



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.UFCWS.com. 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 EST or 209-952-6533 PST to request a copy.

Question: Call 201-569-8801 EST or 209-952-6533 PST or visit us at www.UFCWS.com for more information, including a copy of your plan's summary plan description or to utilize the Self-Service Price Comparison Tool located under the Members tab.

Important Questions	Answers	Why This Matters:
What is the overall deductible ?	\$100 individual/ \$200 family	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan , each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible .
Are there services covered before you meet your deductible ?	No.	You will have to meet the deductible before the plan pays for any services.
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 ?	\$400 individual	The out-of-pocket limit is the most you could pay in a year for covered services.
What is not included in the out-of-pocket limit ?	Copayments, employee premiums, balance-billed charges and healthcare 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.UFCWS.com or call 201-569-8801 EST or 209-952-6533 PST 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.

* For more information about limitations and exceptions, see the plan or policy document at www.UFCWS.com or to utilize the Fund's Price Comparison Tool located under the Members tab.

Important Questions	Answers	Why This Matters:
Do you need a referral to see a specialist ?	No.	You can see the specialist you choose without a referral .

 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	20% coinsurance	20% coinsurance	-----None-----
	Specialist visit	20% coinsurance	20% coinsurance	-----None-----
	Preventive care/screening/immunization	20% coinsurance	20% coinsurance	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	20% coinsurance	-----None-----
	Imaging (CT/PET scans, MRIs)	20% coinsurance	20% coinsurance	Requires prior authorization.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.UFCWS.com	Generic drugs	10% coinsurance	20% coinsurance (retail) Not Covered (mail order)	Retail: Covers 30-day supply. Mail Order Covers 90-day supply.
	Preferred brand drugs	10% coinsurance	20% coinsurance (retail) Not Covered (mail order)	
	Non-preferred brand drugs	10% coinsurance	20% coinsurance (retail) Not Covered (mail order)	
	Specialty drugs	10% coinsurance	Not Covered	Mail Order covers 30-day supply. Requires prior authorization.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	20% coinsurance	-----None-----
	Physician/surgeon fees	20% coinsurance	20% coinsurance	-----None-----

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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 immediate medical attention	Emergency room care	20% coinsurance	20% coinsurance	-----None-----
	Emergency medical transportation	20% coinsurance	20% coinsurance	-----None-----
	Urgent care	20% coinsurance	20% coinsurance	-----None-----
If you have a hospital stay	Facility fee (e.g., hospital room)	20% coinsurance	20% coinsurance	Requires prior authorization.
	Physician/surgeon fees	20% coinsurance	20% coinsurance	-----None-----
If you need mental health, behavioral health, or substance abuse services	Outpatient services	20% coinsurance	20% coinsurance	-----None-----
	Inpatient services	20% coinsurance	20% coinsurance	Requires prior authorization.
If you are pregnant	Office visits	20% coinsurance	20% coinsurance	-----None-----
	Childbirth/delivery professional services	20% coinsurance	20% coinsurance	-----None-----
	Childbirth/delivery facility services	20% coinsurance	20% coinsurance	Requires prior authorization.
If you need help recovering or have other special health needs	Home health care	20% coinsurance	20% coinsurance	-----None-----
	Rehabilitation services	20% coinsurance	20% coinsurance	-----None-----
	Habilitation services	Not Covered	Not Covered	-----None-----
	Skilled nursing care	20% coinsurance	20% coinsurance	-----None-----
	Durable medical equipment	20% coinsurance	20% coinsurance	Total rental not to exceed purchase price.
	Hospice services	Not Covered	Not Covered	-----None-----
If your child needs dental or eye care	Children's eye exam	20% coinsurance	Not Covered	-----None-----
	Children's glasses	Not Covered	Not Covered	-----None-----
	Children's dental check-up	Not Covered	Not Covered	-----None-----

* For more information about limitations and exceptions, see the plan or policy document at www.UFCWS.com or to utilize the Fund's Price Comparison Tool located under the Members tab.

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 | • Hearing aids | • Routine foot care |
| • Cosmetic surgery | • Infertility treatment | • Weight loss programs |
| • Dental Care (Adult/Child) | • Long-term care | |

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your [plan](#) document.)

- | | | |
|---------------------|--|----------------------------------|
| • Bariatric surgery | • Non-emergency care when traveling outside the U.S. | • Private-duty nursing |
| • Chiropractic care | | • Routine eye care (Adult/Child) |

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 or 1212 West Robinhood Drive, Suite 3-E, Stockton, CA 95207-5505, phone 209-952-6533.

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 EST or 209-952-6533 PST.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 201-569-8801 EST or 209-952-6533 PST.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 201-569-8801 EST or 209-952-6533 PST.

Navajo (Dine): Dine'ehgo shika at'ohwol ninisingo, kwijigo holne' 201-569-8801 EST or 209-952-6533 PST.

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

* For more information about limitations and exceptions, see the plan or policy document at www.UFCWS.com or to utilize the Fund's Price Comparison Tool located under the Members tab.

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	\$100
■ Specialist [cost sharing]	20%
■ Hospital (facility) [cost sharing]	20%
■ 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
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In this example, Peg would pay:

Cost Sharing	
Deductibles	\$100
Copayments	\$0
Coinsurance	\$400
What isn't covered	
Limits or exclusions	\$0
The total Peg would pay is	\$500

Managing Joe's Type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The plan's overall deductible	\$100
■ Specialist [cost sharing]	20%
■ Hospital (facility) [cost sharing]	20%
■ 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
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In this example, Joe would pay:

Cost Sharing	
Deductibles	\$100
Copayments	\$0
Coinsurance	\$400
What isn't covered	
Limits or exclusions	\$0
The total Joe would pay is	\$500

Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■ The plan's overall deductible	\$100
■ Specialist [cost sharing]	20%
■ Hospital (facility) [cost sharing]	20%
■ 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
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In this example, Mia would pay:

Cost Sharing	
Deductibles	\$100
Copayments	\$0
Coinsurance	\$400
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$500

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.

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