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, you can view them at www.ufcwnationalfund.org. 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.healthcare.gov/sbc-glossary or call 201-569-8801 to request a copy.

Question: Call 201-569-8801 or visit us at www.ufcwnationalfund.org for more information, including a copy of your plan's summary plan description.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	$0	See the Common Medical Events chart below for your costs for services this plan covers.
Are there services covered before you meet your deductible?	Yes. Preventive care, inpatient services, and outpatient surgery 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 copayment 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?	For network providers only: $1,000 individual/ $2,000 family	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?	Employee 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.
Will you pay less if you use a network provider?	Yes. See www.ufcwnationalfund.org or call 201-569-8801 for a list of network providers.	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 network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist?	No.	You can see the specialist you choose without a referral.

* For more information about limitations and exceptions, see the plan or policy document at www.ufcwnationalfund.org.

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
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	$10 copay/visit	Not Covered	----------None----------
	Specialist visit	$10 copay/visit	Not Covered	----------None----------
	Preventive care/screening/ immunization	No Charge	Not Covered	You may have to pay for services that are preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
If you have a test	Diagnostic test (x-ray, blood work)	No Charge	Not Covered	----------None----------
	Imaging (CT/PET scans, MRIs)	No Charge	Not Covered	Requires prior authorization.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.ufcwnationalfund.org	Generic drugs	$ 9 copay (retail) $16 copay (mail-order)	Not Covered	Retail: Covers 30-day supply. Mail Order: Covers 90-day supply.
	Preferred brand drugs	$18 copay (retail) $32 copay (mail-order)	Not Covered	
	Non-preferred brand drugs	$18 copay (retail) $32 copay (mail-order)	Not Covered	
	Specialty drugs	10% coinsurance	Not Covered	Requires prior authorization.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No Charge	Not Covered	----------None----------
	Physician/surgeon fees	No Charge	Not Covered	----------None----------
If you need immediate medical attention	Emergency room care	$30 copay/visit	$30 copay/visit	Copay waived if admitted.
	Emergency medical transportation	No Charge	No Charge	----------None----------
	Urgent care	$30 copay/visit	$30 copay/visit	Copay waived if admitted.
If you have a hospital stay	Facility fee (e.g., hospital room)	No Charge	Not Covered	----------None----------
	Physician/surgeon fees	No Charge	Not Covered	----------None----------

* For more information about limitations and exceptions, see the plan or policy document at www.ufcwnationalfund.org.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	$10 copay/visit (doctor's office) No Charge (hospital)	Not Covered	----------None----------
	Inpatient services	No Charge	Not Covered	----------None----------
If you are pregnant	Office visits	No Charge	Not Covered	----------None----------
	Childbirth/delivery professional services	No Charge	Not Covered	----------None----------
	Childbirth/delivery facility services	No Charge	Not Covered	----------None----------
If you need help recovering or have other special health needs	Home health care	No Charge	Not Covered	----------None----------
	Rehabilitation services	No Charge	Not Covered	Depending on the type of therapy, the maximum of visits may vary per calendar year.
	Habilitation services	Not Covered	Not Covered	----------None----------
	Skilled nursing care	No Charge	Not Covered	Limited to 60 inpatient days per condition.
	Durable medical equipment	20% coinsurance	Not Covered	Total rental not to exceed purchase price.
	Hospice services	No Charge	Not Covered	Limited up to 360 days per lifetime.
If your child needs dental or eye care	Children's eye exam	Not Covered	Not Covered	Benefits may be provided by optical plan.
	Children's glasses	Not Covered	Not Covered	Benefits may be provided by optical plan.
	Children's dental check-up	Not Covered	Not Covered	Benefits may be provided by dental plan.

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
- Cosmetic surgery
- Long-term care
- Routine foot care
- Weight loss programs

* For more information about limitations and exceptions, see the plan or policy document at www.ufcwnationalfund.org.

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)		
• Bariatric surgery • Chiropractic care • Dental Care (may be provided by dental plan)	• Hearing aids • Infertility treatment • Non-emergency care when traveling outside the U.S.	• Private-duty nursing • Routine eye care (may be provided by optical plan)

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 the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov or your state insurance department. 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 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. For more information about your rights, this notice, or assistance, contact: UFCW National Health and Welfare Fund, 66 Grand Avenue, Englewood, NJ 07631-3545, phone 201-569-8801.

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 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 the Marketplace.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 201-569-8801.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 201-569-8801.

Chinese (中文): 如果需要中文的帮助，请拨打这个号码201-569-8801.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 201-569-8801.

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	$0
Specialist *[cost sharing]*	$10
Hospital (facility) *[cost sharing]*	$300
Other *[cost sharing]*	20%

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	**$12,687**
In this example, Peg would pay:	
Cost Sharing	
Deductibles	$0
Copayments	$11
Coinsurance	$61
What isn't covered	
Limits or exclusions	$0
The total Peg would pay is	**$72**

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

The plan's overall deductible	$0
Specialist *[cost sharing]*	$10
Hospital (facility) *[cost sharing]*	$300
Other *[cost sharing]*	20%

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	
Deductibles	$0
Copayments	$593
Coinsurance	$180
What isn't covered	
Limits or exclusions	$0
The total Joe would pay is	**$773**

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

The plan's overall deductible	$0
Specialist *[cost sharing]*	$10
Hospital (facility) *[cost sharing]*	$300
Other *[cost sharing]*	20%

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:	
Cost Sharing	
Deductibles	$0
Copayments	$345
Coinsurance	$50
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	**$395**

The **plan** would be responsible for the other costs of these EXAMPLE covered services.

* For more information about limitations and exceptions, see the plan or policy document at www.ufcwnationalfund.org.