Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services	Coverage Period: 01/01/2023 – 12/31/2023
Montana Credit Union League Group Benefits Trust Employee Health Benefit Plan: Diamond PPO	Coverage for: Employee + Dependent Plan Type: PPO

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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, call 1-866-268-3622 or visit

<u>www.ebms.com</u>. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>https://www.healthcare.gov/sbc-glossary</u> or call 1-866-487-2365 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <u>deductible</u> ?	\$1,000 per covered person \$2,000 per family unit	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u> ?	Yes. <u>Prescription drugs</u> , HealthJoy telemedicine, non-routine colonoscopies up to \$1,200 per calendar year, <u>hospice services</u> , <u>physician</u> <u>services</u> , <u>preventive care</u> , physician services for allergy serum and injections, and alternative care are covered before you meet your <u>deductible</u> .	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <u>https://www.healthcare.gov/coverage/preventive-care-benefits/</u> .
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Medical: \$1,500 per covered person or \$2,500 per family unit. <u>Prescription drugs</u> : \$1,450 per covered person or \$2,900 per family unit.	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the out-of-pocket limit?	Prescription drug expenses (maximum out-of- pocket, <u>coinsurance</u> , <u>copayments</u> , discounts or coupons), <u>premiums</u> , <u>balance billing</u> charges (unless <u>balance billing</u> is prohibited), amounts over allowable claim limits, and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .
Will you pay less if you use a <u>network provider</u> ?	Yes. See <u>www.ebms.com</u> or call 1-866-268-3622 for a list of <u>network providers</u> .	This <u>plan</u> uses a provider <u>network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's</u> <u>network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .

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All <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

Common	Services Veu Mey	What You	ı Will Pay	Limitations Exceptions 8 Other Important	
Medical Event	Services You May Need	Network Provider (You will pay the least)	Non-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Primary care visit to treat an injury or illness	25% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	35% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	Alternative care (includes acupuncture, acupressure, massage therapy, and spinal	
lf you visit a health	<u>Specialist</u> visit	25% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	35% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	manipulation/chiropractic services) is limited to \$750 combined per calendar year.	
care <u>provider's</u> office or clinic	HealthJoy Telemedicine	No cl	Call HealthJoy toll-free at (877) 500-3212 or (855) 947-6900, or access their webpage at www.HealthJoy.com for additional information.		
	<u>Preventive care</u> / <u>screening</u> / immunization	No charge	No charge	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your <u>plan</u> will pay for.	
If you have a test	<u>Diagnostic test</u> (x-ray, blood work) Facility	0% <u>coinsurance</u> , after <u>deductible</u>	0% <u>coinsurance</u> , after <u>deductible</u>	-	
Physician		25% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	35% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	Nore	
	Imaging (CT/PET scans, MRIs) Facility	0% coinsurance, after deductible	0% coinsurance, after deductible	None	
	Physician	25% <u>coinsurance</u> /visit; <u>deductible</u> does not apply	35% <u>coinsurance</u> /visit; <u>deductible</u> does not apply		

* For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.ebms.com</u>.

Common	Services You May	What Yoเ	Limitations, Exceptions, & Other Important Information		
Medical Event	Need	Network ProviderNon-Network Provider(You will pay the least)(You will pay the most)			
If you need drugs to treat your illness or condition. More information about prescription drug <u>coverage</u> is available at www.mysmithrx.com or by calling Smith Rx toll-free (844) 454-5201.	Generic drugs (Tier 1)	1-30-day supply (retail/mail order): \$10 <u>copayment</u> /prescription 31-90-day supply (retail/mail order): \$20 <u>copayment</u> /prescription		Deductible does not apply to prescription drugs.	
	Preferred brand drugs (Tier 2)	30-day supply (retail/mail order): \$25 <u>copayment</u> /prescription 31-90-day supply (retail/mail order): \$50 <u>copayment</u> /prescription	30-day supply: 50% <u>coinsurance</u>	Dispense as written penalty: If a brand name drug is requested by the covered person instead of a generic drug (and a generic drug is available), the covered person will be responsible for the difference in cost (between generic and applicable brand name drug) in addition to the applicable brand name drug <u>copayment</u> .	
	Non-preferred brand drugs (Tier 3)	30-day supply (retail/mail order): \$50 <u>copayment</u> /prescription 31-90-day supply (retail/mail order): \$100 <u>copayment</u> /prescription			
	Specialty drugs	\$100 copayment/prescription	Not covered	Limited to a 30-day supply/prescription. First fill only will be covered from a retail pharmacy.	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	0% <u>coinsurance</u> , after <u>deductible</u>	0% <u>coinsurance</u> , after <u>deductible</u>	Pre-certification of an outpatient surgical procedure is required prior to service.	
outpatient surgery	Physician/surgeon fees	25% <u>coinsurance;</u> <u>deductible</u> does not apply	35% <u>coinsurance;</u> <u>deductible</u> does not apply	None	
	Emergency room care	35% <u>coinsurance</u> , after <u>deductible</u>		Pre-certification of an inpatient admission from the emergency room is required.	
If you need immediate medical attention	Emergency medical transportation	0% coinsurance	, after <u>deductible</u>	None	
	<u>Urgent care</u> Facility	0% <u>coinsurance</u> , after <u>deductible</u>	0% coinsurance, after deductible	None	
	Physician	25% <u>coinsurance,</u> <u>deductible</u> does not apply	35% <u>coinsurance,</u> <u>deductible</u> does not apply		

* For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.ebms.com</u>.

Common	Services You May	What You	ı Will Pay	Limitations, Exceptions, & Other Important	
Medical Event Need		Network Provider (You will pay the least)	Non-Network Provider (You will pay the most)	Information	
If you have a	Facility fee (e.g., hospital room)		, after <u>deductible</u>	Pre-certification of an inpatient admission is required prior to service.	
hospital stay	Physician/surgeon fees	25% coinsurance;35% coinsurance;Nodeductibledoes not applydeductibledoes not apply		None	
If you need mental	Outpatient services Facility	0% coinsurance, after deductible	0% coinsurance, after deductible	None	
health, behavioral health, or substance abuse	Physician	25% <u>coinsurance;</u> <u>deductible</u> does not apply	35% <u>coinsurance;</u> <u>deductible</u> does not apply	None	
services	Inpatient services	0% <u>coinsurance</u>	, after <u>deductible</u>	Pre-certification of an inpatient admission is required prior to service.	
	Office visits	25% <u>coinsurance;</u> <u>deductible</u> does not apply	35% <u>coinsurance;</u> <u>deductible</u> does not apply	<u>Cost sharing</u> does not apply to certain <u>preventive</u> <u>services</u> . Depending on the type of services,	
	Childbirth/delivery professional services	25% <u>coinsurance;</u> <u>deductible</u> does not apply	35% <u>coinsurance;</u> <u>deductible</u> does not apply	<u>coinsurance</u> may apply. Maternity care may include tests and services described elsewhere in	
If you are pregnant	Childbirth/delivery facility services	0% <u>coinsurance</u>	, after <u>deductible</u>	the SBC (e.g. ultrasound). Pre-certification of a routine maternity admission that exceeds 48 hours following a vaginal delivery or 96 hours following a cesarean section delivery is required.	
	Home health care	0% coinsurance, after deductible	35% <u>coinsurance</u>	Coverage is limited to 180 visits/calendar year. Pre-certification is required prior to service.	
If you need help	Rehabilitation services Facility	0% <u>coinsurance</u> , after <u>deductible</u>	0% coinsurance, after deductible	· · ·	
recovering or have other special health needs	Physician	25% <u>coinsurance;</u> <u>deductible</u> does not apply	35% <u>coinsurance;</u> <u>deductible</u> does not apply	Inpatient rehabilitation therapy is limited to 30	
	Habilitation services Facility	0% <u>coinsurance</u> , after <u>deductible</u>	0% <u>coinsurance</u> , after <u>deductible</u>	days/calendar year.	
	Physician	25% <u>coinsurance;</u> <u>deductible</u> does not apply	35% <u>coinsurance;</u> <u>deductible</u> does not apply		

Common	Services You May	What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event Need		Network Provider (You will pay the least)	Non-Network Provider (You will pay the most)	Information	
If you need help	Skilled nursing care	0% <u>coinsurance</u> , after <u>deductible</u>		Coverage is limited to 60 days/calendar year. Pre-certification is required prior to service.	
recovering or have other special health	Durable medical equipment	0% coinsurance, after deductible		Pre-certification of DME over \$2,000 is required.	
needs (continued)	Hospice services	No charge	No charge	Coverage is limited to up to 6 months per 3 calendar years. Pre-certification is required prior to service.	
If your child needs	Children's eye exam Children's glasses	Not covered Not covered		Vision coverage may be available as a separate election.	
dental or eye care	Children's dental check-up	No charge		Up to age 19, coverage is limited to 2 routine exams and cleanings per calendar year.	
	& Other Covered Service				
	ienerally Does NOT Cove		ument for more information and	a list of any other <u>excluded services</u> .)	
Bariatric surgery		Infertility treatment		Private-duty nursing Deuting gass (Adult)	
Cosmetic surgery		Long-term care		Routine eye care (Adult)	
 Hearing aids 		 Non-emergency care whe 	n traveling outside the U.S.	Weight loss programs	
Other Covered Servic	ces (Limitations may app	ly to these services. This isn't a o	complete list. Please see your <u>p</u>	lan document.)	
combined with acupressure, massage therapy and spinal manipulation/chiropractic services)combined with acupuncture, acupressure and massage therapy)			 Dental care (Adult) (\$100/calendar year) Routine foot care (1 pair custom foot orthotics/calendar year, including impression casting for orthotic appliances, padding, strapping and fabrication) 		

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: Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <u>www.dol.gov/ebsa/healthcarereform</u>. Other coverage options may be available to you too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <u>www.dol.gov/ebsa/healthcarereform</u>. Additionally, a consumer assistance program can help you file your appeal. Contact your state's program if available at: <u>http://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/</u>.

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 Minimum Value Standards? Yes.

If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al **1-866-268-3622**. Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa **1-866-268-3622**. Chinese (中文): 如果需要中文的帮助, **请拨打这个号码 1-866-268-3622**. Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijijgo holne' **1-866-268-3622**.

To see examples of how this <u>plan</u> might cover costs for a sample medical situation, see the next section.

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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 bay 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 hospital delivery)	Managing Joe's type 2 Diabetes (a year of routine in-network care of a well- controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow up care)		
 The <u>plan's</u> overall <u>deductible</u> <u>Specialist coinsurance</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$1,000 25% 0% 0%	 The <u>plan's</u> overall <u>deductible</u> <u>Primary care physician coinsurance</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$1,000 25% 0% 0%	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist coinsurance</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$1,000 25% 0% 0%
This EXAMPLE event includes services I Specialist office visits (prenatal care) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and blood wor Specialist visit (anesthesia)		This EXAMPLE event includes services like:Primary care physicianoffice visits (including diseaseeducation)Diagnostic tests (blood work)Prescription drugsDurable medical equipment (glucose meter)		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	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pay:	- -	In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$1,000	Deductibles	\$790	Deductibles	\$1,000
Copayments	\$10	Copayments	\$640	Copayments	\$10
Coinsurance	\$500	Coinsurance	\$290	Coinsurance	\$400
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$60	Limits or exclusions	\$20	Limits or exclusions	\$0
The total Peg would pay is	\$1,570	The total Joe would pay is	\$1,740	The total Mia would pay is	\$1,410