Friday Standard Gold X

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, visit www.fridayhealthplans.com/member-hub/resources/ga/ or call 1-844-521-7999. 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 https://www.healthcare.gov/sbc-glossary or call 1-844-521-7999 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	For network providers \$2,000 individual / \$4,000 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</u> <u>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 deductibles for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For network providers \$8,700 individual / \$17,400 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 out-of-pocket limit?	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. <u>Click here to see network</u> providers or call 1-844-521-7999 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 <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.
Do you need a referral to see a specialist?	No.	You can see a network specialist for covered services without a referral.

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

Common Madical		What You Will Pay		Limitations, Exceptions, & Other Important	
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
	Primary care visit to treat an injury or illness	\$30 Copay/vist; Deductible waived	Not Covered	Friday designated telemedicine providers are not subject to deductible and covered in full.	
If you visit a health care provider's office	Specialist visit	\$60 <u>Copay</u> /visit; <u>Deductible</u> Does Not Apply	Not Covered	None.	
or clinic	Preventive care/screening/ immunization	No Charge; <u>Deductible</u> Does Not Apply	Not Covered	You may have to pay for services that are not preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.	
If you have a test	Diagnostic test (x-ray, blood work)	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	For some diagnostic and imaging services, preauthorization may be required.	
ii you iiave a test	Imaging (CT/PET scans, MRIs)	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	For some diagnostic and imaging services, preauthorization may be required.	
	Generic drugs (Tier 1)	Up to \$15 <u>Copay</u> <u>Deductible</u> Does Not Apply	Not Covered	Applies to formulary preferred generic only.	
If you need drugs to treat your illness or condition	Preferred brand drugs (Tier 3)	Up to \$30 <u>Copay</u> <u>Deductible</u> Does Not Apply	Not Covered	Applies to formulary preferred brand only.	
More information about prescription drug coverage is	Non-preferred brand drugs (Tier 2 & 4)	Up to \$60 <u>Copay</u> <u>Deductible</u> Does Not Apply	Not Covered	Applies to <u>formulary</u> non-preferred brand, non-preferred generic and non-preferred specialty.	
available at <u>Click</u> <u>Here</u>	Specialty drugs (Tier 5)	Up to \$250 Copay Deductible Does Not Apply	Not Covered	Applies to formulary specialty only. Some specialty medications are available in other tiers. Not all specialty drugs are covered, and pre-authorization may be required. See your policy documents for details.	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Preauthorization may be required.	
Surgery	Physician/surgeon fees	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Preauthorization may be required.	

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.fridayhealthplans.com/member-hub/resources/ga/</u>

Common Medical		What You Will Pay		Limitations Exceptions & Other Important
Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Emergency room care	25% <u>Coinsurance</u> After <u>Deductible</u>	25% <u>Coinsurance</u> After <u>Deductible</u>	You pay the same as In-network if it is an emergency as defined in your plan.
If you need immediate medical attention	Emergency medical transportation	25% <u>Coinsurance</u> After <u>Deductible</u>	25% <u>Coinsurance</u> After <u>Deductible</u>	You pay the same as In-network if it is an emergency as defined in your plan.
	<u>Urgent care</u>	\$45 <u>Copay Deductible</u> Does Not Apply	\$45 <u>Copay Deductible</u> Does Not Apply	None.
If you have a hospital	Facility fee (e.g., hospital room)	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Preauthorization is required, unless for emergency.
stay	Physician/surgeon fees	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Preauthorization is required, unless for emergency.
If you need mental health, behavioral	Outpatient services	\$30 Copay Deductible Does Not Apply	Not Covered	All inpatient for Severe Mental Illness or Substance Abuse require preauthorization.
health, or substance abuse services	Inpatient services	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	All inpatient for Severe Mental Illness or Substance Abuse require preauthorization.
	Office visits	\$60 <u>Copay Deductible</u> Does Not Apply	Not Covered	<u>Depending on the type of services, a coinsurance</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).
If you are pregnant	Childbirth/delivery professional services	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	<u>Depending on the type of services, a coinsurance</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).
	Childbirth/delivery facility services	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Depending on the type of services, a coinsurance may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).
	Home health care	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Limited to 120 visits/year. Preauthorization is required.
If you need help recovering or have other special health needs	Rehabilitation services	\$30 <u>Copay Deductible</u> Does Not Apply	Not Covered	Limited to 40 outpatient visits per therapy per Plan Year. These services may include physical and occupational therapy, speech-language pathology, and other services for people with disabilities in a variety of inpatient and/or outpatient settings. Preauthorization may be required.

 $^{^{\}star} \ \text{For more information about limitations and exceptions, see the } \underline{\text{plan}} \ \text{or policy document at } \underline{\text{www.fridayhealthplans.com/member-hub/resources/ga/}}$

Common Medical		What You Will Pay		Limitations, Exceptions, & Other Important	
Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
	Habilitation services	\$30 <u>Copay Deductible</u> Does Not Apply	Not Covered	Limited to 40 outpatient visits per Plan Year. The 40-visit limit does not apply to mental health and substance use disorder or autism. Preauthorization may be required. Habilitative services apply toward the Physical medicine and rehabilitative services' maximum number of visits specified in the 'Schedule of Benefits.	
	Skilled nursing care	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	60 days/year. Preauthorization is required.	
	Durable medical equipment	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Only <u>Durable medical equipment</u> considered standard and/or basic as defined by nationally recognized guidelines are covered. <u>Preauthorization</u> may be required.	
	Hospice services	25% <u>Coinsurance</u> After <u>Deductible</u>	Not Covered	Benefits for Inpatient and in-home <u>Hospice services</u> are Covered if you are terminally ill. No authorization for first 6 months, clinical review for subsequent 6 months.	
	Children's eye exam	No Charge	Not Covered	Coverage limited to one exam/year.	
If your child needs dental or eye care	Children's glasses	No Charge	Not Covered	Covers one (1) pair of lenses/year when a prescription change is determined Medically Necessary; One (1) pair of frames.	
	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 (except in cases of rape, incest, or when the life of the mother is endangered)
- Acupuncture
- Cosmetic Surgery (Except when medically necessary)
- Dental Care
- Long Term Care
- Non-emergency care when traveling outside the U.S.

- Private Duty Nursing
- Routine Foot Care
- Weight Loss Programs

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

- Bariatric Surgery
- Chiropractic Care (40 Visits/year)

- Hearing aids(<18)
- Infertility treatment (Up to diagnosis)

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.fridayhealthplans.com/member-hub/resources/ga/</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: Friday Health Plans at 1-844-521-7999. You may also contact your state insurance department at 1-800-656-2298. 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 or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: Friday Health Plans, 1-844-521-7999.

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? 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 1-844-521-7999.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-844-521-7999.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-844-521-7999.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-844-521-7999.

To see examples of how this <u>plan</u> 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>	\$2,000
■ Specialist copayment	\$60
■ Hospital (facility) coinsurance	25%
■ Other coinsurance	25%

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>	\$2,000	
Copayments	\$10	
Coinsurance	\$2,600	
What isn't covered		
Limits or exclusions	\$60	
The total Peg would pay is	\$4,670	

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>	\$2,000
■ Specialist copayment	\$60
■ Hospital (facility) coinsurance	25%
Other <u>coinsurance</u>	25%

This EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

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

I otal Example Cost	\$5,600		
In this example, Joe would pay:			
Cost Sharing			
<u>Deductibles</u>	\$900		
Copayments	\$1,300		
Coinsurance	\$0		
What isn't covered			
Limits or exclusions	\$20		
The total Joe would pay is	\$2,220		

Mia's Simple Fracture

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

■ The plan's overall deductible	\$2,000
■ Specialist copayment	\$60
■ Hospital (facility) coinsurance	25%
Other <u>coinsurance</u>	25%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

<u>Durable medical equipment</u> (crutches)

Rehabilitation services (physical therapy)

Total Example Cost	\$2,800
In this example, Mia would pay:	
Cost Sharing	
<u>Deductibles</u>	\$2,000
<u>Copayments</u>	\$300
<u>Coinsurance</u>	\$20
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$2,320

Multi-Language Insert Multi-language Interpreter Services

Spanish: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Friday Health Plans, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-844-521-7999.

Vietnamese: Nu quý vũ, hay ngưũi mà quý vũ đang giúp đũ, có câu hũi vũ Friday Health Plans, quý vũ sũ có quyũn đưũc giúp và có thêm thông tin bũng ngôn ngũ của mình miũn phí. Đũ nói chuyũn vũi mũt thông dũch viên, xin gũi 1-844-521-7999.

Chinese: 如果您,或您正在幫助的人,有關於 Friday Health Plans方面的問題,您有權利免費以您的母語得到幫助和訊息 想要跟一位翻譯員通話,請致電 1-844-521-7999.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Friday Health Plans 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담 없이 얻을 수 있는

권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-844-521-7999 로 전화하십시오.

Russian: Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Friday Health Plans, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-844-521-7999.

Amharic: እርስዎ፣ ወይም እርስዎ የሚያግዙት ባለሰብ፣ ስለ Friday Health Plans ጥያቄ ካላችሁ፣ ያለ ምንም ክፍያ በቋንቋዎ እርዳታና መረጃ የጣባኘት መብት አላችሁ። ከአስተርጓሚ ጋር ለመነጋገር፣ 1-844-521-7999 ይደውሉ።

Arabic: فلديك أو لدى شخص تساعده أسئلة بخصوص 1-844-521-899 في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون اية تكلفة. للتحدث مع مترجم Friday Health Plans فلديك الحق المساعدة والمعلومات الضرورية بلغتك من دون اية تكلفة. التحدث مع مترجم التحويل على المساعدة والمعلومات الصلاحة والمعلومات المساعدة والمعلومات المعلومات الم

German: Falls Sie oder jemand, dem Sie helfen, Fragen zum Friday Health Plans haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-844-521-7999 an.

French: Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de Friday Health Plans, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 1-844-521-7999.

Napali: यदि तपाईं आफ्ना लागि आफें आवेदनको काम गदा, वा कसैलाई मद्दत गदा हानुहान्छ Friday Health Plans बारे प्राहा छन् भने आफ्नो मातृभाषामा नि:शुल्क सहायता वा जानकार पाउने अधिकार छ । दोभाषे (इन्टरप्रेटर) सँग कु रा गनरुपरे 1-844-521-7999 मा फोन गनरुहोस् ।

Tagalog: Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Friday Health Plans, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-844-521-7999.

Japanese: ご本人様、またはお客様の身の回りの方でも、Friday Health Plans についてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、1-844-521-7999 までお電話ください。

Products and services are provided by or through Friday Health Insurance Company, Inc., an operating subsidiary of Friday Health Plans, Inc.

Cushite: Isin yookan namni biraa isin deeggartan Friday Health Plans irratti gaaffii yo qabaattan, kaffaltii irraa bilisa haala ta'een afaan keessaniin odeeffannoo argachuu fi deeggarsa argachuuf mirga ni qabdu. Nama isiniif ibsu argachuuf, lakkoofsa bilbilaa 1-844-521-7999 tiin bilbilaa.

Kru: I bale we, tole mut u ye hola, a gwee mbarga inyu Friday Health Plans, U gwee Kunde I kosna mahola ni biniiguene i hop wong nni nsaa wogui wo. I Nyu ipot ni mut a nla koblene we hop, sebel 1-844-521-7999.

Ibo: 🛭 būrū gū, ma o bū onye I na eyere-aka, nwere ajūjū gbasara Friday Health Plans, I nwere ohere iwenta nye maka na ūmūma na asīsū gū na akwu gū ūgwū. I chūrū I kwūrū onye-ntapūa okwu, kpū 1-844-521-7999.

Yoruba: Bí ìwī, tàbí Inikīni tí o n ranlīwī, bá ní ibeere nipa Friday Health Plans, o ní Itū lati rí iranwī àti ìfitónilétí gbà ní èdè rī láisanwó. Láti bá ongbufī kan sīrī, pè sórí 1-844-521-7999.