Sendero Health Plans: Capital Silver Al/AN Limited Cost Share-1703

Coverage for: Individual, Individual + Spouse, Family | Plan Type: HMO

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, call us at 1-844-800-4693 or visit us at www.SenderoHealth.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.https://www.healthcare.gov/sbc-glossary or call 1-844-800-4693 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$0 at an Indian Health Care provider (IHCP) or with IHCP referral at non-IHCP, or \$5,000/Individual or \$10,000/Family	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your deductible?	Yes. <u>Preventive care</u> and primary care services are covered before you meet your <u>deductible</u> .	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No	You don't have to meet deductible for specific services.
What is the <u>out-of-</u> <u>pocket limit</u> for this <u>plan</u> ?	\$0 at an Indian Health Care <u>provider</u> (IHCP) or with IHCP <u>referral</u> at non-IHCP, or \$8,000/Individual or \$16,000/Family	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit</u> ?	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 <u>network provider</u> ?	Yes. See https://senderohealth.com/physician_search or call 1-844-800-4693 for a list of network providers .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the plan's <u>network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider</u> 's charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.

Important Questions	Answers	Why This Matters:
Do you need a <u>referral</u> to see a <u>specialist</u> ?	Yes.	This <u>plan</u> will pay some or all of the costs to see a <u>specialist</u> for covered services but only if you have a <u>referral</u> before you see the <u>specialist</u> .

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All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

			What You Will Pay	•		
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Out- of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information	
If you visit a health care	Primary care visit to treat an injury or illness	No Charge	\$40 <u>copay</u> /office visit <u>Deductible</u> does not apply.	Not Covered	Covered expense during a Healthcare Practitioner's office visit does not include charges incurred for advanced imaging, pulmonary function studies, cardiac catheterization, electrocardiogram (EKG), electroencephalogram (EEG), laboratory test and / or diagnostic testing. Cost sharing waived at non-IHCP with IHCP referral. Copayment applies after deductible has been met unless otherwise indicated. This category also applies to mental health and substance abuse office visits.	
provider's office or clinic	Specialist visit	No Charge	\$80 <u>copay</u> /visit <u>Deductible</u> does not apply.	Not Covered	A <u>referral</u> must be obtained from your <u>primary care</u> <u>physician</u> before you see a <u>specialist</u> . (OBGYN and Behavioral/Substance abuse <u>providers</u> do not require a <u>referral</u>). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . <u>Copayment</u> applies after <u>deductible</u> has been met unless otherwise indicated. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .	
	Preventive care/screening/immunization	No Charge	No charge	Not Covered	You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services you need are preventive. Then check what your <u>plan</u> will pay. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .	
If you have a test	Diagnostic test (x-ray, blood	No Charge	40% <u>coinsurance/</u> test	Not Covered	Certain services may require <u>preauthorization</u> . If <u>preauthorization</u> is not obtained you may be	

		What You Will Pay			
Common Medical Event	Services You May Need	Indian Health Care <u>Provider</u> (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Out- of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
	work)				responsible for payment. <u>Diagnostic tests</u> are tests to figure out what your health problem is. Not all blood work falls under <u>diagnostic test</u> . Confirm if the services are for <u>diagnostic testing</u> with your <u>provider</u> . <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	Imaging (CT/PET scans, MRIs)	No Charge	40% coinsurance	Not Covered	Certain services may require <u>preauthorization</u> . If <u>preauthorization</u> is not obtained you may be responsible for payment. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.SenderoHealth.com/files/2025/Formulary.com	Generic drugs (Tier 2)	No Charge	\$20 <u>copay/</u> prescription <u>Deductible</u> does not apply.	Not Covered	Covers up to a 30-day supply. Certain preventive drugs are covered with no <u>copay</u> . Oral and injectable fertility drugs are excluded. <u>Copayment</u> applies after <u>deductible</u> has been met, unless otherwise indicated. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	Preferred brand drugs (Tier 3)	No Charge	\$40 <u>copay/</u> prescription <u>Deductible</u> does not apply.	Not Covered	
	Non-preferred brand drugs (Tier 4)	No Charge	\$80 copay/ prescription	Not Covered	Certain <u>prescription drugs</u> may require <u>preauthorization</u> . If <u>preauthorization</u> is not obtained you may be responsible for payment.
	Specialty drugs (Tier 5)	No Charge	\$350 <u>copay/</u> prescription	Not Covered	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No charge	40% coinsurance	Not Covered	Certain services may require <u>preauthorization</u> . If <u>preauthorization</u> is not obtained you may be responsible for payment. <u>Cost sharing</u> waived at non-
	Physician/surg eon fees	No charge	40% coinsurance	Not Covered	IHCP with IHCP referral.
If you need immediate medical attention	Emergency room care	No charge	40% <u>coinsurance/</u> visit	40% coinsurance/	Emergency room services copay is waived if admitted and inpatient benefits are applied. Cost sharing waived

			What You Will Pay			
Common Medical Event	Services You May Need	Indian Health Care <u>Provider</u> (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Out- of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information	
				visit	at non-IHCP with IHCP referral.	
	Emergency medical transportation	No charge	40% coinsurance/ transport	40% coinsurance/ transport	<u>Copayment</u> applies after <u>deductible</u> has been met, unless otherwise indicated. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .	
	Urgent care	No charge	\$60 <u>copay</u> /visit <u>Deductible</u> does not apply.	Not Covered	<u>Copayment</u> applies after <u>deductible</u> has been met, unless otherwise indicated. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .	
If you have a hospital	Facility fee (e.g., hospital room)	No Charge	40% coinsurance/ stay	Not Covered	Preauthorization is required for services. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral.	
stay	Physician/surg eon fees	No Charge	30% <u>coinsurance/</u> stay	Not Covered	Preauthorization is required for services. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral.	
If you need mental health, behavioral health, or substance	Outpatient services	No Charge	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply	Not Covered	Preauthorization is required for some outpatient mental health, behavioral health and / or substance abuse services. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral. Copayment applies after deductible has been met, unless otherwise indicated.	
abuse services	Inpatient services	No Charge	40% coinsurance/ stay	Not Covered	Preauthorization is required for services. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral.	
If you are pregnant	Office visits	No Charge	\$10 copay/office visit Deductible does not apply	Not Covered	Cost sharing does not apply to certain preventive services. No charge for subsequent prenatal visits with the same provider or provider group per pregnancy. Depending on the type of services, coinsurance may	
	Childbirth/	No Charge	30% coinsurance/	Not Covered	apply. Maternity care may include tests and services	

			What You Will Pay		
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Out- of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
	delivery professional services		stay		described elsewhere in the SBC (i.e. ultrasound). <u>Copayment applies after deductible has been met, unless otherwise indicated. Cost sharing waived at non-</u>
	Childbirth/ delivery facility services	No Charge	\$500 <u>copay</u> / delivery	Not Covered	IHCP with IHCP referral.
	Home health care	No Charge	No Charge /visit <u>Deductible</u> does not apply.	Not Covered	Limited to 60 visits per year. Preauthorization is required for services. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral.
	Rehabilitation services	No Charge	20% coinsurance	Not Covered	Certain services may require <u>preauthorization</u> . If <u>preauthorization</u> is not obtained you may be responsible for payment. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
If you need help recovering or have other special health needs	Habilitation services	No Charge	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply.	Not Covered	Habilitation services include: Autism services and the benchmark plan does not impose age or maximums on autism coverage. Certain services may require preauthorization. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral. Copayment applies after deductible has been met, unless otherwise indicated.
	Skilled nursing care	No Charge	40% <u>coinsurance/</u> stay	Not Covered	Limited to 25 visits per year. <u>Preauthorization</u> is required for services. If <u>preauthorization</u> is not obtained you may be responsible for payment. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	Durable medical equipment	No Charge	20% <u>coinsurance/</u> equipment	Not Covered	Certain services may require <u>preauthorization</u> . If <u>preauthorization</u> is not obtained you may be responsible for payment. <u>Cost sharing</u> waived at non-

			What You Will Pay		
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Out- of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
					IHCP with IHCP referral.
	Hospice services	No Charge	30% coinsurance	Not Covered	Preauthorization is required for services. If preauthorization is not obtained you may be responsible for payment. Cost sharing waived at non-IHCP with IHCP referral.
	Children's eye exam	No Charge	\$45 <u>copay</u> /visit <u>Deductible</u> does not apply.	Not Covered	Limited to one (1) visit per year. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . <u>Copayment</u> applies after <u>deductible</u> has been met, unless otherwise indicated.
If your child needs dental or eye care	Children's glasses	No Charge	20% coinsurance	Not Covered	Limited to contact lenses or one (1) pair of glasses (frames and lenses) per year for members 0-21 years of age. Limited to the end of the plan year in which age 21 is reached. Cost sharing waived at non-IHCP with IHCP referral.
	Children's dental check- up	No Charge	20% coinsurance	Not Covered	Limited to the last day of the month in which member turns 19. Cost sharing waived at non-IHCP with IHCP referral.

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.)

- Abortions (except in cases of rape, incest, or when the life of the mother is endangered)
- Acupuncture
- Bariatric surgery

- Cosmetic surgery
- Dental care (Adult)
- Long-term care

- Non-emergency care when traveling outside of the U.S.
- Routine eye care (Adult)
- Weight loss programs

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

- Chiropractic care, limited to 35 visits per year
- Infertility treatment is limited to diagnostic services only. Treatment to correct the
- Routine foot care is limited to foot care in connection with diabetes, circulatory disorders

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

- Hearing aids, limited to 1 per ear, every 3 years
- infertility condition and services such as in vitro fertilization and artificial insemination are excluded from coverage.
- of the lower extremities, peripheral vascular disease, peripheral neuropathy, or chronic arterial or venous insufficiency.
- Private-duty nursing if <u>medically necessary</u>

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:

- Sendero Health Plans 1-844-800-4693 or visit www.senderohealth.com
- Texas Department of Insurance: 1-800-578-4677 or visit http://www.tdi.texas.gov/index.html
- Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-guestion/ask-ebsa
- Healthcare.gov <u>www.HealthCare.gov</u> or call 1-800-318-2596

Other coverage options may be available to you, too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> 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:

• Texas Department of Insurance, 1601 Congress Avenue, Austin, TX 78701, (800) 578-4677, http://www.tdi.texas.gov/index.html

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? Not Applicable.

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 1-844-800-4693.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-844-800-4693.

Chinese (中文): 如果需要中文的帮助,请拨打这个号码1-844-800-4693.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-844-800-4693

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

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About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost-sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. 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 <u>plan's</u> overall <u>deductible</u>	\$(
■ Specialist copayment	\$(
■ Hospital (facility) copayment	\$(
Other copayment	\$(

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	\$12,700	
In this example, Peg would pay:		
Cost Sharing		
<u>Deductibles</u>	\$0	
Copayments	\$0	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$0	
The total Peg would pay is	\$0	

Managing Joe's Type 2 Diabetes

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

■ The <u>plan's</u> overall <u>deductible</u>	\$0
■ Specialist copayment	\$0
■ Hospital (facility) copayment	\$0
■ Other <u>copayment</u>	\$0

This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (including disease education)

<u>Diagnostic tests</u> (blood work)

Prescription drugs

<u>Durable medical equipment</u> (glucose meter)

Total Example Cost	\$5,600
In this example, Joe would pay:	
Cost Sharing	
<u>Deductibles</u>	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	d
Limits or exclusions	\$0
The total Joe would pay is	\$0
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Mia's Simple Fracture

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

■ The plan's overall deductible	\$0
■ Specialist copayment	\$0
■ Hospital (facility) copayment	\$0
■ Other copayment	\$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)

Total Example Cost	\$2,800
In this example, Mia would pay:	
Cost Sharing	
<u>Deductibles</u>	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$0

Note: These numbers assume the patient received care from an IHCP <u>provider</u> or with IHCP <u>referral</u> at a non-IHCP. If you receive care from a non-IHCP <u>provider</u> without a <u>referral</u> from an IHCP your costs may be higher.