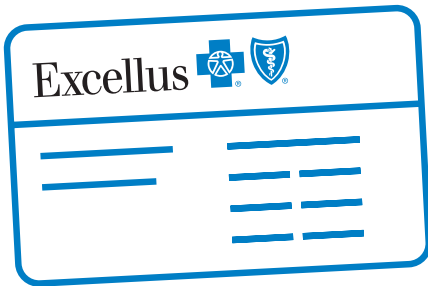


Excellus BluePPO

SIGNATURE COPAY 1



Predictable and straightforward, this plan features premiums that cover nearly all your health care costs, even major claims, with very few out-of-pocket costs throughout the year. So you'll never be surprised by a big bill, and you'll rarely have to think about your coverage.

WHAT'S COVERED IN FULL?

Here are some commonly used preventive care services* that are covered in full:



- Well-Baby and Well-Child Care
- Adult Annual Physical Examinations
- Adult Immunizations
- Well-Woman Examinations
- Mammograms
- Family Planning and Reproductive Health Services
- Bone Mineral Density Measurements or Testing

DEDUCTIBLES AND YOUR PLAN

Your plan does not include a deductible.



Your copay plan provides predictable out-of-pocket costs for most of your covered health care services. Preventive care services* are covered in full on the first day your coverage begins. There is no deductible, so for most medical services, you are only responsible for paying a copay.



PRESCRIPTION DRUGS AND YOUR PLAN

You can get a prescription filled at the copay or coinsurance level on the first day your coverage begins.

OTHER THINGS TO KNOW ABOUT YOUR PLAN

How does the money I pay toward my deductible add up (or aggregate)?

This plan does not have a deductible.

How much will I pay out of pocket for this plan? And how does it add up (or aggregate)?

- To help limit your out-of-pocket costs, all of our plans have a maximum amount that any one person will pay. This is called an out-of-pocket maximum.
- This amount varies, depending on which plan you have. Log into **ExcellusBCBS.com/Member** to view your benefits and learn what your amount is.

IMPORTANT TERMS

Copays: A fixed amount you pay each time you use a covered health care service. For example, let's consider a \$15 copay for a primary care provider (PCP). Even if the visit costs \$100, you'll only be responsible for \$15. We cover the rest.

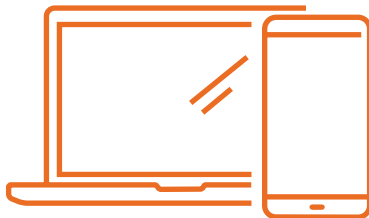
Coinsurance: Coinsurance is similar to a copay, but instead of a fixed-dollar amount, you pay a percentage of the total bill. For example, say you have a 20% coinsurance for a primary care provider (PCP). If the visit costs \$100, you'll only be responsible for 20%, which is \$20. We cover the rest.

Out-of-Pocket Maximum: The annual limit on the amount of money you will have to spend on health care services within a plan year. Once you reach this limit, everything is covered in full.

LEARN MORE ABOUT YOUR BENEFITS AND REGISTER YOUR ACCOUNT

ExcellusBCBS.com/Register

- View your benefits and coverage
- Check your claims
- Check referrals and authorizations
- Find a provider
- Go paperless
- Estimate medical costs
- Access available spending and rewards programs



Now you can access these services on your phone. Download the Excellus BCBS app today.



MEMBER BENEFITS

Our Network: Access to more top-quality doctors, hospitals, and pharmacies – locally and nationwide.

Blue365®: Exclusive discounts on health-related products and services such as fitness gear, exercise programs, weight-loss programs, and more.

24/7 Nurse Call Line: Answers to your health care questions anytime.

Pharmacy Home Delivery: Save time and money by having your prescriptions delivered to your home.

BlueCard®: Access to care when you travel in the United States and its territories, Canada, and Mexico.

To learn more about your benefits and register your account, visit ExcellusBCBS.com/Register.

**Subject to deductible.

1 Subject to final contract terms.

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Excellus BCBS.

Wellframe is an independent company that provides a health and wellness support mobile app to Excellus BCBS members.

MDLIVE is an independent company, offering telehealth services in the Excellus BCBS service area.

Vori Health is an independent company that offers virtual musculoskeletal (back, neck and joint) health care and physical therapy services to Excellus BlueCross BlueShield members.

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Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。



ThriveWellSM 1 Wellbeing Program

ThriveWell is a digital home base dedicated to engaging teams in health and wellbeing. Our partnership with Virgin Pulse will give you the tools to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'll build healthy habits, have fun with friends, and experience the lifelong rewards of better health and wellbeing.



Vori Health Virtual Physical Therapy

Receive virtual access to a holistic team of specialty medical doctors, physical therapists, health coaches, and nutritionists.



Wellframe® Mobile Health Management App

Want extra support with everything from general wellness and weight loss to diabetes, high blood pressure, and more? With Wellframe, you can text licensed health care professionals any time for advice and support.



MDLIVE® Telemedicine App

When your doctor isn't available, telemedicine may be an option. Whether you need a consultation for acute, non-emergency conditions, or someone to talk to during a challenging time, our partnership with MDLIVE gives you convenient access to medical and behavioral health care 24/7/365 – and the visits are covered in full.**

Excellus  

Everybody Benefits