



FIRST THINGS FIRST

# Small Group Employee Elect Lumenos<sup>®</sup> HIA Plus 3000

Consumer-Driven Health Plan

# Consumer-driven health plan

## Lumenos<sup>®</sup> consumer-driven health plans offered by Anthem Blue Cross Life and Health Insurance Company

We believe quality care ultimately leads to lower health care costs and a healthier health care system. Our consumer-driven health plans manage costs by giving consumers more control over their health care dollars. Our family of Lumenos plans is designed to:

- Empower you to be more informed about your health and health care options
- Help you save money for future health expenses
- Give you the incentives and support you need to make healthy lifestyle changes

### Anthem Blue Cross Lumenos Health Incentive Account Plus (HIA Plus)

Each year, HIA Plus members are allotted a set amount to spend on any covered medical services including prescription drugs. If there are funds left over at the end of the year, the left-over funds automatically roll over to the next year.

The Lumenos HIA Plus also includes a Traditional Health Coverage (PPO) component, similar to a typical health plan, to help protect consumers against large health expenses.

### Your plan is packed with valuable programs and services.

360<sup>°</sup> Health<sup>®</sup> is our unique health services program designed to help you achieve your own personal healthy best.

360<sup>°</sup> Health is a set of resources, programs, tools and services that we've brought together to surround you with a complete support environment. It can help you take care of yourself no matter what stage of health you're in and help you make informed health care decisions. It offers four levels of added support and engagement. *All at no additional cost!*

### 360<sup>°</sup> Health\* offers:

- 1 Level one starts with education. Health Resources**  
From our website, and through Healthy Living, powered by *WebMD*<sup>®</sup>, you get access to easy-to-use, personalized online tools and trusted health information to help you make more informed health care decisions. Plus our online lifestyle centers can point you to the health information that matters most to you.
- 2 Level two builds in key tools and discounts to maximize your health care dollars. Health Extras**  
Through our SpecialOffers program those extras include discounts on health and wellness products and certain alternative medicine services, plus access to online health programs.
- 3 The third level offers guidance so you can get help when you need care or it can simply help you achieve your wellness goals. Health Guidance**  
Our 24/7 NurseLine offers access to qualified registered nurses anytime to help you decide whether a problem requires medical attention so you can get the appropriate level of care and avoid unnecessary worry. Programs like MyHealth Assessment help you take an honest look at your health, plus there are tools to help guide you as you make important care decisions.
- 4 And finally, assistance for members with challenging health needs. Health Management**  
Members with acute or chronic health conditions like asthma, diabetes, coronary artery disease, chronic obstructive pulmonary disease and heart failure get an additional, specialized level of support.

\*For Lumenos plans, 360<sup>°</sup> Health programs may vary.

### We're dedicated to improving your health.

With Anthem Blue Cross, you'll have peace of mind knowing that you're covered by one of the most trusted names in health care coverage, and that you're getting more value in so many ways. While we've changed our name from Blue Cross of California to Anthem Blue Cross, we still have the same commitment to you that we've had to all Californians over the last 70 years – to deliver high-quality, affordable health coverage and help you be as healthy as you can be. As the health care plan more Californians depend on, we look forward to serving your health care needs.

Have a question? We're here to help. Just call Small Group Customer Service at 800-627-8797.

**Whatever eligible benefit you need first – you've got coverage. First-dollar coverage before the deductible is met. 100% coverage for recommended preventive care. That's what we mean when we say Lumenos HIA Plus 3000 Plan is First Things First.**

You're free to go to health care providers outside of the Anthem Blue Cross network, but you'll save a substantial amount by choosing from our 53,000 doctors and 400 hospitals. Staying in the Anthem Blue Cross network will help you get maximum value from your health care benefits – and from your health care dollar.

## Powerful savings from Anthem Blue Cross

With Anthem Blue Cross health coverage, you save in three significant ways:

1. Our in-network doctors and hospitals charge you lower, Anthem Blue Cross-negotiated fees
2. Our BlueCard program gives you access to in-network providers at discounted rates all across the country
3. You pay only a portion of the fees for your eligible covered expenses (see example below) and we pay the rest

SERVICES DATES	TYPE OF SERVICE	TOTAL BILLED	AMOUNT NOT ALLOWED	PATIENT SAVINGS	APPLIED TO DEDUCTIBLE	COPAYMENT AMOUNT	BLUE CROSS AMOUNT
07/06/2000-07/09/2000	INPATIENT SERVICES	\$5,190.80		\$2,840.82		\$235.00	\$2,115.00
TOTAL THIS CLAIM		\$5,190.80	\$0.00	\$2,840.82	\$0.00	\$235.00	\$2,115.00

This is an example only. Your savings may vary based on your plan and services received.

## Small Group Lumenos HIA Plus 3000 Plan

All amounts listed are the member's responsibility to pay after deductible(s), unless otherwise noted. In-network negotiated fees can result in 30 to 40% savings compared to providers' usual fees.

CORE FEATURES	IN-NETWORK Receive Negotiated Savings	OUT-OF-NETWORK Pay Higher Costs
<b>Health Incentive Plan Allocation</b> In-network and out-of-network combined; available for immediate use to automatically pay for all covered services including prescription drugs (unlimited carry-over allocation is prorated based on effective date)		Single member: <b>\$1,000</b> Family: <b>\$2,000</b> aggregate <sup>1</sup>
<b>Annual Deductible Medical/Pharmacy Combined</b> Applies toward the annual Out-of-Pocket Maximum		Single member: <b>\$3,000</b> Family: <b>\$6,000</b> aggregate <sup>1</sup> (Allocation amounts apply to deductible)
<b>Maximum Lifetime Covered Charges Paid by Anthem Blue Cross</b>		\$5,000,000
<b>Annual Out-of-Pocket Maximum</b> Medical/pharmacy combined (certain member payments do not apply <sup>2</sup> )	Single member: <b>\$3,000</b> Family: <b>\$6,000</b> aggregate <sup>1</sup>	Single member: <b>\$6,000</b> Family: <b>\$12,000</b> aggregate <sup>1</sup>
<b>Office Visits</b>	<b>0%</b> after annual deductible (Preventive care includes nationally recommended preventive services, not subject to deductible)	<b>30%</b> plus <b>100%</b> of excess charges after annual deductible
<b>Other Professional Services</b> Includes maternity, diagnostic lab and X-rays	<b>0%</b> after annual deductible	<b>30%</b> plus <b>100%</b> of excess charges after annual deductible
<b>Hospital Inpatient Facility Services</b> Pre-service Review required	<b>0%</b> after annual deductible	All charges in excess of \$650 per day after annual deductible
<b>Hospital Inpatient Professional Services</b> (lab, physician, anesthesia)	<b>0%</b> after annual deductible	<b>30%</b> plus <b>100%</b> of excess charges after annual deductible
<b>Outpatient Facility Services</b> Pre-service Review required for certain services and procedures	<b>0%</b> after annual deductible	All charges in excess of \$380 per day after annual deductible
<b>Ambulatory Surgical Centers</b> Pre-service Review required	<b>0%</b> after annual deductible	All charges in excess of \$380 per day after annual deductible
<b>Prescription Drugs<sup>3</sup></b> Member payments apply to combined medical/pharmacy annual deductible (30-day supply for retail; 90-day supply for mail-order)	<b>0%</b> after annual deductible	<b>30%</b> of drug limited fee schedule plus <b>100%</b> of excess charges after annual deductible
<b>Annual Preventive Care</b> (each family member, regardless of age)	<b>0%</b> not subject to deductible (includes nationally recommended preventive services)	<b>30%</b> of negotiated fee, plus <b>100%</b> of excess charges after annual deductible
<b>HealthyCheck<sup>SM</sup> Centers</b> (includes certain lab tests, immunizations and health education information)	Not applicable (covered under preventive care benefit)	Not applicable (covered under preventive care benefit)

<sup>1</sup> Per family amount is aggregate, i.e., when one or more family member's eligible covered expenses (combined) meet this amount, the requirement is satisfied for all covered family members

<sup>2</sup> Services that do not apply to the annual out-of-pocket maximum include, but are not limited to: amounts paid for acupuncture/acupressure when services are performed by an out-of-network provider; amounts paid for mental or nervous disorders and substance abuse (except for treatment of severe mental illness and serious emotional disturbances of a child) when performed by an out-of-network provider; and non-covered services.

<sup>3</sup> Infertility Drugs: Infertility drug lifetime maximum Anthem Blue Cross payment is \$1,500 in-network and out-of-network combined.

This is an overview of coverage. A comprehensive description of coverage, benefits and limitations is contained in the Certificate. Review the Exclusions and Limitations prior to applying for coverage.

ADDITIONAL FEATURES	IN-NETWORK Receive Negotiated Savings	OUT-OF-NETWORK Pay Higher Costs
<b>Well-Baby Immunizations and Adult Screening Tests</b> (the deductible is waived for in-network preventive services) <b>Children through age 6</b> Regular check-ups and immunizations <b>Ages 7-Adult</b> Includes annual Pap, breast exam and mammogram for women and Prostate Specific study for men	Covered under preventive care benefit	Covered under preventive care benefit
<b>Emergency Care</b>	0% after annual deductible	0% of customary and reasonable charges plus 100% of excess charges for first 48 hours after annual deductible; after 48 hours, all charges in excess of \$650 per day after annual deductible
<b>Ambulance</b>	0% after annual deductible	0% of customary and reasonable charges plus 100% of excess charges after annual deductible (in a medical emergency)
<b>Skilled Nursing Facility</b> 100 days per year, in-network and out-of-network combined; Pre-service Review required	0% after annual deductible	All charges in excess of \$150 per day after annual deductible
<b>Home Health Care</b> 100 visits per year, up to four hours each visit; in-network and out-of-network combined; Pre-service Review required	0% after annual deductible	All charges in excess of \$75 per visit after annual deductible
<b>Physical/Occupational Therapy, Chiropractic Care</b> 12 visits per year, in-network and out-of-network combined	0% after annual deductible	All charges in excess of \$25 per visit after annual deductible
<b>Acupuncture/Acupressure</b> 24 visits per year, in-network and out-of-network combined	All of the negotiated fee in excess of \$25 per visit after annual deductible	All charges in excess of \$25 per visit after annual deductible
<b>Mental Health/Inpatient*</b> Includes chemical dependency, 30 days per year, in-network and out-of-network combined; Pre-service Review required	All of the negotiated fee in excess of \$175 per day after annual deductible	All charges in excess of \$175 per day after annual deductible
<b>Mental Health/Outpatient Professional Services*</b> Includes chemical dependency. One visit per day, 20 visits per year, in-network and out-of-network combined	All of the negotiated fee in excess of \$25 per visit after annual deductible	All charges in excess of \$25 per visit after annual deductible
<b>Infusion Therapy</b> Includes chemotherapy Pre-service Review required	0% after annual deductible	After annual deductible: · All charges in excess of \$50 per day for all infusion therapy expenses except drugs · All charges in excess of the average wholesale price for all infusion therapy drugs; · All charges in excess of the combined maximum Anthem Blue Cross payment of \$500 per day
<b>Infertility Services<sup>3</sup></b> Maximum lifetime Anthem Blue Cross payment \$2,000, in-network and out-of-network combined	0% after annual deductible	30% plus 100% of excess charges after annual deductible

\* Except for coverage of severe mental illness and serious emotional disturbances of a child.

## Exclusions and Limitations

Following is an abbreviated list of exclusions and limitations; please see the Certificate for comprehensive details.

- Any amounts in excess of maximums stated in the Certificate.
- Services or supplies that are not medically necessary.
- Services received before your effective date.
- Services received after your coverage ends.
- Any conditions for which benefits can be recovered under any workers' compensation law or similar law.
- Services you receive for which you are not legally obligated to pay.
- Services for which no charge is made to you in the absence of insurance coverage.
- Services not listed as covered in the Certificate.
- Services from relatives.
- Vision care except as specifically stated in the Certificate.
- Eye surgery performed solely for the purpose of correcting refractive defects.
- Hearing aids and routine hearing tests except as specifically stated in the Certificate.
- Sex changes.
- Dental and orthodontic services except as specifically stated in the Certificate.
- Cosmetic surgery.
- Routine physical examinations except as specifically stated in the Certificate.
- Treatment of mental or nervous disorders and substance abuse (including nicotine use) or psychological testing, except as specifically stated in the Certificate.
- Custodial care.
- Experimental or investigational services.
- Services provided by a local, state or federal government agency, unless you have to pay for them.
- Diagnostic admissions.
- Telephone or facsimile machine consultations.
- Personal comfort items.
- Nutritional counseling.
- Health club memberships.

- Any services to the extent you are entitled to receive Medicare benefits for those services without payment of additional premium for Medicare coverage.
- Food or dietary supplements, except for formulas and special food products to prevent complications of phenylketonuria (PKU).
- Genetic testing for non-medical reasons or when there is no medical indication or no family history of genetic abnormality.
- Outdoor treatment programs.
- Replacement of prosthetics and durable medical equipment when lost or stolen.
- Any services or supplies provided to any person not covered under the Agreement in connection with a surrogate pregnancy.
- Immunizations for travel outside the United States.
- Services or supplies related to a pre-existing condition.
- Educational services except as specifically provided or arranged by Anthem Blue Cross.
- Infertility services (including sterilization reversal) except as specifically stated in the Certificate.
- Care or treatment provided in a non-contracting hospital.
- Private duty nursing except as specifically stated in the Certificate.
- Services primarily for weight reduction except medically necessary treatment of morbid obesity.
- Outpatient drugs, medications or other substances dispensed or administered in any outpatient setting.
- Contraceptive devices unless your physician determines that oral contraceptive drugs are not medically appropriate.

## General Provisions

### Member Privacy

Our complete **Notice of Privacy Practices** provides a comprehensive overview of the policies and practices we enforce to preserve our members' privacy rights and control use of their health care information, including: the right to authorize release of information; the right to limit access to medical information; protection of oral, written

and electronic information; use of data; and information shared with employers. This notice can be downloaded from our website at [anthem.com/ca](http://anthem.com/ca) or obtained by calling Small Group Customer Service at 800-627-8797.

### Utilization Review

The Anthem Blue Cross Utilization Review Program helps members receive coverage for appropriate treatment in the appropriate setting. Four review processes are included: 1) Pre-service Review assesses medical necessity before services are provided; 2) Admission Review determines at the time of admission if the stay or surgery is Medically Necessary in the event Pre-service Review is not conducted; 3) Continued Stay Review determines if a continued stay is Medically Necessary; 4) Retrospective Review determines if the stay or surgery was Medically Necessary after care has been provided if none of the first three reviews were performed. Utilization Review is not the practice of medicine or the provision of medical care to you. Only your doctor can provide you with medical advice and medical care.

### Grievances

All complaints and disputes relating to a member's coverage must be resolved in accordance with Anthem Blue Cross' grievance procedure. You can report your grievance by phone or in writing; see your Anthem Blue Cross ID card for the appropriate contact information. All grievances received by Anthem Blue Cross that cannot be resolved by phone (when appropriate) to the mutual satisfaction of the member and Anthem Blue Cross will be acknowledged in writing, together with a description of how Anthem Blue Cross proposes to resolve the grievance. Grievances that cannot be resolved by these procedures shall be resolved as indicated through binding arbitration, or if the plan you are covered under is subject to the Employee Retirement Income Security Act of 1974 (ERISA), in compliance with ERISA rules. If the group is subject to ERISA, and a member disagrees with Anthem Blue Cross' proposed resolution of a grievance, the member may submit an appeal by phone or in writing, by contacting the phone number or address printed on the letterhead of the Anthem Blue Cross response letter.

For the purposes of ERISA, there is one level of appeal. For urgent care requests for benefits, Anthem Blue Cross will respond within 72 hours from the date the appeal is received. For pre-service requests for benefits, the member will receive a response within 30 calendar days from the date the appeal is received. For post-service claims, Anthem Blue Cross will respond within 60 calendar days from the date the appeal is received.

If the member disagrees with Anthem Blue Cross' decision on the appeal, the member may elect to have the dispute settled through alternative resolution options, such as voluntary binding arbitration.

### **Department of Insurance**

Overseeing the industry and protecting the state's insurance consumers is the responsibility of the California Department of Insurance (CDI). The CDI regulates, investigates and audits insurance business to ensure that companies remain solvent and meet their obligations to insurance policyholders. If you have a problem regarding your coverage, please contact Anthem Blue Cross first to resolve the issue. If contacts between you (the complainant) and Anthem Blue Cross (the insurer) have failed to produce a satisfactory solution to the problem, you may wish to contact the CDI. They can be reached by writing to the CDI Consumer Affairs Bureau 300 South Spring St. - South Tower, Los Angeles, CA 90013. The CDI also has a toll free phone number 800-927-HELP (4357) that you may call for assistance.

### **Binding Arbitration**

If the plan is subject to ERISA, any dispute involving an adverse benefit decision must be resolved under ERISA claims procedure rules, and is not subject to mandatory binding arbitration. Members may pursue voluntary binding arbitration after they have completed an appeal under ERISA rules. If the member has another dispute that does not involve an adverse benefit decision, or if the group does not provide a plan that is subject to ERISA, the following provisions apply: any and all disputes between the employer and/or the member and Anthem Blue Cross, including but not limited to claims of medical malpractice, must be resolved by binding arbitration (not by lawsuit or trial by

court or jury or other court process, except as California's law provides for judicial review of arbitration proceedings), if the amount in dispute exceeds the jurisdictional limit of the Small Claims Court. Under this coverage, both the member and Anthem Blue Cross are giving up the right to participate in class arbitration or have any dispute decided by a court or jury trial.

### **Medicare**

Under TEFRA/DEFRA, Medicare is the primary coverage for groups of less than 20 employees. Anthem Blue Cross coverage is considered primary coverage for groups of 20 or more employees. This Anthem Blue Cross coverage is not a supplement to Medicare, but provides benefits according to the non-duplication of Medicare clause.

If Medicare is a member's primary health plan, Anthem Blue Cross will not provide benefits that duplicate any benefits you are entitled to receive under Medicare. This means that when Medicare is the primary health coverage, benefits are provided in accordance with the benefits of the plan, less any amount paid by Medicare. If you are entitled to Part A and B of Medicare, you will be eligible for non-duplicate Medicare coverage, with supplemental coordination of benefits. However, if you are required to pay the Social Security Administration an additional premium for any part of Medicare, then the above policy will only apply if you are enrolled in that part of Medicare. Note: Medicare-eligible employees/dependents enrolled in plans where Medicare is primary may obtain an Individual Anthem Blue Cross Medicare Supplement plan with the pre-existing condition exclusion waived.

### **Coordination of Benefits**

The benefits of a member's plan may be reduced if the member has other group health, dental, drug or vision coverage, so that benefits and services the member receives from all group coverages do not exceed 100 percent of the covered expense.

### **Third-Party Liability**

If a member is injured, the responsible party may be legally obligated to pay for medical expenses related to that injury. Anthem Blue Cross may recover benefits paid for

medical expenses if the member recovers damages from a legally liable third-party. Examples of third-party liability situations include car accidents and work-related injuries.

### **Voiding Coverage for False and Misleading Information**

False or misleading information or failure to submit any required enrollment materials may form the basis for voiding coverage from the date a plan was issued or retroactively adjusting the premium to what it would have been if the correct information had been furnished. No benefits will be paid for any claim submitted if coverage is made void. Premiums already paid for the time period for which coverage was rescinded will be refunded, minus any claims paid.

### **Incurred Medical Care Ratio**

As required by law, we are advising you that Anthem Blue Cross and its affiliated companies' incurred medical care ratio for 2007 was 80.43 percent. This ratio was calculated after provider discounts were applied.



Goods and services available through discount programs are not benefits of coverage. Anthem Blue Cross does not endorse or recommend any goods or services provided at a discount by these vendors or practitioners. These programs may be changed or withdrawn at any time without notice by the offering vendor or practitioner.

Lumenos HIA Plus 3000 Plan is offered by Anthem Blue Cross Life and Health Insurance Company.

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