

# VIGILANT GROUP BENEFITS TRUST

## Regence Preferred PlanA \$2,500

Effective January 1, 2024 through December 31, 2024



Regence BlueCross BlueShield of Oregon is an Independent Licensee of the BlueCross and BlueShield Association

Cost Share Details		Preferred Network	Participating Network	Nonparticipating Network
Annual Medical Deductible	The total deductible You pay per calendar year		\$2,500 Individual \$7,500 Family	
Annual Prescription Deductible	The total deductible You pay per calendar year for prescription medications		Not applicable	
Annual Out-of-Pocket Maximum	The combined total for Your deductible(s), coinsurance and copays per calendar year. Ambulance, blood bank, emergency room services, and Prescription Medications apply towards the Preferred Network amount.		\$5,000 Individual \$10,000 Family	

Be aware that Your actual costs for Covered Services provided by a Nonparticipating Network provider may exceed the Out-of-Pocket Maximum amount. In addition, Nonparticipating providers can bill You for the difference between the amount charged and Our Allowed Amount and that amount does not count toward any Out-of-Pocket Maximum.

Medical Benefits <i>(unless stated otherwise, a deductible applies)</i>		What You Pay		
		Preferred Network	Participating Network	Nonparticipating Network
Primary Care Visits (for Illness or Injury)		First 3 Primary Care, Behavioral Health and Virtual Care visits combined, \$5 copay per visit, deductible waived  After 3 visits, \$25 copay per visit, deductible waived	\$25 copay per visit, deductible waived	40%
Specialist Visits		\$25 copay per visit, deductible waived	\$25 copay per visit, deductible waived	40%
Urgent Care Visits		\$25 copay per visit, deductible waived	\$25 copay per visit, deductible waived	40%
Other Professional Services		20%	40%	40%
Preventive Care / Immunizations	Preventive Employee Wellness Incentives available	Covered in full	Covered in full	Covered in full
Radiology and Laboratory - Outpatient	No charge for the first \$500 (combined Radiology and Laboratory and Complex Imaging). Once the limit is met, the deductible and coinsurance applies.	20%	40%	40%
Complex Imaging - Outpatient	CT / PET / SPECT scans, MRIs, MRAs, etc. No charge for the first \$500 (combined Radiology and Laboratory and Complex Imaging), In-Network and Out-of-Network combined, deductible waived. Once the limit is met, the deductible and coinsurance applies.	20%	40%	40%
Acupuncture	12 visits per calendar year		20%, deductible waived	
Ambulance Services	Air and Ground: services provided to the nearest hospital equipped to render the necessary treatment		20%	
Ambulatory Surgical Center		20%	40%	40%
Behavioral Health - Inpatient		20%	20%	40%
Behavioral Health - Outpatient		First 3 Primary Care, Behavioral Health and Virtual Care visits combined, \$5 copay per visit, deductible waived	\$25 copay per visit, deductible waived	40%, deductible waived

Medical Benefits (unless stated otherwise, a deductible applies)		What You Pay		
		After 3 visits, \$25 copay per visit, deductible waived		
Emergency Room	Facility and professional services	\$250 copay per visit, then deductible and 20% coinsurance		
Hearing Aids, Cochlear Implants and Assistive Listening Devices	Available for Members under age 26 (no age limit for cochlear implants) Limitations apply Excludes: routine hearing examinations, television caption decoder or cords	20%, deductible waived	40%, deductible waived	40%, deductible waived
Hospital Care	See Ambulatory Surgical Center for cost reduction option	20%	40%	40%
Maternity Care		20%	40%	40%
Neurodevelopmental Therapy	25 visits per calendar year Available only for children under age 18	20%	40%	40%
Newborn Home Visits	Within 6 months of age, at least one visit during first 3 months, with up to 3 more available	Covered in full	Not covered	Not covered
Rehabilitation Services - Inpatient	30 days per calendar year	20%	40%	40%
Rehabilitation Services - Outpatient	25 visits per calendar year	20%	40%	40%
Skilled Nursing Facility	60 days per calendar year	20%	40%	40%
Spinal Manipulations	12 spinal manipulations per calendar year		20%, deductible waived	
Virtual Care - Telehealth	Doctor visits via phone or video chat when <u>not</u> in a healthcare facility (includes Behavioral Health visits)	First 3 Primary Care, Behavioral Health and Virtual Care visits combined, \$5 copay per visit, deductible waived	\$25 copay per visit, deductible waived	N/A
		After 3 visits: \$10 copay per visit, deductible waived		
		<b>MDLive:</b> Covered in full	N/A	N/A

Prescription Medication Benefits		What You Pay
Tier 1	90-day supply for retail or home delivery	\$15 retail prescription* / \$30 home delivery prescription / \$10 for each self-administrable Cancer Chemotherapy medication
Tier 2	90-day supply for retail or home delivery	\$35 retail prescription* / \$70 home delivery prescription / \$50 for each self-administrable Cancer Chemotherapy medication
Tier 3	90-day supply for retail or home delivery	\$75 retail prescription* / \$150 home delivery prescription / \$100 for each self-administrable Cancer Chemotherapy medication
Specialty Select	Limited to 30-day supply for retail	Refer to tiers 1, 2 and 3 above for participating pharmacy retail prescription

\*1 copay per 30-day supply

**Insulin Cost Share Cap:** Retail or home delivery: \$85 cap on Member cost share per 30-day supply; \$255 cap on Member cost share up to 90-day supply  
You are responsible for the difference in cost between a dispensed brand drug and the equivalent generic drug, in addition to the copayment and / or coinsurance  
More information about prescription drug coverage, including tier specific information, is available at <https://regence.com/go/2024/OR/3tier>

Value-Added Services	
Your Regence coverage includes access to the value-added services detailed here. <b>THESE VALUE-ADDED SERVICES ARE VOLUNTARY, NOT INSURANCE AND ARE OFFERED IN ADDITION TO THE BENEFITS.</b> For additional information regarding any of these value-added services, visit Our website or contact Customer Service.	
Kidney Health Management	If You are identified to participate, the Kidney Health Management program addresses the medical management needs of chronic kidney disease (CKD) stages 3, 4, 5 and unknown as well as end stage renal disease (ESRD).
Mobile APP	Quick access to: ID card, chat with Customer Service, View Claims, Estimate Treatment Cost, Pharmacy pricing.
Nurse Advice	You have access to registered nurses to answer Your health-related questions or concerns and to help You make informed decisions on seeking the appropriate level of care 24/7. However, if You are experiencing a medical emergency, immediately call 911 instead.
Pregnancy Program	Pregnancy is a time of planning and excitement, but it can also be a time of confusion and questions, the Pregnancy Program can help.

## Value-Added Services

Regence Advantages	Regence Advantages is a discount program that gives You access to savings on a variety of health-related products and services.
Regence Empower	Regence Empower is a well-being program that offers a range of tools, information and support for a healthy lifestyle.

## Out-of-Area Services

Outside of the service area, Members have Preferred Network benefits at Blue Cross and / or Blue Shield (Blue Plan) facilities across the country through the BlueCard® Program and worldwide through the Blue Cross Blue Shield Global™ Core Program. Any other services will not be covered when processed through any Inter-Plan arrangements. Outside Preferred Network, You may be balance billed. Call 1 (800) 810 BLUE (2583) to learn how to get access.

## Frequently Asked Questions

How is my privacy protected?	Regence is committed to the confidentiality and security of Your personal information. We maintain physical, administrative and technical safeguards to protect against unauthorized access, use, or disclosure of Your personal information. You can view Our full privacy practices online at <a href="https://www.regence.com">regence.com</a> .
What if I need access to specialty care? Do I need a referral?	You can receive care from any Preferred Network provider without a referral. For some services, prior authorization may be required.
Is there a cost for "Covered in full"?	No, if Your benefit is covered in full there is no copay or deductible.

This benefit summary provides a brief description of Your plan benefits, limitations and / or exclusions under Your plan and is not a guarantee of payment. Once enrolled, You can view Your benefits booklet online at [regence.com](https://www.regence.com). **PLEASE REFER TO YOUR BENEFITS BOOKLET OR SUMMARY PLAN DESCRIPTION FOR A COMPLETE LIST OF BENEFITS, THE LIMITATIONS AND / OR EXCLUSIONS THAT APPLY, AND A DEFINITION OF MEDICAL NECESSITY.**

Regence is providing this benefit summary for illustrative purposes only. Regence makes no warranties or representations regarding compliance with applicable federal, state, or local laws, or the accuracy of the benefit summary. This document is not the legally required Summary of Benefits and Coverage that an employer is required to provide to employees and Members under Federal law, and the group must provide a legally compliant Summary of Benefits and Coverage to its employees and Members.

Customer Service: 1 (888) 367-2116 - TTY: 711 | 100 SW Market Street, Portland, OR 97201 | [regence.com](https://www.regence.com)

## NONDISCRIMINATION NOTICE

Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Regence does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### **Regence:**

**Provides free aids and services to people with disabilities to communicate effectively with us, such as:**

- Qualified sign language interpreters
- Written information in other formats (large print, audio, and accessible electronic formats, other formats)

**Provides free language services to people whose primary language is not English, such as:**

- Qualified interpreters
- Information written in other languages

If you need these services listed above, please contact:

**Medicare Customer Service**  
1-800-541-8981 (TTY: 711)

**Customer Service for all other plans**  
1-888-344-6347 (TTY: 711)

If you believe that Regence has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our civil rights coordinator below:

**Medicare Customer Service**  
Civil Rights Coordinator  
MS: B32AG, PO Box 1827  
Medford, OR 97501  
1-866-749-0355, (TTY: 711)  
Fax: 1-888-309-8784  
medicareappeals@regence.com

**Customer Service for all other plans**  
Civil Rights Coordinator  
MS CS B32B, P.O. Box 1271  
Portland, OR 97207-1271  
1-888-344-6347, (TTY: 711)  
CS@regence.com

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 at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue SW,  
Room 509F HHH Building  
Washington, DC 20201

1-800-368-1019, 800-537-7697 (TDD).

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

## Language assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-344-6347 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-344-6347 (TTY: 711) 번으로 전화해 주십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-344-6347 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-344-6347 (телетайп: 711).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-344-6347 (ATS : 711)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-888-344-6347 (TTY:711) まで、お電話にてご連絡ください。

Díí baa akó nínízin: Díí saad bee yánílti'go **Diné Bizaad**, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíílnih 1-888-344-6347 (TTY: 711.)

FAKATOKANGA'I: Kapau 'oku ke Lea-Fakatonga, ko e kau tokoni fakatonu lea 'oku nau fai atu ha tokoni ta'etotongi, pea te ke lava 'o ma'u ia. ha'o telefonimai mai ki he fika 1-888-344-6347 (TTY: 711)

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-888-344-6347 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711)

ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អិត គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-888-344-6347 (TTY: 711)។

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-888-344-6347 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachdienstleistungen zur Verfügung. Rufnummer: 1-888-344-6347 (TTY: 711)

ማስታወሻ:- የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል፤ በሚከተለው ቁጥር ይደውሉ 1-888-344-6347 (መስማት ለተሳናቸው:- 711)::

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-888-344-6347 (телетайп: 711)

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-888-344-6347 (टिप्टाईप: 711)

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-888-344-6347 (TTY: 711)

MAANDO: To a waawi [Adamawa], e woodi ballooji-ma to ekkitaaki wolde caahu. Noddu 1-888-344-6347 (TTY: 711)

โปรดทราบ: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-888-344-6347 (TTY: 711)

ໂປດຄຸບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-888-344-6347 (TTY: 711)

Afaan dubbattan Oroomiffaa tiif, tajaajila gargaarsa afaanii tola ni jira. 1-888-344-6347 (TTY: 711) tiin bilbilaa.

توجه: اگر بہ زبان فارسی صحبت می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-888-344-6347 (TTY: 711) تماس بگیرید.

ملحوظة: إذا كنت تتحدث فاذاً اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-344-6347 (رقم هاتف الصم والبكم 711 TTY)