




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, go to [www.contracostahealthplan.org](http://www.contracostahealthplan.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.contracostahealthplan.org](http://www.contracostahealthplan.org) or call 1-877-661-6230 (Press 6) to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <a href="#">deductible</a> ?	\$ 0	See the Common Medical Events chart below for your costs for services this plan covers.
Are there services covered before you meet your <a href="#">deductible</a> ?	No	You will have to meet the deductible before the plan pays for any services.
Are there other <a href="#">deductibles</a> for specific services?	No	You don't have to meet deductibles for specific services.
What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ?	Not Applicable	See the Common Medical Events chart below for your costs for services this plan covers.
What is not included in the <a href="#">out-of-pocket limit</a> ?	Not Applicable	This plan does not have an out-of-pocket limit on your expenses.
Will you pay less if you use a <a href="#">network provider</a> ?	Yes. See <a href="http://www.contracostahealthplan.org">www.contracostahealthplan.org</a> or call 1-877-661-6230 (Press 2) for a list of participating 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).
Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?	Yes	This plan will pay some or all of the costs to see a specialist for covered services but only if you have a referral before you see the specialist.

 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 <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	No charge	Not Applicable	
	<a href="#">Specialist</a> visit	No charge	Not Applicable	
	<a href="#">Preventive care/screening/immunization</a>	No charge	Not Applicable	CCHP does not charge for specified services, including, those rated A or B by the US Preventive Services Task Force, recommended immunizations, preventive care for children and adolescents, and additional preventive care and screenings for women.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	No charge	Not Applicable	
	Imaging (CT/PET scans, MRIs)	No charge	Not Applicable	
If you need drugs to treat your illness or condition More information about <a href="#">prescription drug coverage</a> is available at <a href="#">www.[insert].com</a>	Generic drugs	No Charge (retail and mail order)	Not Applicable	Covers up to a 90-day supply (retail prescription); up to a 90-day supply (mail order prescription)
	Preferred brand drugs	No Charge (retail and mail order)	Not Applicable	
	Non-preferred brand drugs	No Charge (retail and mail order)	Not Applicable	Requires prior authorization.
	<a href="#">Specialty drugs</a>	No Charge	Not Applicable	Requires prior authorization.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No Charge	Not Applicable	
	Physician/surgeon fees	No Charge	Not Applicable	
If you need immediate medical attention	<a href="#">Emergency room care</a>	No Charge	No Charge	
	<a href="#">Emergency medical transportation</a>	No Charge	No Charge	
	<a href="#">Urgent care</a>	No Charge	No Charge	

\* For more information about limitations and exceptions, see the plan or policy document at [www.contracostahealthplan.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 have a hospital stay	Facility fee (e.g., hospital room)	No Charge	Not Applicable	
	Physician/surgeon fees	No Charge	Not Applicable	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No Charge	Not Applicable	
	Inpatient services	No Charge	Not Applicable	
If you are pregnant	Office visits	No Charge	Not Applicable	
	Childbirth/delivery professional services	No Charge	Not Applicable	
	Childbirth/delivery facility services	No Charge	Not Applicable	
If you need help recovering or have other special health needs	<a href="#">Home health care</a>	No Charge	Not Applicable	
	<a href="#">Rehabilitation services</a>	No Charge	Not Applicable	
	<a href="#">Habilitation services</a>	No Charge	Not Applicable	
	<a href="#">Skilled nursing care</a>	No Charge	Not Applicable	Limited to 100 days per benefit period if at a Skilled Nursing Facility.
	<a href="#">Durable medical equipment</a>	No Charge	Not Applicable	
	<a href="#">Hospice services</a>	No Charge	Not Applicable	
If your child needs dental or eye care	Children's eye exam	No Charge	Not Applicable	Limited to one exam per year
	Children's glasses	The retail cost for the glasses (including frame) or contact lenses not paid by the Plan is the responsibility of the member.	Not Applicable	Limited to one pair of glasses or contact lenses per year; Plan covers up to \$65 retail cost per year for a CCHP in-network contracted provider.

\* For more information about limitations and exceptions, see the plan or policy document at [www.contracostahealthplan.org](http://www.contracostahealthplan.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)	
	Children's dental check-up	Not Covered	Not Applicable	

### 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](#).)

- Bariatric surgery (unless medically necessary)
- Cosmetic surgery
- Dental care
- DNA testing
- Experimental Services
- Infertility Treatment other than Artificial Insemination
- Long-term care
- Non-emergency care when traveling outside the service area
- Non-emergency Transportation
- Private-duty nursing (unless medically necessary)
- Weight loss programs

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

- Acupuncture
- Chiropractic care
- Hearing aids
- Routine eye care
- Routine foot care

**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: [insert State, HHS, DOL, and/or other applicable agency contact information]. 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](http://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 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: California Department of Managed Health Care Help Center, 980 9<sup>th</sup> Street, Suite 500, Sacramento, CA 95814, (888) 466-2219, <http://www.healthhelp.ca.gov>, [helpline@dmhc.ca.gov](mailto:helpline@dmhc.ca.gov).

**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](#).

\* For more information about limitations and exceptions, see the plan or policy document at [www.contracostahealthplan.org](http://www.contracostahealthplan.org).

**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 1-877-661-6230 (Oprima 2)

-----*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*] \$0
- Hospital (facility) [*cost sharing*] 0%
- Other [*cost sharing*] 0%

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*)

<b>Total Example Cost</b>	<b>\$12,700</b>
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In this example, Peg would pay:

<i>Cost Sharing</i>	
Deductibles	\$0
Copayments	\$0
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Peg would pay is</b>	<b>\$0</b>

**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*] \$0
- Hospital (facility) [*cost sharing*] 0%
- Other [*cost sharing*] 0%

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*)

<b>Total Example Cost</b>	<b>\$5,600</b>
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In this example, Joe would pay:

<i>Cost Sharing</i>	
Deductibles	\$0
Copayments	\$0
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Joe would pay is</b>	<b>\$0</b>

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

- The [plan's](#) overall [deductible](#) \$0
- [Specialist](#) [*cost sharing*] \$0
- Hospital (facility) [*cost sharing*] 0%
- Other [*cost sharing*] 0%

This EXAMPLE event includes services like:  
Emergency room care (*including medical supplies*)  
Diagnostic test (*x-ray*)  
Durable medical equipment (*crutches*)  
Rehabilitation services (*physical therapy*)

<b>Total Example Cost</b>	<b>\$2,800</b>
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In this example, Mia would pay:


<i>Cost Sharing</i>	
Deductibles	\$0
Copayments	\$0
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$0</b>



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Important Questions	Answers	Why This Matters:
What is the overall <a href="#">deductible</a> ?	\$ 0	See the Common Medical Events chart below for your costs for services this plan covers.
Are there services covered before you meet your <a href="#">deductible</a> ?	No	You will have to meet the deductible before the plan pays for any services.
Are there other <a href="#">deductibles</a> for specific services?	No	You don't have to meet deductibles for specific services.
What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ?	Yes. Individual \$1,500/Family \$3,000 out-of-pocket maximum per calendar year.	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 <a href="#">out-of-pocket limit</a> ?	Copayments on certain services, premiums, balance-billing 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 <a href="#">network provider</a> ?	Yes. See <a href="http://www.contracostahealthplan.org">www.contracostahealthplan.org</a> or call 1-877-661-6230 (Press 2) for a list of participating 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).
Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?	Yes	This plan will pay some or all of the costs to see a specialist for covered services but only if you have a referral before you see the specialist.

 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 <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	\$5/visit (Waived at CCRMC)	Not Applicable	
	<a href="#">Specialist</a> visit	\$5/visit (Waived at CCRMC)	Not Applicable	
	<a href="#">Preventive care/screening/immunization</a>	No charge	Not Applicable	CCHIP does not charge for specified services, including, those rated A or B by the US Preventive Services Task Force, recommended immunizations, preventive care for children and adolescents, and additional preventive care and screenings for women.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	No charge	Not Applicable	
	Imaging (CT/PET scans, MRIs)	No charge	Not Applicable	
If you need drugs to treat your illness or condition More information about <a href="#">prescription drug coverage</a> is available at <a href="#">www.[insert].com</a>	Generic drugs	\$3/Prescription (retail and mail order)	Not Applicable	Covers up to a 90-day supply (retail prescription); up to a 90-day supply (mail order prescription)
	Preferred brand drugs	\$3/Prescription (retail and mail order)	Not Applicable	
	Non-preferred brand drugs	\$3/Prescription (retail and mail order)	Not Applicable	Requires prior authorization.
	<a href="#">Specialty drugs</a>	\$3/Prescription	Not Applicable	Requires prior authorization.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	\$5/visit (Waived at CCRMC)	Not Applicable	
	Physician/surgeon fees	\$5/visit (Waived at CCRMC)	Not Applicable	
If you need immediate medical attention	<a href="#">Emergency room care</a>	No Charge	No Charge	
	<a href="#">Emergency medical transportation</a>	No Charge	No Charge	Emergency ambulance transportation to the first hospital or urgent care center which

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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)	
				actually accepts the subscriber for emergency care or medically necessary transportation as requested by the provider and authorized in advanced by the Plan.
	<a href="#">Urgent care</a>	\$5 /visit unless for mental health or chemical dependency. (Waived at CCRMC)	\$5 /visit unless for mental health or chemical dependency.	
If you have a hospital stay	Facility fee (e.g., hospital room)	No Charge	Not Applicable	
	Physician/surgeon fees	No Charge	Not Applicable	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No Charge	Not Applicable	
	Inpatient services	No Charge	Not Applicable	
If you are pregnant	Office visits	No Charge	Not Applicable	
	Childbirth/delivery professional services	No Charge	Not Applicable	
	Childbirth/delivery facility services	No Charge	Not Applicable	
If you need help recovering or have other special health needs	<a href="#">Home health care</a>	No Charge	Not Applicable	
	<a href="#">Rehabilitation services</a>	\$5/visit (Waived at CCRMC)	Not Applicable	
	<a href="#">Habilitation services</a>	\$5/visit (Waived at CCRMC)	Not Applicable	
	<a href="#">Skilled nursing care</a>	No Charge	Not Applicable	Limited to 100 days per benefit period if at a Skilled Nursing Facility.
	<a href="#">Durable medical equipment</a>	No Charge	Not Applicable	
	<a href="#">Hospice services</a>	No Charge	Not Applicable	
If your child needs	Children's eye exam	\$5/visit (Waived at CCRMC)	Not Applicable	Limited to one exam per year

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		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
dental or eye care	Children's glasses	The retail cost for the glasses (including frame) or contact lenses not paid by the Plan is the responsibility of the member.	Not Applicable	Limited to one pair of glasses or contact lenses per year; Plan covers up to \$65 retail cost per year for a CCHP in-network contracted provider.
	Children's dental check-up	Not Covered	Not Applicable	

### 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](#).)

- Bariatric surgery (unless medically necessary)
- Cosmetic surgery
- Dental care
- DNA testing
- Experimental Services
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- Long-term care
- Non-emergency care when traveling outside the service area
- Non-emergency Transportation
- Private-duty nursing (unless medically necessary)
- Weight loss programs

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- Acupuncture
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- Hearing aids
- Routine eye care
- Routine foot care

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provide complete information 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: California Department of Managed Health Care Help Center, 980 9<sup>th</sup> Street, Suite 500, Sacramento, CA 95814, (888) 466-2219, <http://www.healthhelp.ca.gov>, [helpline@dmhc.ca.gov](mailto:helpline@dmhc.ca.gov).

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**Does this plan meet the Minimum Value Standards? Yes**

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**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*] \$5
- Hospital (facility) [*cost sharing*] 0%
- Other [*cost sharing*] 0%

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*)

<b>Total Example Cost</b>	<b>\$12,700</b>
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In this example, Peg would pay:

<i>Cost Sharing</i>	
Deductibles	\$0
Copayments	\$10
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Peg would pay is</b>	<b>\$10</b>

**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*] \$5
- Hospital (facility) [*cost sharing*] 0%
- Other [*cost sharing*] 0%

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*)

<b>Total Example Cost</b>	<b>\$5,600</b>
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In this example, Joe would pay:

<i>Cost Sharing</i>	
Deductibles	\$0
Copayments	\$180
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Joe would pay is</b>	<b>\$180</b>

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

- The [plan's](#) overall [deductible](#) \$0
- [Specialist](#) [*cost sharing*] \$5
- Hospital (facility) [*cost sharing*] 0%
- Other [*cost sharing*] 0%

This EXAMPLE event includes services like:  
Emergency room care (*including medical supplies*)  
Diagnostic test (*x-ray*)  
Durable medical equipment (*crutches*)  
Rehabilitation services (*physical therapy*)

<b>Total Example Cost</b>	<b>\$2,800</b>
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In this example, Mia would pay:

<i>Cost Sharing</i>	
Deductibles	\$0
Copayments	\$35
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$35</b>