are available by calling the toll free number below. For TTY, call 711.

Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al 1-855-903-2583. Para TTY, llame al 711.

Yog tias koj hais lus Hmoob, muaj kev pab txhais lus pub dawb rau koj. Hu rau 1-800-793-6931. Rau TTY, hu rau 711.

Haddii aad ku hadasho Soomaali, adigu waxaad heli kartaa caawimo luqad lacag la'aan ah. Wac 1-866-251-6736. Markay tahay dad maqalku ku adag yahay (TTY), wac 711.

နမ့်ကတိကညီကျိန်ဒီး, တံကဟ့ၣ်န့ၣ်ကျိန်တံမၤစၢၤကလိတဖၣ်န့ၣ်လီၤ. ကိ: 1-866-251-6744 လၢ TTYအဂီၢ်, ကိ: 711 တက့ၢ်.

إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية المجانية. اتصل بالرقم 1-866-569-9123. للهاتف النصي اتصل بالرقم 711.

Nếu quý vị nói Tiếng Việt, có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Gọi số 1-855-315-4015. Người dùng TTY xin gọi 711.

Afaan Oromoo dubbattu yoo ta'e, tajaajila gargaarsa afaan hiikuu kaffaltii malee. Argachuuf 1-855-315-4016 bilbilaa. TTY dhaaf, 711 bilbilaa.

如果您說中文，我們可以為您提供免費的語言協助服務。請撥打 1-855-315-4017。聽語障專 (TTY)，請撥打 711。

Если Вы говорите по-русски, Вы можете воспользоваться бесплатными услугами переводчика. Звоните 1-855-315-4028. Для использования телефонного аппарата с текстовым выходом звоните 711.

Si vous parlez français, des services d'assistance linguistique sont disponibles gratuitement. Appelez le +1-855-315-4029. Pour les personnes malentendantes, appelez le 711.

አማርኛ የሚናገሩ ከሆነ፣ ነጻ የቋንቋ አገልግሎት እርዳ አለሎት። በ 1-855-315-4030 ይደውሉ ለ TTY በ 711።

한국어를 사용하시는 경우, 무료 언어 지원 서비스가 제공됩니다. 1-855-904-2583 으로 전화하십시오. TTY 사용자는 711 로 전화하십시오.

ຖ້າເຈົ້າເວົ້າພາສາລາວໄດ້, ມີການບໍລິການຊ່ວຍເຫຼືອພາສາໃຫ້ເຈົ້າຟຣີ. ໃຫ້ໂທຫາ 1-866-356-2423 ສໍາລັບ. TTY, ໃຫ້ໂທຫາ 711.

Kung nagsasalita kayo ng Tagalog, mayroon kayong magagamit na libreng tulong na mga serbisyo sa wika. Tumawag sa 1-866-537-7720. Para sa TTY, tumawag sa 711.

Wenn Sie Deutsch sprechen, steht Ihnen fremdsprachliche Unterstützung zur Verfügung. Wählen Sie 1-866-289-7402. Für TTY wählen Sie 711.

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរមិន អ្នកអាចរកបានសេវាជំនួយភាសាឥតគិតថ្លៃ។ ទូរស័ព្ទមកលេខ 1-855-906-2583។ សម្រាប់ TTY សូមទូរស័ព្ទមកលេខ 711។

Diné k'ehjí yáníłt'i'go saad bee yát'i' éí t'áájíík'e bee níká'a'doowołgo éí ná'ahoot'i'. Kojí éí béésh bee hodííłnih 1-855-902-2583. TTY biniiyégo éí 711 jí' béésh bee hodííłnih.

—————*To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next page.*—————

PRA Disclosure Statement: According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is **0938-1146**. The time required to complete this information collection is estimated to average **0.08** hours per response, including the time to review instructions, search existing data resources, gather data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the cost sharing amounts ([deductibles](#), [copays](#) and [coinsurance](#)) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby
(9 months of [in-network](#) prenatal care and a hospital delivery)

- The [plan's](#) overall [deductible](#) \$300
- [Specialist copay](#) \$0
- Hospital (facility) [coinsurance](#) 10%
- Other [coinsurance](#) 10%

This EXAMPLE event includes services like:

- [Specialist](#) office visits (*prenatal care*)
- Childbirth/delivery professional services
- Childbirth/delivery facility services
- [Diagnostic tests](#) (*ultrasounds and blood work*)
- [Specialist](#) visit (*anesthesia*)

Total Example Cost	\$12,700
In this example, Peg would pay:	
<i>Cost Sharing</i>	
Deductibles	\$300
Copays	\$0
Coinsurance	\$1,200
<i>What isn't covered</i>	
Limits or exclusions	\$60
The total Peg would pay is	\$1,560

Managing Joe's type 2 Diabetes
(a year of routine [in-network](#) care of a well-controlled condition)

- The [plan's](#) overall [deductible](#) \$300
- [Specialist copay](#) \$0
- Hospital (facility) [coinsurance](#) 10%
- Other [coinsurance](#) 10%

This EXAMPLE event includes services like:

- [Primary care physician](#) office visits (*including disease education*)
- [Diagnostic tests](#) (*blood work*)
- [Prescription drugs](#)
- [Durable medical equipment](#) (*glucose meter*)

Total Example Cost	\$5,600
In this example, Joe would pay:	
<i>Cost Sharing</i>	
Deductibles	\$300
Copays	\$100
Coinsurance	\$60
<i>What isn't covered</i>	
Limits or exclusions	\$20
The total Joe would pay is	\$480

Mia's Simple Fracture
([in-network](#) emergency room visit and follow up care)

- The [plan's](#) overall [deductible](#) \$300
- [Specialist copay](#) \$0
- Hospital (facility) [coinsurance](#) 10%
- Other [coinsurance](#) 10%

This EXAMPLE event includes services like:

- [Emergency room care](#) (*including medical supplies*)
- [Diagnostic test](#) (*x-ray*)
- [Durable medical equipment](#) (*crutches*)
- [Rehabilitation services](#) (*physical therapy*)

Total Example Cost	\$2,800
In this example, Mia would pay:	
<i>Cost Sharing</i>	
Deductibles	\$300
Copays	\$0
Coinsurance	\$330
<i>What isn't covered</i>	
Limits or exclusions	\$0
The total Mia would pay is	\$630

The total patient would pay amount assumes the patient is not using funds from a Flexible Spending Account (FSA), Health Savings Account (HSA), or an integrated Health Reimbursement Account (HRA), including an integrated HRA funded through a Voluntary Employee Beneficiary Association (VEBA-HRA). Account balances may provide you funds to help cover out-of-pocket expenses.

Note: These numbers assume the patient does not participate in the [plan's](#) wellness program. If you participate in the [plan's](#) wellness program, you may be able to reduce your costs. For more information about the wellness program, please refer to your plan document.

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.