



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 general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms see the Glossary. You can see the Glossary at [www.carefirst.com/sbcg](http://www.carefirst.com/sbcg) or call 1-855-258-6518 to request a copy. For more information about your coverage, or to get a copy of the complete terms of coverage, please visit <http://content.carefirst.com/sbc/contracts/APHDBN0GRXCDBN77.pdf>.

| Important Questions  | Answers   | Why this Matters:   |
|--|---|---|
| <p><b>What is the overall <a href="#">deductible</a>?</b></p>                                | <p>In-Network: \$6,350 individual/ \$12,700 family; Out-of-Network: \$12,700 individual/ \$25,400 family.</p>   | <p>Generally, you must pay all the costs from <a href="#">provider</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family member(s) on the <a href="#">plan</a>, each family member may need to meet their own individual <a href="#">deductible</a>, OR all family members may combine to meet the overall family <a href="#">deductible</a> before the <a href="#">plan</a> begins to pay, depending upon <a href="#">plan</a> coverage. Please refer to your contract for further details.</p>                                       |
| <p><b>Are there services covered before you meet your <a href="#">deductible</a> ?</b></p>   | <p>Yes, all In-Network preventive care services.</p>  | <p>This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But, a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost sharing</a> and before you meet your <a href="#">deductible</a>. See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a>.</p> |
| <p><b>Are there other <a href="#">deductibles</a> for specific services?</b></p>             | <p>Yes. Prescription Drug <a href="#">deductible</a> is combined with Medical.</p>  | <p>You must pay all of the costs for these services up to the specific <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay for these services.</p>   |
| <p><b>What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a>?</b></p> | <p>Medical and Prescription Drug combined: In-Network: \$6,900 individual/ \$13,800 family; Out-of-Network: \$13,800 individual/ \$27,600 family.</p> | <p>The <a href="#">out-of-pocket limit</a> is the most you could pay in a <a href="#">plan</a> year for covered services. If you have other family member(s) on the <a href="#">plan</a>, each family member may need to meet their own <a href="#">out-of-pocket limits</a>, OR all family members may combine to meet the overall family <a href="#">out-of-pocket limit</a>, depending upon <a href="#">plan</a> coverage. Please refer to your contract for further details.</p>  |
| <p><b>What is not included in the <a href="#">out-of-pocket limit</a>?</b></p>               | <p>Premiums, balance-billed charges, and health care this plan does not cover.</p>  | <p>Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a>.</p>   |

|   |  |   |
|---|--|---|
| <p><b>Will you pay less if you use a <a href="#">network provider</a>?</b></p>          | <p>Yes. See <a href="http://www.carefirst.com">www.carefirst.com</a> or call <b>1-855-258-6518</b> for a list of <a href="#">provider network</a>.</p> | <p>This <a href="#">plan</a> uses a <a href="#">provider network</a>. You will pay less if you use a <a href="#">provider</a> in the plan's <a href="#">network</a>. You will pay the most if you use an <a href="#">out-of-network provider</a>, and you might receive a bill from a <a href="#">provider</a> for the difference between the provider's charge and what your <a href="#">plan</a> pays (<a href="#">balance billing</a>). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services.</p> |
| <p><b>Do I need a <a href="#">referral</a> to see a <a href="#">specialist</a>?</b></p> | <p>No.</p>   | <p>You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a>.</p>  |

| Common Medical Event   | Services You May Need                                  | What You Will Pay   |   | Limitations, Exceptions & Other Important Information  |
|--|--|---|---|--|
|  |  | In-Network Provider (You will pay the least)  | Out-of-Network Provider (You will pay the most)   |  |
| If you visit a health care <a href="#">provider's</a> office or clinic | Primary care visit to treat an injury or illness       | Provider & Hospital Facility: Deductible, then 20% of Allowed Benefit   | Provider & Hospital Facility: Deductible, then 40% of Allowed Benefit   | If a service is rendered at a Hospital Facility, the additional Facility charge may apply                            |
|  | <a href="#">Specialist</a> visit                       | Provider & Hospital Facility: Deductible, then 20% of Allowed Benefit   | Provider & Hospital Facility: Deductible, then 40% of Allowed Benefit   | If a service is rendered at a Hospital Facility, the additional Facility charge may apply                            |
|  | Retail Health Clinic                                   | Deductible, then 20% of Allowed Benefit   | Deductible, then 40% of Allowed Benefit   | None   |
|  | <a href="#">Preventive care/screening/immunization</a> | No Charge   | Deductible, then No Charge  | Some services may have limitations or exclusions based on your contract  |
| If you have a test   | <a href="#">Diagnostic test</a> (x-ray, blood work)    | LabTest: Non-Hospital: Deductible, then 20% of Allowed Benefit<br>Hospital: Deductible, then 20% of Allowed Benefit<br>XRay: Non-Hospital: Deductible, then 20% of Allowed Benefit<br>Hospital: Deductible, then 20% of Allowed Benefit | LabTest: Non-Hospital: Deductible, then 40% of Allowed Benefit<br>Hospital: Deductible, then 40% of Allowed Benefit<br>XRay: Non-Hospital: Deductible, then 40% of Allowed Benefit<br>Hospital: Deductible, then 40% of Allowed Benefit | If a service is rendered at a Hospital Facility, the additional Facility charge may apply. Please see your contract. |

| Common Medical Event  | Services You May Need                          | What You Will Pay  |  | Limitations, Exceptions & Other Important Information   |
|---|--|--|--|---|
|   |  | In-Network Provider (You will pay the least)   | Out-of-Network Provider (You will pay the most)  |   |
|   | Imaging (CT/PET scans, MRIs)                   | Non-Hospital: Deductible, then 20% of Allowed Benefit<br>Hospital: Deductible, then 20% of Allowed Benefit | Non-Hospital: Deductible, then 40% of Allowed Benefit<br>Hospital: Deductible, then 40% of Allowed Benefit | If a service is rendered at a Hospital Facility, the additional Facility charge may apply. Please see your contract.  |
| <b>If you need drugs to treat your illness or condition</b><br>More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.carefirst.com/rx">www.carefirst.com/rx</a> | Generic drugs                                  | Deductible, then 20% of Allowed Benefit  | Paid As In-Network   | For all prescription drugs: Prior authorization may be required for certain drugs; No Charge for preventive drugs or contraceptives;<br><br>Specialty Drugs: Participating Providers: covered when purchased through the Exclusive Specialty Pharmacy Network<br><br>Non-Participating Providers: Not Covered |
|   | Preferred brand drugs                          | Deductible, then 20% of Allowed Benefit  | Paid As In-Network   |   |
|   | Non-preferred brand drugs                      | Deductible, then 20% of Allowed Benefit  | Paid As In-Network   |   |
|   | Preferred <a href="#">Specialty drugs</a>      | Deductible, then 20% of Allowed Benefit up to \$150  | Not Covered  |   |
|   | Non-preferred <a href="#">Specialty drugs</a>  | Deductible, then 20% of Allowed Benefit up to \$150  | Not Covered  |   |
| <b>If you have outpatient surgery</b>   | Facility fee (e.g., ambulatory surgery center) | Non-Hospital & Hospital: Deductible, then 20% of Allowed Benefit   | Non-Hospital & Hospital: Deductible, then 40% of Allowed Benefit   | None  |
|   | Physician/surgeon fees                         | Non-Hospital & Hospital: Deductible, then 20% of Allowed Benefit   | Non-Hospital & Hospital: Deductible, then 40% of Allowed Benefit   | None  |
|   | <a href="#">Emergency room care</a>            | Deductible, then 20% of Allowed Benefit  | Paid As In-Network   | Limited to Emergency Services or unexpected, urgently required services; Additional professional charges may apply  |

| Common Medical Event   | Services You May Need                            | What You Will Pay   |   | Limitations, Exceptions & Other Important Information   |
|--|--|---|---|---|
|  |  | In-Network Provider (You will pay the least)                          | Out-of-Network Provider (You will pay the most)                       |   |
| <b>If you need immediate medical attention</b>                                   | <a href="#">Emergency medical transportation</a> | Deductible, then 20% of Allowed Benefit                               | Paid As In-Network  | Prior authorization is required for air ambulance services, except when Medically Necessary in an emergency                           |
|  | <a href="#">Urgent care</a>                      | Deductible, then 20% of Allowed Benefit                               | Paid As In-Network  | Limited to unexpected, urgently required services   |
| <b>If you have a hospital stay</b>   | Facility fee (e.g., hospital room)               | Deductible, then 20% of Allowed Benefit                               | Deductible, then 40% of Allowed Benefit                               | Prior authorization is required   |
|  | Physician/surgeon fee                            | Deductible, then 20% of Allowed Benefit                               | Deductible, then 40% of Allowed Benefit                               | None  |
| <b>If you have mental health, behavioral health, or substance abuse services</b> | Outpatient services                              | Office Visit: Deductible, then 20% of Allowed Benefit                 | Office Visit: Deductible, then 40% of Allowed Benefit                 | For treatment at an Outpatient Hospital Facility, additional charges may apply  |
|  | Inpatient services                               | Deductible, then 20% of Allowed Benefit                               | Deductible, then 40% of Allowed Benefit                               | Prior authorization is required; Additional professional charges may apply  |
| <b>If you are pregnant</b>   | Office visits                                    | No Charge   | Deductible, then 40% of Allowed Benefit                               | For routine pre/postnatal office visits only. For non-routine obstetrical care or complications of pregnancy, cost sharing may apply. |
|  | Childbirth/delivery professional services        | Deductible, then 20% of Allowed Benefit                               | Deductible, then 40% of Allowed Benefit                               | None  |
|  | Childbirth/delivery facility services            | Deductible, then 20% of Allowed Benefit                               | Deductible, then 40% of Allowed Benefit                               | None  |
|  | <a href="#">Home health care</a>                 | Deductible, then 20% of Allowed Benefit                               | Deductible, then 40% of Allowed Benefit                               | Prior authorization is required; 90 visits/episode of care  |
|  | <a href="#">Rehabilitation services</a>          | Provider & Hospital Facility: Deductible, then 20% of Allowed Benefit | Provider & Hospital Facility: Deductible, then 40% of Allowed Benefit | If a service is rendered at a Hospital Facility, the additional Facility charge may apply   |

| Common Medical Event   | Services You May Need                     | What You Will Pay   |   | Limitations, Exceptions & Other Important Information  |
|--|---|---|---|--|
|  |   | In-Network Provider (You will pay the least)  | Out-of-Network Provider (You will pay the most)   |  |
| If you need help recovering or have other special health needs | <a href="#">Habilitation services</a>     | Provider & Hospital Facility: Deductible, then 20% of Allowed Benefit   | Provider & Hospital Facility: Deductible, then 40% of Allowed Benefit   | Prior authorization is required for Member age 21 and older; If a service is rendered at a Hospital Facility, the additional Facility charge may apply   |
|  | <a href="#">Skilled nursing care</a>      | Deductible, then 20% of Allowed Benefit   | Deductible, then 40% of Allowed Benefit   | Prior authorization is required; 60 days/benefit period  |
|  | <a href="#">Durable medical equipment</a> | Deductible, then 20% of Allowed Benefit   | Deductible, then 40% of Allowed Benefit   | Prior authorization is required for specified services. Please see your contract.  |
|  | <a href="#">Hospice services</a>          | Inpatient Care: Deductible, then 20% of Allowed Benefit<br>Outpatient Care: Deductible, then 20% of Allowed Benefit | Inpatient Care: Deductible, then 40% of Allowed Benefit<br>Outpatient Care: Deductible, then 40% of Allowed Benefit | Prior authorization is required; For Participating Providers and Non-Participating Providers (combined): Limited to a maximum 180-day Hospice Eligibility Period which includes a maximum of 60 days Inpatient Hospice Services per Hospice Eligibility Period |
| If your child needs dental or eye care                         | Children's eye exam                       | \$50 copay per visit  | Member pays expenses in excess of the Pediatric Vision Allowed Benefit of \$40                                      | Limited to Members up to age 19; 1 visit/benefit period  |
|  | Children's glasses                        | No Charge   | Allowances available for glasses/lenses   | Limited to Members up to age 19; 1 set of glasses/ lenses per benefit period   |
|  | Children's dental check-up                | No Charge   | 20% of Allowed Benefit  | Limited to Members up to age 19; Limited to 2 visits/benefit period  |

**Excluded Services & Other Covered Services:**

| Services Your <a href="#">Plan</a> Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other <a href="#">excluded services</a> .) |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Bariatric surgery</li> <li>• Cosmetic surgery</li> <li>• Dental care (Adult)</li> </ul>  | <ul style="list-style-type: none"> <li>• Hearing aids</li> <li>• Infertility treatment</li> <li>• Long-term care</li> </ul> | <ul style="list-style-type: none"> <li>• Private-duty nursing</li> <li>• Routine foot care</li> <li>• Weight loss programs</li> </ul> |

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

- Abortion, except in limited circumstances
- Acupuncture
- Chiropractic care
- Coverage provided outside the United States. See [www.carefirst.com](http://www.carefirst.com)
- Non-emergency care when traveling outside the U.S.
- Routine eye care (Adult)

**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: District of Columbia Healthcare Finance, <http://ombudsman.dc.gov>, or call 1-877-685-6931. 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](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: District of Columbia Healthcare Finance, <http://ombudsman.dc.gov>, or call 1-877-685-6931.

**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 1-855-258-6518.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-855-258-6518.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-855-258-6518.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-855-258-6518.

————— *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 [plan's](#) overall [deductible](#) \$6,350
- [Specialist Coinsurance](#) 20%
- Hospital (facility) [Coinsurance](#) 20%
- Other [Coinsurance](#) 20%

**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> |
| <b>In this example, Peg would pay:</b> |                 |
| <i>Cost Sharing</i>                    |                 |
| Deductibles                            | \$6,350         |
| Copayments                             | \$0             |
| Coinsurance                            | \$730           |
| <i>What isn't covered</i>              |                 |
| Limits or exclusions                   | \$10            |
| <b>The total Peg would pay is</b>      | <b>\$7,090</b>  |

**Managing Joe's type 2 Diabetes**  
(a year of a routine in-network care of a well-controlled condition)

- The [plan's](#) overall [deductible](#) \$6,350
- [Specialist Coinsurance](#) 20%
- Hospital (facility) [Coinsurance](#) 20%
- Other [Coinsurance](#) 20%

**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> |
| <b>In this example, Joe would pay:</b> |                |
| <i>Cost Sharing</i>                    |                |
| Deductibles                            | \$5,430        |
| Copayments                             | \$0            |
| Coinsurance                            | \$0            |
| <i>What isn't covered</i>              |                |
| Limits or exclusions                   | \$0            |
| <b>The total Joe would pay is</b>      | <b>\$5,430</b> |

**Mia's Simple Fracture**  
(in-network emergency room visit and follow up care)

- The [plan's](#) overall [deductible](#) \$6,350
- [Specialist Coinsurance](#) 20%
- Hospital (facility) [Coinsurance](#) 20%
- Other [Coinsurance](#) 20%

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

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.

## Notice of Nondiscrimination and Availability of Language Assistance Services

CareFirst BlueCross BlueShield, CareFirst BlueChoice, Inc. and all of their corporate affiliates (CareFirst) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. CareFirst does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

CareFirst:

- Provides free aid and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

**If you need these services, please call 855-258-6518.**

If you believe CareFirst has failed to provide these services, or discriminated in another way, on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our CareFirst Civil Rights Coordinator by mail, fax or email. If you need help filing a grievance, our CareFirst Civil Rights Coordinator is available to help you.

**To file a grievance regarding a violation of federal civil rights, please contact the Civil Rights Coordinator as indicated below. Please do not send payments, claims issues, or other documentation to this office.**

### Civil Rights Coordinator, Corporate Office of Civil Rights

Mailing Address      P.O. Box 8894  
                                 Baltimore, Maryland 21224

Email Address        civilrightscordinator@carefirst.com

Telephone Number    410-528-7820

Fax Number            410-505-2011

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



## Foreign Language Assistance

*Attention (English): This notice contains information about your insurance coverage. It may contain key dates and you may need to take action by certain deadlines. You have the right to get this information and assistance in your language at no cost. Members should call the phone number on the back of their member identification card. All others may call 855-258-6518 and wait through the dialogue until prompted to push 0. When an agent answers, state the language you need and you will be connected to an interpreter.*

*አማርኛ (Amharic) ማሳሰቢያ፡- ይህ ማስታወቂያ ስለ መድን ሽፋንዎ መረጃ ይዟል። ከተወሰኑ ቀን-ገደቦች በፊት ሊፈጽሟቸው የሚገቡ ነገሮች ሊኖሩ ስለሚችሉ እነዚህን ወሳኝ ቀናት ሊይዝ ይችላሉ። ይኸን መረጃ የማግኘት እና ያለምንም ክፍያ በቋንቋዎ አገዛ የማግኘት መብት አለዎት። አባል ከሆኑ ከመታወቂያ ካርድዎ በስተጀርባ ላይ ወደተጠቀሰው የስልክ ቁጥር መደወል ይችላሉ። አባል ካልሆኑ ደግሞ ወደ ስልክ ቁጥር 855-258-6518 ደውለው 0ን እንዲጫኑ እስኪነገርዎ ድረስ ንግግሩን መጠበቅ አለብዎ። አንድ ወኪል መልስ ሲሰጥዎ፣ የሚፈልጉትን ቋንቋ ያሳውቁ፣ ከዚያም ከተርጓሚ ጋር ይገናኛሉ።*

*Èdè Yorùbá (Yoruba) Ìtètíléko: Àkíyèsí yíí ní iwífún nípa isẹ adójútòfò rẹ. Ó le ní àwọn déèti pátó o sì le ní láti gbé igbésè ní àwọn ojò gbèdèké kan. O ni ètò láti gba iwífún yíí àti irànlówó ní èdè rẹ lófèfè. Àwọn omọ-egbé gbòdò pe nóm̀bà fòò̀nù tó wà lẹ̀yìn káàdì idánimò wòn. Àwọn mírà̀n le pe 855-258-6518 kí o sì dúró nípasè ijíròrò tí tí a ó fí sọ fún ọ láti tẹ 0. Níg̀bà tí a sọjú kan bá dáhùn, sọ èdè tí o fẹ a ó sì sọ ọ pò mò ògbufò kan.*

*Tiếng Việt (Vietnamese) Chú ý: Thông báo này chứa thông tin về phạm vi bảo hiểm của quý vị. Thông báo có thể chứa những ngày quan trọng và quý vị cần hành động trước một số thời hạn nhất định. Quý vị có quyền nhận được thông tin này và hỗ trợ bằng ngôn ngữ của quý vị hoàn toàn miễn phí. Các thành viên nên gọi số điện thoại ở mặt sau của thẻ nhận dạng. Tất cả những người khác có thể gọi số 855-258-6518 và chờ hết cuộc đối thoại cho đến khi được nhắc nhấn phím 0. Khi một tổng đài viên trả lời, hãy nêu rõ ngôn ngữ quý vị cần và quý vị sẽ được kết nối với một thông dịch viên.*

*Tagalog (Tagalog) Atensyon: Ang abisong ito ay naglalaman ng impormasyon tungkol sa nasasaklawang ng iyong insurance. Maaari itong maglaman ng mga pinakamahalagang petsa at maaaring kailangan mong gumawa ng aksyon ayon sa ilang deadline. May karapatan ka na makuha ang impormasyong ito at tulong sa iyong sariling wika nang walang gastos. Dapat tawagan ng mga Miyembro ang numero ng telepono na nasa likuran ng kanilang identification card. Ang lahat ng iba ay maaaring tumawag sa 855-258-6518 at maghintay hanggang sa dulo ng diyalogo hanggang sa diktahan na pindutin ang 0. Kapag sumagot ang ahente, sabihin ang wika na kailangan mo at ikokonekta ka sa isang interpreter.*

*Español (Spanish) Atención: Este aviso contiene información sobre su cobertura de seguro. Es posible que incluya fechas clave y que usted tenga que realizar alguna acción antes de ciertas fechas límite. Usted tiene derecho a obtener esta información y asistencia en su idioma sin ningún costo. Los asegurados deben llamar al número de teléfono que se encuentra al reverso de su tarjeta de identificación. Todos los demás pueden llamar al 855-258-6518 y esperar la grabación hasta que se les indique que deben presionar 0. Cuando un agente de seguros responda, indique el idioma que necesita y se le comunicará con un intérprete.*

*Русский (Russian) Внимание! Настоящее уведомление содержит информацию о вашем страховом обеспечении. В нем могут указываться важные даты, и от вас может потребоваться выполнить некоторые действия до определенного срока. Вы имеете право бесплатно получить настоящие сведения и сопутствующую помощь на удобном вам языке. Участникам следует обращаться по номеру телефона, указанному на тыльной стороне идентификационной карты. Все прочие абоненты могут звонить по номеру 855-258-6518 и ожидать, пока в голосовом меню не будет предложено нажать цифру «0». При ответе агента укажите желаемый язык общения, и вас свяжут с переводчиком.*

**हिन्दी (Hindi)** ध्यान दें: इस सूचना में आपकी बीमा कवरेज के बारे में जानकारी दी गई है। हो सकता है कि इसमें मुख्य तिथियों का उल्लेख हो और आपके लिए किसी नियत समय-सीमा के भीतर काम करना ज़रूरी हो। आपको यह जानकारी और संबंधित सहायता अपनी भाषा में निःशुल्क पाने का अधिकार है। सदस्यों को अपने पहचान पत्र के पीछे दिए गए फ़ोन नंबर पर कॉल करना चाहिए। अन्य सभी लोग 855-258-6518 पर कॉल कर सकते हैं और जब तक 0 दबाने के लिए न कहा जाए, तब तक संवाद की प्रतीक्षा करें। जब कोई एजेंट उत्तर दे तो उसे अपनी भाषा बताएँ और आपको व्याख्याकार से कनेक्ट कर दिया जाएगा।

**Bàsòò-wùdù (Bassa)** Tò Dùù Cáo! Bǎ nìà kè bá nyo bǎ kè m̄ gbo kpá bó nì fùà-fúá-tiìn nyεε jè dyí. Bǎ nìà kè bédé wé jéé bǎ bǎ m̄ kè dε wa m̄ m̄ kè nyuεε nyu hwè bǎ wé bǎa kè zi. Ǿ m̄ nì kpé bǎ m̄ kè bǎ nìà kè kè gbo-kpá-kpá m̄ m̄ dyé dε nì bídí-wùdù mú bǎ m̄ kè se wídí dò péè. Kpooò nyo bǎ m̄ dá fúùn-nòbà nìà dε waa I.D. káàò dεín nyε. Nyo tòò séín m̄ dá nòbà nìà kè: 855-258-6518, kè m̄ m̄ fò tee bǎ wa kέε m̄ gbo cē bǎ m̄ kè nòbà m̄à 0 kέε dyi pàdàìn hwè. Ǿ jǔ kè nyo dò dyi m̄ gǎ jǔìn, po wuqu m̄ m̄ poye dyie, kè nyo dò mu bó nììn bǎ Ǿ kè nì wuquò mú zà.

**বাংলা (Bengali)** লক্ষ্য করুন: এই নোটিশে আপনার বিমা কভারেজ সম্পর্কে তথ্য রয়েছে। এর মধ্যে গুরুত্বপূর্ণ তারিখ থাকতে পারে এবং নির্দিষ্ট তারিখের মধ্যে আপনাকে পদক্ষেপ নিতে হতে পারে। বিনা খরচে নিজের ভাষায় এই তথ্য পাওয়ার এবং সহায়তা পাওয়ার অধিকার আপনার আছে। সদস্যদেরকে তাদের পরিচয়পত্রের পিছনে থাকা নম্বরে কল করতে হবে। অন্যেরা 855-258-6518 নম্বরে কল করে 0 টিপতে না বলা পর্যন্ত অপেক্ষা করতে পারেন। যখন কোনো এজেন্ট উত্তর দেবেন তখন আপনার নিজের ভাষার নাম বলুন এবং আপনাকে দোভাষীর সঙ্গে সংযুক্ত করা হবে।

**اردو (Urdu)** (توجہ) نہ نوٹس پے کے لکھیں س کوئی ج سے نکلے علم و انتہا پر مشتمل ہے۔ اس سے کئی دقتیاری نہیں ہو سکتی ہیں اور ممکن ہے کہ آپ کو مخصوص آخری تاریخ تک کارروائی کرنے کی ضرورت پڑے آپ کے پاس یہ علم و مات حاصل کرنے اور یہی خرچہ کیے بغیر زبان میں مدد حاصل کرنے کا حق ہے۔ مہران کو پلینیشن اضی کارنگی پیش تہر موج و فون ن ہیر کال کرنے چاہیے۔ سبھی دیگر لوگ 855-258-6518 پر کال کر سکتے ہیں اور 0 ٹیپ کے لیے جے تک نظر کیوں ای جے تک کے جواب میں پیلین طلبہ زبان بننے اور تہرجم سے مہوط ہو چکے گے۔

**فارسی (Farsi)** (توجہ) تین اطلاعہ حاوی اطلاعہ بیوارہ پیش شیمی ش ما ملت. ممکن ملت حاوی تاریخ های مهمی شد و الزم ملت تک ای مقرر شده مخصوصی قلم کنند. شما از طریق بر خوردار مسیها تین اطلاع و رافلی ربه صورت رنگاربه زبان خودتان دقت کنید. اعضا طلبا ش ما ره درج شده درپش تکارتشن اسلی ش انت ماسیگی ند. سر رفلر ادھی تو لبجا ش ما ره 855-258-6518 ماسیگی رند و منتظر ملتنت از لها نخواست شود عدد 0 رفلش ار دق دبعد اپاسخ گی ویتوس طکی ایپراتور ها، زبان موردی از رلقظ کھیلتا به تہرجم مہوطه وصل شید.

**العربیة (Arabic)** تنبیہ جتوي هذا إخطار علم علوم انتبش أبت غطت كالت أوفية، وتحتوي على إيت وإوخ مهمة، وقت ضا جالی يثخاذا إجراء انتبج ول مواج دن هبة م حدة ی حق لك الحصول على هذا لمس اعدقوالم علم و انتبش غكبدونت حمل أئشفة مینغی علی الأعضاء لكصال علی رقم ال هتفالم ذك ورفي ظه رب طبقه ی فال هبة ال خاص قهم یمكن ال خرون لكصال عمل رلقم 855-258-6518 ال نظار خلال الم حلة ضی وطلب فی هلیض غط علی رقم 0 جرد إجلة أحتل وكلاء، اذ كلال غة لك ییت ضا جالی التواصل لها وسیت متوصل لكب ألد لئر جهال فوهن.

**中文繁体 (Traditional Chinese)** 注意：本聲明包含關於您的保險給付相關資訊。本聲明可能包含重要日期及您在特定期限之前需要採取的行動。您有權利免費獲得這份資訊，以及透過您的母語提供的協助服務。會員請撥打印在身分識別卡背面的電話號碼。其他所有人士可撥打電話 855-258-6518，並等候直到對話提示按下按鍵 0。當接線生回答時，請說出您需要使用的語言，這樣您就能與口譯人員連線。

*Igbo (Igbo)* Nrubama: Okwa a nwere ozi gbasara mkpuchi nchekwa onwe gi. O nwere ike inwe ubochi ndi di mkpa, i nwere ike ime ihe tupu ufodu ubochi njedebe. I nwere ikike inweta ozi na enyemaka a n'asusu gi na akwughi ugwo o bula. Ndi otu kwesiri ikpo akara ekwentu di n'azu nke kaadi njirimara ha. Ndi ozo niile nwere ike ikpo 855-258-6518 wee chere ububo ahu ruo mgbe amanyere ipi 0. Mgbe onye nnochite anya zara, kwuo asusu i choro, a ga-ejiko gi na onye okowa okwu.

*Deutsch (German)* Achtung: Diese Mitteilung enthält Informationen über Ihren Versicherungsschutz. Sie kann wichtige Termine beinhalten, und Sie müssen gegebenenfalls innerhalb bestimmter Fristen reagieren. Sie haben das Recht, diese Informationen und weitere Unterstützung kostenlos in Ihrer Sprache zu erhalten. Als Mitglied verwenden Sie bitte die auf der Rückseite Ihrer Karte angegebene Telefonnummer. Alle anderen Personen rufen bitte die Nummer 855-258-6518 an und warten auf die Aufforderung, die Taste 0 zu drücken. Geben Sie dem Mitarbeiter die gewünschte Sprache an, damit er Sie mit einem Dolmetscher verbinden kann.

*Français (French)* Attention: cet avis contient des informations sur votre couverture d'assurance. Des dates importantes peuvent y figurer et il se peut que vous deviez entreprendre des démarches avant certaines échéances. Vous avez le droit d'obtenir gratuitement ces informations et de l'aide dans votre langue. Les membres doivent appeler le numéro de téléphone figurant à l'arrière de leur carte d'identification. Tous les autres peuvent appeler le 855-258-6518 et, après avoir écouté le message, appuyer sur le 0 lorsqu'ils seront invités à le faire. Lorsqu'un(e) employé(e) répondra, indiquez la langue que vous souhaitez et vous serez mis(e) en relation avec un interprète.

*한국어(Korean)* 주의: 이 통지서에는 보험 커버리지에 대한 정보가 포함되어 있습니다. 주요 날짜 및 조치를 취해야 하는 특정 기한이 포함될 수 있습니다. 귀하에게는 사용 언어로 해당 정보와 지원을 받을 권리가 있습니다. 회원이신 경우 ID 카드의 뒷면에 있는 전화번호로 연락해 주십시오. 회원이 아닌 경우 855-258-6518 번으로 전화하여 0을 누르라는 메시지가 들릴 때까지 기다리십시오. 연결된 상담원에게 필요한 언어를 말씀하시면 통역 서비스에 연결해 드립니다.

*Diné Bizaad (Navajo)* Ge': Díí bee íł hane'ígíí bii' dahóló bee éédahózin béeso ách'ááh naanil ník'ist'i'ígíí bá. Bii' dahólóq doo íiyisíí yoolkaálígíí dóo t'áadoo le'é ádadoolyíí'ígíí da yókeedgo t'áa doo bee e'e'aa'ahí ájiil'ííh. Bee ná ahóót'i' díí bee íł hane' dóo níká'ádoowot t'áa nínizaad bee t'áa jiik'é. Atah danilínígíí béesh bee hane'é bee wólta'ígíí nit'izgo bee nee hódolzinígíí bikéédéé' bikáá' bich'í' hodoonihjí'. Aadóo náána'á' éi kojí' dahóoolnih 855-258-6518 dóo yii diiłts'ííł yałtí'ígíí t'áa níléjį áádóo éi bikéé'dóo naasbaqas bił adidiilchit. Áká'anidaalwó'ígíí neidiitáágo, saad bee yáníłt'i'ígíí yii diikił dóo ata' halne'é lá níká'ádoowot.