

**UMR: UNIVERSITY OF ARKANSAS SYSTEM: Premier with Wellness**

**7670411309 Benefit Plan 016**

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.umar.com](http://www.umar.com) or by calling 1-888-438-6105. For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms see the Glossary. You can view the Glossary at [www.umar.com](http://www.umar.com) or call 1-888-438-6105 to request a copy.

Important Questions	Answers	Why this Matters:
<b>What is the overall <a href="#">deductible</a>?</b>	\$500 person / \$1,000 family Tier 1 SmartCare \$800 person / \$1,600 family Tier 2 In-network \$2,000 person / \$4,000 family & Tier 3 Out-of-network	Generally, you must pay all the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .
<b>Are there services covered before you meet your <a href="#">deductible</a>?</b>	Yes. <a href="#">Preventive care</a> services are covered before you meet your <a href="#">deductible</a> .	This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost-sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a>
<b>Are there other <a href="#">deductibles</a> for specific services?</b>	Yes.	You must pay all of the costs for these services up to the specific <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay for these services.
<b>What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a>?</b>	\$2,350 person / \$4,700 family Tier 1 SmartCare \$2,700 person / \$5,400 family Tier 2 In-network \$9,000 person / \$18,000 family Tier 3 Out-of-network	The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.
<b>What is not included in the <a href="#">out-of-pocket limit</a>?</b>	Penalties, <a href="#">premiums</a> , <a href="#">balance billing</a> charges, and health care this <a href="#">plan</a> doesn't cover.	Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .
<b>Will you pay less if you use a <a href="#">network provider</a>?</b>	Yes. See <a href="http://www.umar.com">www.umar.com</a> or call 1-888-438-6105 for a list of <a href="#">network providers</a> .	This <a href="#">plan</a> uses a <a href="#">provider network</a> . You will pay less if you use a <a href="#">provider</a> in the plan's <a href="#">network</a> . You will pay the most if you use an <a href="#">out-of-network provider</a> , and you might receive a bill from a <a href="#">provider</a> for the difference between the <a href="#">provider's</a> charge and what your <a href="#">plan</a> pays ( <a href="#">balance billing</a> ). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services.
<b>Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a>?</b>	No.	You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .



All [copayment](#) 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			Limitations, Exceptions, & Other Important Information
		Tier 1 SmartCare	Tier 2 In-network	Tier 3 Out-of-network	
If you visit a health care <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	\$10 Copay per visit	\$25 Copay per visit	50% Coinsurance	None
	<a href="#">Specialist</a> visit	\$30 Copay per visit	\$45 Copay per visit	50% Coinsurance	None
	<a href="#">Preventive care/screening/immunization</a>	No charge; Deductible Waived	No charge; Deductible Waived	50% Coinsurance	You may have to pay for services that aren't preventive. Ask your <a href="#">provider</a> if the services needed are preventive. Then check what your <a href="#">plan</a> will pay for.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	15% Coinsurance	20% Coinsurance	50% Coinsurance	None
	Imaging (CT/PET scans, MRIs)	\$50 Copay per visit; 15% Coinsurance	\$100 Copay per visit; 20% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Tier 1 SmartCare	Tier 2 In-network	Tier 3 Out-of-network	
<p><b>If you need drugs to treat your illness or condition.</b></p> <p>More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.medimpact.com">www.medimpact.com</a></p> <p>\$1,800 OOP Max Individual \$3,600 OOP Max Family (Separate from Medical OOP Max)</p>	Generic drugs (Tier 1)	\$14 Retail/Mail; one Copayment for each 30-day supply	\$14 Retail/Mail; one Copayment for each 30-day supply	\$17.50 Retail	<p>Some drugs require Prior Authorization and others require Step Therapy or have quantity limits. Reference Based Pricing applies to some drugs. Please refer to your "Prescription Drug Program Summary of Benefits". Mail order up to 90-day supply on maintenance medicines. Specialty drugs applicable Copayment applies.</p> <p>OOP max does not include costs for excluded or non-covered medications or devices. Non covered medications do not go to the Rx Max OOP expense.</p>
	Preferred brand drugs (Tier 2)	\$57 Retail/Mail; one Copayment for each 30-day supply	\$57 Retail/Mail; one Copayment for each 30-day supply	\$60.50 Retail	
	Non-preferred brand drugs (Tier 3)	\$92 Retail/Mail; one Copayment for each 30-day supply	\$92 Retail/Mail; one Copayment for each 30-day supply	\$95.50 Retail	
	<a href="#">Specialty drugs</a> (Tier 4)	\$14 Tier 1 \$57 Tier 2 \$92 Tier 3	\$14 Tier 1 \$57 Tier 2 \$92 Tier 3	\$17.50 Tier 1 \$60.50 Tier 2 \$95.50 Tier 3	
<p><b>If you have outpatient surgery</b></p>	Facility fee (e.g., ambulatory surgery center)	15% Coinsurance	\$80 Copay per visit; 20% Coinsurance	50% Coinsurance	<p><a href="#">Preauthorization</a> is required. If you don't get <a href="#">preauthorization</a>, benefits could be reduced by \$250 of the total cost of the service.</p>
	Physician/surgeon fees	15% Coinsurance	20% Coinsurance	50% Coinsurance	
<p><b>If you need immediate medical attention</b></p>	<a href="#">Emergency room care</a>	\$350 Copay per visit; 20% Coinsurance	\$350 Copay per visit; 20% Coinsurance	\$350 Copay per visit; 20% Coinsurance	Copay may be waived if admitted
	<a href="#">Emergency medical transportation</a>	\$100 Copay per trip	\$100 Copay per trip	\$100 Copay per trip	Copay may be waived if admitted
	<a href="#">Urgent care</a>	\$50 Copay per visit	\$50 Copay per visit	50% Coinsurance	None

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Tier 1 SmartCare	Tier 2 In-network	Tier 3 Out-of-network	
If you have a hospital stay	Facility fee (e.g., hospital room)	\$150 Copay per admission; 15% Coinsurance	\$300 Copay per admission; 20% Coinsurance	50% Coinsurance	Maximum combined Inpatient Copay per calendar year is \$1,200 per person, no more than one Copay per 30 calendar days; <a href="#">Preauthorization</a> is required. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.
	Physician/surgeon fees	15% Coinsurance	20% Coinsurance	50% Coinsurance	
If you have mental health, behavioral health, or substance abuse services	Outpatient services	Office: \$10 Copay per visit. Day Treatment: \$150 Copay for first day only; 15% Coinsurance. All other Outpatient Services: 15% Coinsurance.	Office: \$25 Copay per visit. Day Treatment: \$150 Copay for first day only; 20% Coinsurance All other Outpatient Services: \$80 Copay per visit; 20% Coinsurance.	50% Coinsurance	<a href="#">Preauthorization</a> is required for Partial <a href="#">hospitalization</a> . If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.
	Inpatient services	\$150 Copay per admission; 15% Coinsurance	\$300 Copay per admission; 20% Coinsurance	50% Coinsurance	Maximum combined Inpatient Copay per calendar year is \$1,200 per person, no more than one Copay per 30 calendar days; <a href="#">Preauthorization</a> is required. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.
If you are pregnant	Office visits	15% Coinsurance	20% Coinsurance	50% Coinsurance	Maximum combined Inpatient Copay per calendar year is \$1,200 per person, no more than one Copay per 30 calendar days; Copay waived after completion of Maternity Management Incentive; <a href="#">Cost sharing</a> does not apply for <a href="#">preventive services</a> . Depending on the type of services, <a href="#">deductible</a> , <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery professional services	15% Coinsurance	20% Coinsurance	50% Coinsurance	
	Childbirth/delivery facility services	\$150 Copay per admission; 15% Coinsurance	\$300 Copay per admission; 20% Coinsurance	50% Coinsurance	

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Tier 1 SmartCare	Tier 2 In-network	Tier 3 Out-of-network	
<b>If you need help recovering or have other special health needs</b>	<a href="#">Home health care</a>	15% Coinsurance	20% Coinsurance	50% Coinsurance	40 Maximum visits per calendar year; <a href="#">Preauthorization</a> is required. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.
	<a href="#">Rehabilitation services</a>	\$30 Copay for evaluation; 15% Coinsurance	\$45 Copay per evaluation; 20% Coinsurance	50% Coinsurance	30 Maximum visits per calendar year combined with Chiropractic care; <a href="#">Preauthorization</a> is required after 30 visits. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.
	<a href="#">Habilitation services</a>	\$30 Copay for evaluation; 15% Coinsurance	\$45 Copay per evaluation; 20% Coinsurance	50% Coinsurance	Habilitation services for Learning Disabilities are not covered.
	<a href="#">Skilled nursing care</a>	\$150 Copay per admission; 15% Coinsurance	\$300 Copay per admission; 20% Coinsurance	50% Coinsurance	Maximum combined Inpatient Copay per calendar year is \$1,200 per person, no more than one Copay per 30 calendar days; Copay waived if transferred from an Acute Care Facility; <a href="#">Preauthorization</a> is required. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 of the total cost of the service.
	<a href="#">Durable medical equipment</a>	15% Coinsurance	20% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for DME in excess of \$500 for rentals or \$1,500 for purchases. If you don't get <a href="#">preauthorization</a> , benefits could be reduced by \$250 per occurrence.
	<a href="#">Hospice service</a>	15% Coinsurance	20% Coinsurance	50% Coinsurance	None
<b>If your child needs dental or eye care</b>	Children's eye exam	\$10 Copay per visit	\$25 Copay per visit	50% Coinsurance	1 Maximum exam per calendar year
	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](#) Does NOT Cover (Check your policy or [plan](#) document for more information and a list of any other [excluded services](#).)

- Acupuncture
- Cosmetic surgery
- Dental care (Adult)
- 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
- 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 U.S. Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov). Other coverage options may be available to you too, including buying individual insurance coverage through the [Health Insurance Marketplace](#). For more information about the [Marketplace](#), visit [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596.

**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 on how to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). Additionally, a consumer assistance program may help you file your [appeal](#). A list of states with Consumer Assistance Programs is available at [www.HealthCare.gov](http://www.HealthCare.gov) and <http://cciio.cms.gov/programs/consumer/capgrants/index.html>.

### Does this [plan](#) Provide Minimum Essential Coverage? Yes

[Minimum Essential Coverage](#) generally includes [plans](#), [health insurance](#) available through 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 the Minimum Value Standard? 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 the [Marketplace](#).

### Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-888-438-6105.

Traditional Chinese (中文): 如果需要中文的幫助, 請撥打這個號碼 1-888-438-6105.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-888-438-6105.

Pennsylvania Dutch (Deitsch): Fer Hilf griege in Deitsch, ruf die do Nummer uff 1-888-438-6105.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-438-6105.

Samoan (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-888-438-6105.

Carolinian (Kapasal Falawasch): ngere aukke ghut alillis reel kapasal Falawasch au fafaingi tilifon ye 1-888-438-6105.

Chamorro (Chamoru): Para un ma ayuda gi finu Chamoru, â'gang 1-888-438-6105.

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



**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](#), [copayments](#) 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 pre-natal care and a hospital delivery)

- The [plan's](#) overall [deductible](#) \$500
- [Specialist copayment](#) \$30
- Hospital (facility) [copayment](#) \$150
- Other [coinsurance](#) 15%

**This EXAMPLE event includes services like:**

- [Specialist](#) office visits (*pre-natal 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:**

Cost Sharing	
<a href="#">Deductibles</a>	\$500
<a href="#">Copayments</a>	\$200
<a href="#">Coinsurance</a>	\$1,400
What isn't covered	
Limits or exclusions	\$70
<b>The total Peg would pay is</b>	<b>\$2,170</b>

**Managing Joe's Type 2 Diabetes**  
(a year of routine in-network care of a well-controlled condition)

- The [plan's](#) overall [deductible](#) \$500
- [Specialist copayment](#) \$30
- Hospital (facility) [copayment](#) \$150
- Other [coinsurance](#) 15%

**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:**

Cost Sharing	
<a href="#">Deductibles</a> *	\$200
<a href="#">Copayments</a>	\$100
<a href="#">Coinsurance</a>	\$0
What isn't covered	
Limits or exclusions	\$4,300
<b>The total Joe would pay is</b>	<b>\$4,600</b>

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

- The [plan's](#) overall [deductible](#) \$500
- [Specialist copayment](#) \$30
- Hospital (facility) [copayment](#) \$150
- Other [coinsurance](#) 15%

**This EXAMPLE event includes services like:**

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

**Total Example Cost** \$2,800

**In this example, Mia would pay:**

Cost Sharing	
<a href="#">Deductibles</a> *	\$500
<a href="#">Copayments</a>	\$500
<a href="#">Coinsurance</a>	\$200
What isn't covered	
Limits or exclusions	\$10
<b>The total Mia would pay is</b>	<b>\$1,210</b>

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 contact: [www.umar.com](http://www.umar.com) or call 1-888-438-6105.

\*Note: This [plan](#) has other [deductibles](#) for specific services included in this coverage example. See "Are there other [deductibles](#) for specific services?" row above.