

 **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, visit [www.bcbsnm.com/bb/ind/bb\\_ghsd01cnninmp\\_nm\\_2025.pdf](http://www.bcbsnm.com/bb/ind/bb_ghsd01cnninmp_nm_2025.pdf) or by calling 1-866-236-1702. 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/](http://www.healthcare.gov/sbc-glossary/) or call 1-855-756-4448 to request a copy.

Important Questions	Answers	Why This Matters:
<b>What is the overall <u>deductible</u>?</b>	\$3,000 Individual / \$6,000 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> .
<b>Are there services covered before you meet your <u>deductible</u>?</b>	Yes. Preventive health, mental health services, certain services with a <u>copayment</u> , and some <u>prescription drugs</u> 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 <a href="http://www.healthcare.gov/coverage/preventive-care-benefits/">www.healthcare.gov/coverage/preventive-care-benefits/</a> .
<b>Are there other <u>deductibles</u> for specific services?</b>	No.	You don't have to meet <u>deductibles</u> for specific services.
<b>What is the <u>out-of-pocket limit</u> for this <u>plan</u>?</b>	\$5,300 Individual / \$10,600 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.
<b>What is not included in the <u>out-of-pocket limit</u>?</b>	<u>Premiums</u> , <u>balance billing</u> charges, and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .
<b>Will you pay less if you use a <u>network provider</u>?</b>	Yes. See Blue Community HMO <u>Network</u> at <a href="http://www.bcbsnm.com/bluecomm">www.bcbsnm.com/bluecomm</a> or call 1-866-236-1702 for a list of participating <u>providers</u> .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's 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's</u> 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.
<b>Do you need a <u>referral</u> to see a <u>specialist</u>?</b>	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .



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
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness	\$20/visit; <u>deductible</u> does not apply	Not Covered	Virtual visits: No Charge; <u>deductible</u> does not apply. No charge for Covid treatment. You may be subject to additional facility/clinic fees. Please check with your provider. See your benefit booklet* for details.
	<u>Specialist</u> visit	\$60/visit; <u>deductible</u> does not apply	Not Covered	No charge for Covid treatment. You may be subject to additional facility/clinic fees. Please check with your provider.
	<u>Preventive care/ screening/immunization</u>	No Charge; <u>deductible</u> does not apply	Not Covered	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for. No charge for Covid vaccines.
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	\$60/test; <u>deductible</u> does not apply	Not Covered	Recommended Clinical Review (RCR) is available. You may be subject to additional facility/clinic fees. Please check with your provider. See your benefit booklet* for details. No charge for Covid tests.
	Imaging (CT/PET scans, MRIs)	\$60/test; <u>deductible</u> does not apply	Not Covered	Recommended Clinical Review (RCR) is available. See your benefit booklet* for details. Gynecological or obstetrical ultrasounds do not require prior authorization. You may be subject to additional facility/clinic fees. Please check with your provider.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
<b>If you need drugs to treat your illness or condition</b>  More information about <b>prescription drug coverage</b> is available at <a href="http://www.bcbsnm.com/rx25/5T">www.bcbsnm.com/rx25/5T</a>	Generic drugs (Tier 1)	Retail: Preferred - \$20/prescription Participating - \$20/prescription Mail: \$60/prescription; <u>deductible</u> does not apply	Not Covered	Limited to a 30-day supply at retail (or a 90-day supply at a <u>network</u> of select retail pharmacies). Up to a 90-day supply at mail order. <u>Specialty drugs</u> are limited to a 30-day supply except for certain FDA-designated dosing regimens. Payment of the difference between the cost of a brand name drug and a generic may also be required if a generic drug is available. Your <u>cost share</u> for a covered insulin drug will not exceed \$25 per 30-day supply. Third party payments such as manufacturer's coupons apply towards the <u>deductible</u> and <u>out-of-pocket limit</u> .
	Brand drugs (Preferred) (Tier 2)	Retail: Preferred - \$30/prescription Participating - \$30/prescription Mail: \$90/prescription; <u>deductible</u> does not apply	Not Covered	
	Brand drugs (Non-Preferred) (Tier 3)	Retail: Preferred - \$100/prescription Participating - \$100/prescription Mail: \$300/prescription with <u>deductible</u>	Not Covered	
	<u>Specialty drugs</u> (Preferred) (Tier 4)	\$75/prescription; <u>deductible</u> does not apply	Not Covered	
	<u>Specialty drugs</u> (Non-Preferred) (Tier 5)	\$190/prescription; <u>deductible</u> does not apply	Not Covered	
<b>If you have outpatient surgery</b>	Facility fee (e.g., ambulatory surgery center)	\$125/visit; <u>deductible</u> does not apply	Not Covered	Recommended Clinical Review (RCR) is available for non-emergency surgery. Outpatient Infusion Therapy: \$125/visit; <u>deductible</u> does not apply. See your <u>benefit booklet*</u> for details. You may be subject to additional facility/clinic fees. Please check with your provider.
	Physician/surgeon fees	\$125/visit; <u>deductible</u> does not apply	Not Covered	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you need immediate medical attention	<u>Emergency room care</u>	\$150/visit with <u>deductible</u>	\$150/visit with <u>deductible</u>	Facility/visit <u>copayment</u> waived if admitted. <u>Balance billing</u> is not allowed for out-of-network emergency care. No charge for Covid treatment.
	<u>Emergency medical transportation</u>	\$125/visit; <u>deductible</u> does not apply	\$125/visit; <u>deductible</u> does not apply	Recommended Clinical Review (RCR) is available for non-emergency transportation. No charge for Covid treatment. See your benefit booklet* for details.
	<u>Urgent care</u>	\$60/visit; <u>deductible</u> does not apply	\$60/visit; <u>deductible</u> does not apply	No charge for Covid treatment.
If you have a hospital stay	Facility fee (e.g., hospital room)	\$150/visit with <u>deductible</u>	Not Covered	Prior authorization may be required, unless for emergency.
	Physician/surgeon fees	\$150/visit with <u>deductible</u>	Not Covered	Prior authorization may be required, unless for emergency.
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No Charge; <u>deductible</u> does not apply	Not Covered	Virtual visits are available. Recommended Clinical Review (RCR) is available. See your benefit booklet* for details.
	Inpatient services	No Charge; <u>deductible</u> does not apply	Not Covered	Prior authorization may be required; see your benefit booklet* for details.
If you are pregnant	Office visits	Primary Care: No Charge Specialist: \$60; <u>deductible</u> does not apply	Not Covered	<u>Copayment</u> applies to first prenatal visit (per pregnancy). <u>Cost sharing</u> does not apply for <u>preventive services</u> . Depending on the type of services, a <u>copayment</u> or <u>deductible</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).
	Childbirth/delivery professional services	\$150/visit with <u>deductible</u>	Not Covered	
	Childbirth/delivery facility services	\$150/visit with <u>deductible</u>	Not Covered	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
<b>If you need help recovering or have other special health needs</b>	<u>Home health care</u>	\$20/visit; <u>deductible</u> does not apply	Not Covered	100 visits/year. Recommended Clinical Review (RCR) is available. See your benefit booklet* for details.
	<u>Rehabilitation services</u>	Physical, occupational and speech therapies: \$20/visit; <u>deductible</u> does not apply All other <u>rehabilitation services</u> : No Charge after <u>deductible</u>	Not Covered	Physical, occupational, and speech therapies in an office or outpatient setting, performed by <u>providers</u> acting within the scope of their license, including Chiropractors and Doctors of Oriental Medicine. You may be subject to additional facility/clinic fees. Please check with your provider.
	<u>Habilitation services</u>	Physical, occupational and speech therapies: \$20/visit; <u>deductible</u> does not apply All other <u>habilitation services</u> : No Charge after <u>deductible</u>	Not Covered	Recommended Clinical Review (RCR) is available. See your benefit booklet* for details.
	<u>Skilled nursing care</u>	\$60/stay; <u>deductible</u> does not apply	Not Covered	60 days/year. Prior authorization may be required.
	<u>Durable medical equipment</u>	\$60/visit; <u>deductible</u> does not apply	Not Covered	Recommended Clinical Review (RCR) is available. See your benefit booklet* for details.
	<u>Hospice services</u>	\$60/visit; <u>deductible</u> does not apply	Not Covered	Inpatient: Prior authorization may be required. Outpatient: Recommended Clinical Review (RCR) is available. See your benefit booklet* for details.
<b>If your child needs dental or eye care</b>	Children's eye exam	No Charge; <u>deductible</u> does not apply	Not Covered	One visit per year.
	Children's glasses	No Charge; <u>deductible</u> does not apply	Not Covered	One pair of glasses per year.
	Children's dental check-up	Not Covered	Not Covered	Pediatric dental coverage can be purchased separately as a stand-alone policy.

## 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.)

- Abortion care (except if the pregnancy is the result of rape or incest, or for a pregnancy which, as certified by a physician, places the woman in danger of death unless an abortion is performed)
- Cosmetic surgery (Except when medically necessary)
- Dental care (Adult, routine dental)
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult)

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

- Acupuncture (20 visits/year unless for habilitative or rehabilitative purposes)
- Bariatric surgery
- Chiropractic care (20 visits/year unless for habilitative or rehabilitative purposes)
- Hearing aids (limit 1 item per hearing impaired ear every 3 years)
- Infertility treatment (only for diagnosis and medically indicated treatments for physical conditions causing infertility)
- Routine foot care (when medically necessary)
- Weight loss programs

**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 plan at 1-866-236-1702. You may also contact your state insurance department at 1-855-427-5674. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace or the New Mexico State-Based Exchange BeWellnm at [www.BeWellnm.com](http://www.BeWellnm.com). 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: Blue Cross and Blue Shield of New Mexico (BCBSNM) Appeals Unit at 1-833-415-0566. You may also contact the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or visit [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). Additionally, a consumer assistance program can help you file your appeal. Contact the New Mexico Superintendent of Insurance toll-free at 1-855-427-5674 or visit [www.osi.state.nm.us](http://www.osi.state.nm.us).

### 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 1-866-236-1702.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-866-236-1702.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-866-236-1702.

Navajo (Dine): Dine'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-866-236-1702.

*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 <u>plan's</u> overall <u>deductible</u>	\$3,000
■ <u>Specialist copayment</u>	\$60
■ Hospital (facility) <u>copayment</u>	\$150
■ Other <u>copayment</u>	\$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>	
<u>Deductibles</u>	\$3,000
<u>Copayments</u>	\$1,000
<u>Coinsurance</u>	\$0

<i>What isn't covered</i>	
Limits or exclusions	\$60

<b>The total Peg would pay is</b>	<b>\$4,060</b>
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### 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>	\$3,000
■ <u>Specialist copayment</u>	\$60
■ Hospital (facility) <u>copayment</u>	\$150
■ Other <u>copayment</u>	\$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>	
<u>Deductibles</u>	\$0
<u>Copayments</u>	\$1,500
<u>Coinsurance</u>	\$0

<i>What isn't covered</i>	
Limits or exclusions	\$20

<b>The total Joe would pay is</b>	<b>\$1,520</b>
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### Mia's Simple Fracture

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

■ The <u>plan's</u> overall <u>deductible</u>	\$3,000
■ <u>Specialist copayment</u>	\$60
■ Hospital (facility) <u>copayment</u>	\$150
■ Other <u>copayment</u>	\$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>	
<u>Deductibles</u>	\$600
<u>Copayments</u>	\$900
<u>Coinsurance</u>	\$0

<i>What isn't covered</i>	
Limits or exclusions	\$0

<b>The total Mia would pay is</b>	<b>\$1,500</b>
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The plan would be responsible for the other costs of these **EXAMPLE** covered services.



**Health care coverage is important for everyone.**

If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984. We provide free communication aids and services for anyone with a disability or who needs language assistance.

We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a grievance.

Office of Civil Rights Coordinator  
300 E. Randolph St., 35<sup>th</sup> Floor  
Chicago, IL 60601

Phone: 855-664-7270 (voicemail)  
TTY/TDD: 855-661-6965  
Fax: 855-661-6960

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building 1019  
Washington, DC 20201

Phone: 800-368-1019  
TTY/TDD: 800-537-7697  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>  
Complaint Forms: <https://www.hhs.gov/civil-rights/filing-a-complaint/complaint-process/index.html>

**To receive language or communication assistance free of charge, please call us at 855-710-6984.**

Español	Llámenos al 855-710-6984 para recibir asistencia lingüística o comunicación en otros formatos sin costo.
العربية	لتلقي المساعدة اللغوية أو التواصل مجاًناً، يرجى الاتصال بنا على الرقم 855-710-6984.
繁體中文	如欲獲得免費語言或溝通協助，請撥打855-710-6984與我們聯絡。
Français	Pour bénéficier gratuitement d'une assistance linguistique ou d'une aide à la communication, veuillez nous appeler au 855-710-6984.
Deutsch	Um kostenlose Sprach- oder Kommunikationshilfe zu erhalten, rufen Sie uns bitte unter 855-710-6984 an.
ગુજરાતી	ભાષા અથવા સંચાર સહાય મફતમાં મેળવવા માટે, કૃપા કરીને અમને 855-710-6984 પર કૉલ કરો.
हिंदी	निःशुल्क भाषा या संचार सहायता प्राप्त करने के लिए, कृपया हमें 855-710-6984 पर कॉल करें।
Italiano	Per assistenza gratuita alla lingua o alla comunicazione, chiami il numero 855-710-6984.
한국어	언어 또는 의사소통 지원을 무료로 받으려면 855-710-6984번으로 전화해 주세요.
Navajo	Niná: Doo bilagáana bizaad dinits'á'góó, shá ata' hodooni nínízingo, t'áájíík'eh bee náhaz'á. 1-866-560-4042 jì' hodíilni.
فارسی	برای دریافت کمک زبانی یا ارتباطی رایگان، لطفاً با شماره 855-710-6984 تماس بگیرید.
Polski	Aby uzyskać bezpłatną pomoc językową lub komunikacyjną, prosimy o kontakt pod numerem 855-710-6984.
Русский	Чтобы бесплатно воспользоваться услугами перевода или получить помощь при общении, звоните нам по телефону 855-710-6984.
Tagalog	Para makatanggap ng tulong sa wika o komunikasyon nang walang bayad, pakitawagan kami sa 855-710-6984.
اردو	مفت میں زبان یا مواصلت کی مدد موصول کرنے کے لیے، براہ کرم ہمیں 855-710-6984 پر کال کریں۔
Tiếng Việt	Để được hỗ trợ ngôn ngữ hoặc giao tiếp miễn phí, vui lòng gọi cho chúng tôi theo số 855-710-6984.