

# SUMMARY OF BENEFITS

## Your CIGNA HealthCare Open Access Plus plan



CIGNA HealthCare

### Features that Add Value

- The **convenience of referral-free access to physicians**, and the option to select a **personal Primary Care Physician (PCP)**, as your source for routine care and guidance when you need specialized care. As your needs change, so may your choice of doctors. That's why you can change your PCP for any reason.
- The CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup> connects you to **registered nurses** and a **library** of hundreds of recorded programs on important health topics 24 hours a day, seven days a week, from anywhere in the U.S.
- **CIGNA Healthy Rewards®** includes special offers on health and wellness programs and services often not covered by many traditional benefits plans. Just call 1.800.870.3470 or visit our web site at [www.cigna.com](http://www.cigna.com).
- Prescription drug coverage is a **part of your plan**. More than 50,000 pharmacies participate nationwide, so you can have your prescription filled **wherever you go**. Mail-order service means quick, **convenient** delivery of your medications right to your home.
- **CIGNA Behavioral Advantage** emphasizes the mind-body connection. The program provides support from medical and mental health case managers, as well as a number of tools and resources, to help you take control of your health and wellness.

### Quality Service Is Part of Quality Care

- **Service** is at the heart of everything we do. Our goal is to give you: fast, accurate answers; responsive, courteous and professional assistance; and ease and convenience in finding the information you need to manage your health.
- **www.cigna.com** – Visit our **interactive Web site** to learn more about your plan and get health information, 24 hours a day. Once you enroll, register for [myCIGNA.com](http://myCIGNA.com), our convenient, secure website that combines WebMD® tools with personalized benefits information to help you make the most of your plan.
- **We Speak Many Languages<sup>SM</sup>**. We offer Language Line Services so that you can **talk with us** in 150 different languages. Just call Customer Service, and ask for an interpreter to assist you.
- Our interactive voice response system helps you find what you need faster over the phone. Use the speech recognition feature for information on your benefits, level of coverage, claims status, and more.

### It's Your Health

When you choose CIGNA HealthCare, you can take advantage of our **health and wellness** programs

- **Preventive care services** for your children through age 16 and any additional preventive care benefits described in the Benefit Highlights.
- CIGNA Well-Aware for Better Health® can **help you manage** certain chronic conditions.
- The CIGNA HealthCare Healthy Babies® program provides you with information to help you have a **healthy pregnancy and a healthy baby**.
- **The CIGNA Comprehensive Oncology Program<sup>SM</sup>** promotes cancer prevention and early detection through personalized care management, educational tools, benefit counseling, and other resources.
- **Healthy Steps for Weight Loss<sup>SM</sup>** offers ongoing personalized weight-management support by specially trained health coaches. The program is designed for overweight or moderately obese members, but it is also available to those who don't have significant weight problems but want to improve their health.

### You Can Depend on CIGNA HealthCare

- **Quality comes first**. We select “preferred providers” carefully. And we make sure you have a **wide range** of doctors to choose from.
- **Emergency and urgent care are covered** wherever you go, worldwide, **24 hours a day**. Urgent care centers can take care of your urgent care needs, and your cost is lower.

### It's Your Choice

- When you visit network providers, you get access to quality care at the lowest out-of-pocket costs available under your plan. Your plan also offers the **freedom to choose** the providers you prefer — even if they aren't part of the network. Your benefits are the highest when you see “preferred providers”, but you're still covered for visits to other providers. Participating providers charge a discounted rate for CIGNA members. If you use a non-network provider, the provider may bill you for the difference between the billed charge and the allowed amount under your benefit plan, in addition to applicable (higher than in-network) deductibles and coinsurance amounts.

*For Employees of AAQHC M 2-50*

BENEFIT HIGHLIGHTS	IN-NETWORK	OUT-OF-NETWORK
<b>Calendar Year Plan Deductible</b> Individual Family Maximum	\$2,000 \$4,000	\$4,000 \$6,000
<b>Calendar Year Out-of-Pocket Maximum</b> Individual / Family Maximum	Excludes Plan Deductible \$4,000/\$8,000	Excludes Plan Deductible \$12,000/\$24,000
<b>Coinsurance</b>	CIGNA HealthCare pays 80% of eligible charges. You pay 20% of charges after plan deductible.	CIGNA HealthCare pays 50% of eligible charges. You pay 50% of charges after plan deductible.
<b>Precertification -Inpatient – PHS+ (required for all inpatient admissions)</b>  <b>Precertification – Outpatient – PHS+ (required for selected outpatient procedures and diagnostic testing or outpatient services)</b>	Coordinated by your physician  Coordinated by your physician	Participant must obtain approval for inpatient admission; subject to penalty/reduction or denial for non-compliance Participant must obtain approval for selected outpatient procedures and diagnostic testing; subject to penalty/reduction or denial for non-compliance
<b>Lifetime Maximum</b>	\$5,000,000#	\$5,000,000#
<b>Pre-existing Condition Limitation</b>	Yes	Yes
<b>Physician Services</b> <b>Primary Care Physician (PCP) Office Visit</b>  <b>Specialty Physician Office Visit</b> <i>Consultant and Referral Physician Services</i> <b>Note:</b> A copayment applies for OB/GYN visits. If your doctor is listed as a PCP in the provider directory, you will pay a PCP copayment. If your doctor is listed as a specialist, you will pay the specialist copayment.  <i>Allergy Treatment/Injections - PCP or Specialty Physician</i> <i>Allergy Serum (dispensed by physician in office)</i> <i>Second Opinion Consultations (provided on voluntary basis)</i> <i>Surgery Performed in the Physician's Office- PCP or Specialty Physician</i>	\$25 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed. \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.  \$25 or \$50 copayment per office visit or actual charge, whichever is less No charge \$25 or \$50 copayment per office visit  \$25 or \$50 copayment per office visit	50% of charges**  50% of charges**  50% of charges** 50% of charges** 50% of charges**
<b>Preventive Care</b> <i>Routine Preventive Care for Children through age 16 (including routine immunizations)^</i>  <i>Immunizations</i> <i>Routine Preventive Care for Children and Adults from age 17 (including routine immunizations) ^^</i> Unlimited maximum per calendar year#  <i>Immunizations</i> ^^Cancer Screening, and Osteoporosis Screening are mandated benefits.	\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed. No charge, no plan deductible \$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.  No charge, no plan deductible	50% of charges**  50% of charges** 50% of charges**  50% of charges**

BENEFIT HIGHLIGHTS	IN-NETWORK	OUT-OF-NETWORK
<p><b>Mammograms, PSA, Pap Test</b></p> <p><i>Note: Preventive care related services and diagnostic related services are paid at the same level of benefits as other x-ray and lab services based on place of service.</i></p>	<p>20% of charges* if billed by independent diagnostic facility or outpatient hospital</p> <p>\$25 or \$50 copayment for associated wellness exam</p>	<p>50% of charges**</p>
<p><b>Inpatient Hospital Services including:</b> Semi-Private Room and Board Diagnostic/Therapeutic Lab and X-ray Drugs and Medication Operating and Recovery Room Radiation Therapy and Chemotherapy Anesthesia and Inhalation Therapy MRIs, MRAs, CAT Scans, PET Scans, etc.</p>	<p>20% of charges*</p>	<p>50% of charges* Precertification required</p>
<p><b>Inpatient Hospital Doctor's Visits/Consultations</b> Inpatient Hospital Professional Services</p>	<p>20% of charges* 20% of charges*</p>	<p>50% of charges** 50% of charges**</p>
<p><b>Outpatient Facility Services</b> Operating Room, Recovery Room, Procedure Room and Treatment Room including: Diagnostic/Therapeutic Lab and X-rays Anesthesia and Inhalation Therapy Physician and Outpatient Professional Services</p>	<p>20% of charges*  20% of charges*</p>	<p>50% of charges**  50% of charges**</p>
<p><b>Laboratory and Radiology Services (includes preadmission testing)</b> Physician's Office Outpatient Hospital Facility Emergency Room/Urgent Care Facility (billed by facility as part of the Emergency Room/Urgent Care visit) Independent X-Ray and/or Lab Facility Independent X-Ray and/or Lab Facility (in conjunction with an Emergency Room visit)</p>	<p>\$25 or \$50 copayment per office visit 20% of charges* No charge  20% of charges* No charge</p>	<p>50% of charges** 50% of charges** No charge; <i>except if not a true emergency, then 50% of charges**</i> 50% of charges** No charge</p>
<p><b>Advanced Radiological Imaging</b> (MRIs, MRAs, CAT Scans, PET Scans, etc.) Outpatient Facility  Emergency Room/Urgent Care Facility (billed by facility as part of the Emergency Room/Urgent Care visit)  Physician's Office <i>Note: The scan copayment will be administered on a per type of scan per day basis</i></p>	<p>\$150 scan copayment, plus 20% of charges* \$150 scan copayment   \$150 scan copayment</p>	<p>\$300 scan deductible, plus 50% of charges** \$150 scan copayment; <i>except if not a true emergency, then \$300 scan deductible, plus 50% of charges**</i> \$300 scan deductible, plus 50% of charges**</p>
<p><b>Short-Term Rehabilitative Therapy</b> <b>Cardiac Rehabilitation and Chiropractic Services – (includes cardiac rehab, physical, speech, occupational, chiropractic, pulmonary rehab &amp; cognitive therapy)</b> 20 days maximum per calendar year# for all therapies combined  <i>Note: therapy sessions provided as part of Home Health Care accumulate to the Short-Term Rehab Therapy maximum.</i></p>	<p>\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.</p>	<p>50% of charges**</p>

BENEFIT HIGHLIGHTS	IN-NETWORK	OUT-OF-NETWORK
<p><b>Emergency and Urgent Care Services</b> Physician's Office – PCP or Specialty Physician</p> <p>Hospital Emergency Room</p> <p>Outpatient Professional Services (Radiology, Pathology and Emergency Room Physician) Urgent Care Facility or Outpatient Facility</p> <p>Ambulance</p>	<p>\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.</p> <p>\$150 copayment per visit* (copay waived if admitted) No charge*</p> <p>\$75 copayment per visit* (copay waived if admitted) 20% of charges*</p>	<p>Care will be provided at in-network levels if it meets the "prudent layperson" definition of an emergency. Otherwise 50% of charges**</p>
<p><b>Maternity Care Services</b> Initial Office Visit to Confirm Pregnancy <b>Note:</b> A copayment applies for OB/GYN visits. If your doctor is listed as a PCP in the provider directory, you will pay a PCP copayment. If your doctor is listed as a specialist, you will pay the specialist copayment.</p> <p>All subsequent Prenatal Visits, Postnatal Visits and Physician's Delivery Charges (total maternity fee) Office Visits not included in the total maternity fee performed by OB or Specialty Physician</p> <p>Delivery - Facility (Inpatient Hospital/Birthing Center Charges)</p>	<p>\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.</p> <p>20% of charges*</p> <p>\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed. 20% of charges*</p>	<p>50% of charges**</p> <p>50% of charges**</p> <p>50% of charges**</p> <p>50% of charges* Precertification required</p>
<p><b>Inpatient Services at Other Health Care Facilities Skilled Nursing, Rehabilitation and Sub-Acute Facilities</b> 60 days maximum per calendar year# combined for all facilities listed</p>	<p>20% of charges*</p>	<p>50% of charges**</p>
<p><b>Home Health Services - Includes outpatient private duty nursing when approved as medically necessary, 100 days maximum per calendar year# 16 hour maximum per day#</b></p>	<p>20% of charges*</p>	<p>50% of charges**</p>
<p><b>Family Planning Services</b> Office Visits (lab &amp; radiology tests, counseling)</p> <p>Vasectomy/Tubal Ligation (excludes reversals) Inpatient Facility</p> <p>Outpatient Facility Services Physician's Services – Inpatient or Outpatient Physician's Office</p>	<p>\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.</p> <p>20% of charges*</p> <p>20% of charges* 20% of charges* \$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.</p>	<p>50% of charges**</p> <p>50% of charges* Precertification required 50% of charges** 50% of charges** 50% of charges**</p>
<p><b>Infertility Services</b> <b>Note:</b> Coverage will be provided for the treatment of an underlying medical condition up to the point an infertility condition is diagnosed. Services will be covered as any other illness.</p>	<p>Not covered</p>	<p>Not covered</p>

BENEFIT HIGHLIGHTS	IN-NETWORK	OUT-OF-NETWORK
<p><b>TMJ – Surgical and Non-surgical: case-by-case basis. Always excludes appliances and orthodontic treatment. Subject to medical necessity. Physician's Office</b></p> <p><i>Inpatient Facility</i></p> <p><i>Outpatient Facility Services</i></p> <p><i>Physician's Services</i></p>	<p>\$25 or \$50 copayment per office visit; No charge after office visit copay if only x-ray and/or lab services are performed and billed.</p> <p>20% of charges*</p> <p>20% of charges*</p> <p>20% of charges*</p>	<p>50% of charges**</p> <p>50% of charges*</p> <p>Precertification required</p> <p>50% of charges**</p> <p>50% of charges**</p>
<p><b>Mental Health – Severe Mental Health and Serious Emotional Disturbances (for dependent children under 18 years of age)</b></p> <p><i>Inpatient</i></p> <p><i>Outpatient Individual</i></p>	<p>20% of charges*</p> <p>\$50 copayment per visit</p>	<p>50% of charges*</p> <p>Precertification required</p> <p>50% of charges**</p>
<p><b>Mental Health and Substance Abuse</b></p> <p><i>Inpatient – 25 days combined maximum per calendar year##</i></p> <p><b>Mental Health</b></p> <p><i>Acute: Based on a ratio of 1:1</i></p> <p><i>Partial: Based on a ratio of 2:1</i></p> <p><i>Residential: Based on a ratio of 2:1</i></p> <p><b>Substance Abuse</b></p> <p><i>Acute Detox: Based on a ratio of 1:1 (requires 24 hour nursing)</i></p> <p><i>Acute Inpatient Rehab: Based on a ratio of 1:1 (requires 24 hour nursing)</i></p> <p><i>Partial: Based on a ratio of 2:1</i></p> <p><i>Residential: Based on a ratio of 2:1</i></p> <p><i>Outpatient Individual – 20 visits combined maximum per calendar year#</i></p> <p><i>Group Therapy Mental Health – combined maximum with Outpatient Individual Mental Health services based on a ratio of 1:1</i></p> <p><i>Intensive Outpatient Mental Health &amp; Substance Abuse – 3 programs maximum per calendar year# based on a ratio of 1:1 with outpatient Mental Health/Substance Abuse visits</i></p>	<p>\$250 copayment per admission plus 20% of charges*</p> <p>\$50 copayment per visit</p> <p>\$25 copayment per session</p> <p>\$125 per program copayment plus 20% of charges; no plan deductible</p>	<p>\$250 deductible per admission plus 50% of charges*</p> <p>Precertification required</p> <p>50% of charges**</p> <p>50% of charges**</p> <p>\$125 per program deductible, plus 50% of charges; no plan deductible</p>
<p><b>Durable Medical Equipment</b></p> <p><i>\$700 maximum per calendar year#</i></p> <p><b>Note: Diabetic equipment and appliances do not apply to the calendar year maximum</b></p>	<p>20% of charges*</p>	<p>50% of charges**</p>
<p><b>External Prosthetic Appliances and Orthotics</b></p> <p><i>Unlimited maximum per calendar year</i></p>	<p>20% of charges*</p>	<p>50% of charges**</p>



## Footnotes

- \* *Services are subject to calendar year deductible.*
- \*\* *Out-of-network services are subject to the calendar year deductible and maximum reimbursable charge limitations. Providers may bill the member the difference between their billed charge and the maximum reimbursable charge as determined by the benefit plan.*
- # *In-network and out-of-network services apply to the same treatment or dollar maximum.*

## Regarding In-Network and Out-of-Network Services:

- *Once the out-of-pocket maximum is reached, the plan pays 100% of eligible charges for the remainder of the plan year, except for Mental Health (excluding in-network Severe Mental Health and Serious Emotional Disturbances for Dependent Children under 18 years of age) and Substance Abuse which continue to be paid at the levels specified.*
- *Coverage for pre-existing conditions will not be covered under this plan unless continuously insured for six months.*

**Regarding In-Network Services:** *All services must be provided by one of the preferred providers on our list in order to be covered.*

## Regarding Out-of-Network Services:

- *Your out-of-pocket costs will be higher than with a preferred provider.*
- *All out-of-network hospital admissions and certain outpatient surgical and diagnostic procedures must be precertified and are subject to Continued Stay Review (CSR). A penalty applies to admissions which are not precertified. Non-approved admissions/days result in denial of benefits. The precertification penalty or cost of denied benefits does not apply to deductible or out-of-pocket maximum.*

## Case Management

Coordinated by CIGNA HealthCare. This is a service designed to provide assistance to a patient who is at risk of developing medical complexities or for whom a health incident has precipitated a need for rehabilitation or additional health care support. The program strives to attain a balance between quality and cost effective care while maximizing the patient's quality of life.

## Benefit Exclusions

**These are examples of the exclusions in your plan. The complete list of exclusions is provided in your Certificate or Summary Plan Description. To the extent there may be differences, the terms of the Certificate or Summary Plan Description control.**

1. Any service or supply not described as covered in the Covered Expenses section of the plan.
2. Any medical service or device that is not medically necessary.
3. Treatment of an illness or injury which is due to war or care for military service disabilities treatable through governmental services.
4. Any services and supplies for or in connection with experimental, investigational or unproven services.
5. Dental treatment of the teeth, gums or structures directly supporting the teeth, however, charges made for services or supplies provided for or in connection with an accidental injury to sound natural teeth are covered provided a continuous course of dental treatment is started within 6 months of the accident.
6. Medical and surgical services, initial and repeat, intended for the treatment or control of obesity, including clinically severe (morbid) obesity, including: medical and surgical services to alter appearances or physical changes that are the result of any surgery performed for the management of obesity or clinically severe (morbid) obesity; and weight loss programs or treatments, whether prescribed or recommended by a physician or under medical supervision.
7. Unless otherwise covered as a basic benefit, reports, evaluations, physical examinations, or hospitalization not required for health reasons, including but not limited to employment, insurance or government licenses, and court ordered, forensic, or custodial evaluations.
8. Court ordered treatment or hospitalizations.
9. Infertility services, infertility drugs, surgical or medical treatment programs for infertility, including in vitro fertilization, gamete intrafallopian transfer (GIFT), zygote intrafallopian transfer (ZIFT), variations of these procedures, and any costs associated with the collection, washing, preparation or storage of sperm for artificial insemination (including donor fees). Cryopreservation of donor sperm and eggs are also excluded from coverage.
10. Any services, supplies, medications or drugs for the treatment of male or female sexual dysfunction.
11. Medical and hospital care and costs for the child of a Dependent, unless this infant child is otherwise eligible under the plan.
12. Therapy or treatment intended primarily to improve or maintain general physical condition or for the purpose of enhancing job, school, athletic or recreational performance.
13. Consumable medical supplies other than ostomy supplies and urinary catheters.
14. Private hospital rooms and/or private duty nursing except as provided under the Home Health Services provision.
15. Artificial aids, including but not limited to hearing aids, semi-implantable hearing devices, audiant bone conductors, bone anchored hearing aids, corrective orthopedic shoes, arch supports, elastic stockings, garter belts, corsets, dentures and wigs.
16. Eyeglass lenses and frames and contact lenses (except for the first pair of contact lenses for treatment of keratoconus or postcataract surgery).
17. Routine refraction, eye exercises and surgical treatment for the correction of a refractive error, including radial keratotomy.
18. Non-prescription drugs and investigational and experimental drugs, except as provided in the plan.

## Benefit Exclusions (continued)

19. Routine foot care, however, services associated with foot care for diabetes and peripheral vascular disease are covered when medically necessary.
20. Genetic screening or pre-implantation genetic screening.
21. Fees associated with the collection or donation of blood or blood products.
22. Cost of biologicals that are immunizations or medications for the purpose of travel, or to protect against occupational hazards and risks.
23. All nutritional supplements and formulae are excluded, except infant formula needed for the treatment of inborn errors of metabolism.
24. Services for or in connection with an injury or illness arising out of, or in the course of, any employment for wage or profit.
25. Expenses incurred for medical treatment by a person age 65 or older, who is covered under the plan as a retiree, or his dependent, when payment is denied by the Medicare plan because treatment was not received from a participating provider of the Medicare plan.
26. Expenses incurred for medical treatment when payment is denied by the primary plan because treatment was not received from a participating provider of the primary plan.
27. The following services are excluded from coverage regardless of clinical indications: Massage Therapy; Cosmetic Surgery and Therapies; Macromastia or Gynecomastia Surgeries; Surgical Treatment of Varicose Veins; Abdominoplasty/Panniculectomy; Rhinoplasty; Blepharoplasty; Redundant Skin Surgery; Removal of Skin Tags; Acupressure; Craniosacral/cranial therapy; Dance Therapy, Movement Therapy; Applied Kinesiology; Rolfing; Prolotherapy; Transsexual Surgery; Non-medical counseling or ancillary services; Assistance in the activities of daily living; Cosmetics; Personal or Comfort Items; Dietary Supplements; Health and Beauty Aids; Aids or devices that assist with non-verbal communications; Treatment by Acupuncture; Dental implants for any condition; Health Club Membership fees; Weight Loss Program fees; Smoking Cessation Program fees; Reversal of male and female voluntary sterilization procedures; and Extracorporeal Shock Wave Lithotripsy for musculoskeletal and orthopedic conditions.

### ***These Are Only the Highlights***

*As you can see, the plan is designed to combine in-depth coverage with cost-effective prices. This summary contains highlights only and is subject to change. The specific terms of coverage, exclusions and limitations including legislated benefits are contained in the Summary Plan Description or Insurance Certificate. This plan is insured and/or administered by Connecticut General Life Insurance Company, a CIGNA Company.*

*“CIGNA HealthCare” refers to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc.*

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