

Shield Spectrum PPO<sup>SM</sup> 250-80/60  
 Foundation  
 Benefit Summary (For groups of 51 and above)  
 (Uniform Health Plan Benefits and Coverage Matrix)

**THIS MATRIX IS INTENDED TO BE USED TO HELP YOU COMPARE COVERAGE BENEFITS AND IS A SUMMARY ONLY. THE CERTIFICATE OF INSURANCE AND THE GROUP POLICY SHOULD BE CONSULTED FOR A DETAILED DESCRIPTION OF COVERAGE BENEFITS AND LIMITATIONS.**

**Blue Shield of California Life & Health Insurance Company**

Foundation plans are only available to groups within the service areas of Tulare/Kings, Mendocino/Lake, and Kern counties.

Highlights: A description of the prescription drug coverage is provided separately

Effective July 1, 2010

DEDUCTIBLES <sup>1</sup> (All providers combined)	Preferred Providers <sup>2</sup>	Non-Preferred Providers <sup>2</sup>
<b>Calendar year medical deductible</b>		\$250 per individual/ \$500 per family
<b>Calendar year Copayment Maximum<sup>1</sup></b> <small>(Copayments for Preferred Providers accrue to both Preferred and Non-Preferred Provider Calendar-year Copayment Maximum amounts.)</small>	\$3,000 per individual/ \$6,000 per family	\$10,000 per individual/ \$20,000 per family
<b>LIFETIME MAXIMUM</b>		\$6,000,000

Covered Services	Member Copayment	
	Preferred Providers <sup>2</sup>	Non-Preferred Providers <sup>2</sup>

PROFESSIONAL SERVICES	Preferred Providers <sup>2</sup>	Non-Preferred Providers <sup>2</sup>
<b>Professional (physician) benefits</b>		
• Physician and specialist office visits	\$25 per visit <small>(Not subject to the Calendar-Year Deductible)</small>	40%
• Diagnostic testing	20%	40%
• Outpatient X-ray, pathology and laboratory	\$25 per visit	40%
<b>Allergy testing and treatment benefits</b>		
• Office visits (includes visits for allergy serum injections)	20%	40%
<b>Preventive care benefits</b>		
• Annual routine physical examination, vision and hearing screening and immunizations	\$25 per visit <small>(Not subject to the Calendar-Year Deductible)</small>	Not covered
• Routine laboratory services, including annual mammography, Papanicolaou test, or cervical cancer and human papillomavirus virus (HPV) screening (One per calendar year)	\$25 per visit <small>(Not subject to the Calendar-Year Deductible)</small>	Not covered
• Well baby care (Includes: eye/ear screenings, immunizations, vaccinations)	\$25 per visit <small>(Not subject to the Calendar-Year Deductible)</small>	Not covered
• Well baby laboratory	\$25 per visit <small>(Not subject to the Calendar-Year Deductible)</small>	Not covered

OUTPATIENT SERVICES	Preferred Providers <sup>2</sup>	Non-Preferred Providers <sup>2</sup>
---------------------	----------------------------------	--------------------------------------

Hospital benefits (facility services)	Preferred Providers <sup>2</sup>	Non-Preferred Providers <sup>2</sup>
<small>The maximum allowed charges for non-emergency surgery and services performed in a non-participating Ambulatory Surgery Center or outpatient unit of a non-preferred hospital is \$350 per day. Members are responsible for 40% of this \$350 per day, plus all charges in excess of \$350.</small>		
• Outpatient surgery performed in a Participating Ambulatory Surgery Center (ASC) <sup>3</sup>	20%	40%
• Outpatient surgery in a hospital	\$50 per surgery + 20%	40%
• Outpatient services for treatment of illness or injury and necessary supplies (Except as described under "Rehabilitation services")	20%	40%
• Bariatric surgery (pre-authorization required; medically necessary surgery for weight loss, only for morbid obesity) <sup>5</sup>	\$50 per surgery + 20%	40%

HOSPITALIZATION SERVICES	Preferred Providers <sup>2</sup>	Non-Preferred Providers <sup>2</sup>
--------------------------	----------------------------------	--------------------------------------

<b>Hospital benefits (facility services)</b>		
• Inpatient physician benefits	20%	40%
• Semi-private room and board, medically necessary services and supplies	\$100 per admission + 20%	40% <sup>4</sup>

An Independent Licensee of the Blue Shield Association

• Bariatric surgery (pre-authorization required; medically necessary surgery for weight loss, only for morbid obesity) <sup>5</sup>	\$100 per admission + 20%	40% <sup>4</sup>
<b>Skilled nursing facility benefits<sup>6</sup></b> (Combined maximum of up to 100 preauthorized days per calendar year; semi-private accommodations)		
• Skilled nursing free standing facility	20%	20% with prior authorization <sup>6</sup>
• Skilled nursing facility unit of a hospital	20%	40% <sup>4</sup>
<b>EMERGENCY HEALTH COVERAGE</b>		
• Emergency room services not resulting in admission (If ER services do not result in a direct admission the Calendar-Year Deductible does not apply)	20%	20%
• Emergency room services resulting in admission (when the member is admitted directly from the ER)	\$100 per admission + 20%	\$100 per admission + 20%
• Emergency room physician services	20%	20%
<b>AMBULANCE SERVICES</b>		
• Emergency or authorized transport	20%	20%
<b>PRESCRIPTION DRUG COVERAGE</b>		
<b>Outpatient prescription drug benefits</b>	A description of your outpatient prescription drug coverage is provided separately. If you do not have the separate drug summary that goes with this benefit summary, please contact your benefits administrator or call Customer Services at <b>(800) 200-3242</b> .	
<b>PROSTHETICS/ORTHOTICS</b>		
• Prosthetic equipment and devices (Separate office visit copay may apply)	20%	40%
• Orthotic equipment and devices (Separate office visit copay may apply)	20%	40%
<b>DURABLE MEDICAL EQUIPMENT</b>		
• Durable medical equipment services (Plan payment up to \$2000 maximum per calendar year.)	20%	40%
<b>MENTAL HEALTH SERVICES (PSYCHIATRIC)<sup>7</sup></b>		
	<b>MHSA Participating Providers<sup>2</sup></b>	<b>MHSA Non-Participating Providers<sup>2</sup></b>
• Inpatient hospital facility services	\$100 per admission + 20%	40% <sup>4</sup>
• Outpatient mental health services	\$25 per visit (Not subject to the Calendar-Year Deductible)	40%
<b>CHEMICAL DEPENDENCY SERVICES (SUBSTANCE ABUSE)<sup>10</sup></b>		
<b>Please see footnote 9</b>		
• Chemical dependency and substance abuse services	Not covered	Not covered
<b>HOME HEALTH SERVICES<sup>11</sup></b>		
	<b>Preferred Providers<sup>2</sup></b>	<b>Non-Preferred Providers<sup>2</sup></b>
• Home health care agency services (Maximum of 100 prior authorized visits per calendar year)	20%	Not covered <sup>11</sup>
• Home infusion/Home injectable therapy provided by a home infusion agency (See "Prescription Drug Coverage" for home self-administered injectables.)	20%	Not covered <sup>11</sup>
<b>OTHER</b>		
<b>Hospice program benefits<sup>11</sup></b>		
• Routine home care	No charge	Not covered <sup>11</sup>
• Inpatient respite care	No charge	Not covered <sup>11</sup>
• 24-hour continuous home care	20%	Not covered <sup>11</sup>
• General inpatient care	20%	Not covered <sup>11</sup>
<b>Chiropractic benefits<sup>8</sup></b>		
• Chiropractic services – provided by a chiropractor (Up to 12 visits per calendar year)	\$25 per visit	40%
<b>Acupuncture benefits<sup>8</sup></b>		
• Acupuncture services (Up to 20 visits per calendar year)	\$25 per visit	\$25 per visit
<b>Rehabilitation services (physical, occupational and respiratory therapy)</b>		
• In an office location	\$25 per visit	40%
<b>Speech therapy benefits</b>		
• In an office location	\$20 per visit	40%
<b>Pregnancy and maternity care benefits</b>		
• Prenatal and postnatal physician office visits (For inpatient hospital services, see "Hospitalization Services.")	20%	40%

**Family planning benefits**

• Counseling and consulting	\$25 per visit (Not subject to the Calendar-Year Deductible)	Not covered
• Elective abortion <sup>12</sup>	20%	Not covered
• Tubal ligation <sup>12</sup>	20%	Not covered
• Vasectomy <sup>12</sup>	20%	Not covered

**Diabetes care benefits**

• Devices, equipment, and non-testing supplies (For testing supplies, see "Outpatient Prescription Drug Coverage Summary.")	20%	40%
• Diabetes self-management training (If billed by your provider, you will also be responsible for the office visit copayment)	\$25 per visit	40%

**Care Outside of Plan Service Area** Benefits provided through BlueCard<sup>®</sup> Program, for out-of-state emergency and non-emergency care, are provided at the preferred level of the local Blue Plan allowable amount when you use a Blue Cross/Blue Shield provider.

• Within US: BlueCard Program	See Applicable Benefit	See Applicable Benefit
• Outside of US: BlueCard Worldwide	See Applicable Benefit	See Applicable Benefit

**Optional Benefits** Optional dental, vision, substance abuse treatment, infertility and hearing aid benefits are available. If your employer purchased any of these benefits, a description of the benefit is provided separately.

- 1 Deductible and copayments marked with a (1) do not accrue to calendar-year copayment maximum. Copayments and charges for services not accruing to the member's calendar-year copayment maximum continue to be the member's responsibility after the calendar-year copayment maximum is reached. Deductible does not apply toward the calendar-year maximum. Please refer to the Certificate of Insurance and the Group Policy for exact terms and conditions of coverage.
- 2 Member is responsible for copayment in addition to any charges above allowable amounts. The coinsurance indicated is a percentage of allowable amounts. Preferred providers accept Blue Shield Life's allowable amount as full payment for covered services. Non-preferred providers can charge more than these amounts. When members use non-preferred providers, they must pay the applicable copayment plus any amount that exceeds Blue Shield Life's allowable amount. Charges above the allowable amount do not count toward the calendar-year deductible or copayment maximum.
- 3 Participating ambulatory surgery centers may not be available in all areas. Regardless of their availability, you can obtain outpatient surgery services from a hospital or an ambulatory surgery center affiliated with a hospital, with payment according to your health plan's hospital services benefits.
- 4 The maximum allowed charge for non-emergency hospital services received from a non-preferred hospital is \$600 per day. Members are responsible for 40 percent of this \$600 per day, plus all charges in excess of \$600.
- 5 Bariatric surgery is covered when pre-authorized by Blue Shield. However, for members residing in Imperial, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, Santa Barbara and Ventura Counties ("Designated Counties"), bariatric surgery services are covered only when performed at designated contracting bariatric surgery facilities and by designated contracting surgeons; coverage is not available for bariatric services from any other preferred provider and there is no coverage for bariatric services from non-preferred Providers. In addition, if prior authorized by Blue Shield Life and Health, a member in a Designated County who is required to travel more than 50 miles to a designated bariatric surgery facility will be eligible for limited reimbursement for specified travel expenses for the member and one companion. Refer to the Certificate of Insurance for further benefit details.
- 6 Services may require prior authorization by Blue Shield. When these services are prior authorized, members pay the preferred or participating provider amount.
- 7 Mental health services are accessed through Blue Shield of California Life and Health Insurance Company's Mental Health Service Administrator (MHSA) - using Blue Shield's MHSA participating and non-participating providers. Only Blue Shield MHSA contracted providers are administered by the Blue Shield MHSA. Behavioral health services rendered by non-participating providers are administered by Blue Shield. For a listing of severe mental illnesses, including serious emotional disturbances of a child, and other benefit details, please refer to the Certificate of Insurance or Group Policy.
- 8 All outpatient acupuncture and chiropractic visits accrue to the calendar-year visit maximum regardless of whether the plan deductible has been met.
- 9 **Optional substance abuse treatment benefits are available. If your employer purchased these benefits, a description of the benefit is attached hereto as "Additional Substance Abuse Treatment Benefits."**
- 10 Inpatient services for acute detoxification are covered under the medical benefit; see hospitalization services for benefit details. Services for medical acute detoxification are accessed through Blue Shield using Blue Shield's preferred providers or non-preferred providers.
- 11 Out of network home health care, home infusion and hospice services are not covered unless pre-authorized. When these services are pre-authorized, the member pays the Preferred Provider copayment.
- 12 Copayment shown is for physician's services. If the procedure is performed in a facility setting (hospital or outpatient surgery center), an additional facility copayment may apply.

Plan designs may be modified to ensure compliance with state and federal requirements  
A18120 (07/10)