BlueCross BlueShield Nebraska

An Overview of Your

Health Care, Prescription Drug and Dental Benefits

Educators Health Alliance

Effective Sept. 1, 2019

A Health Care, Prescription Drug and Dental Plan Exclusively for

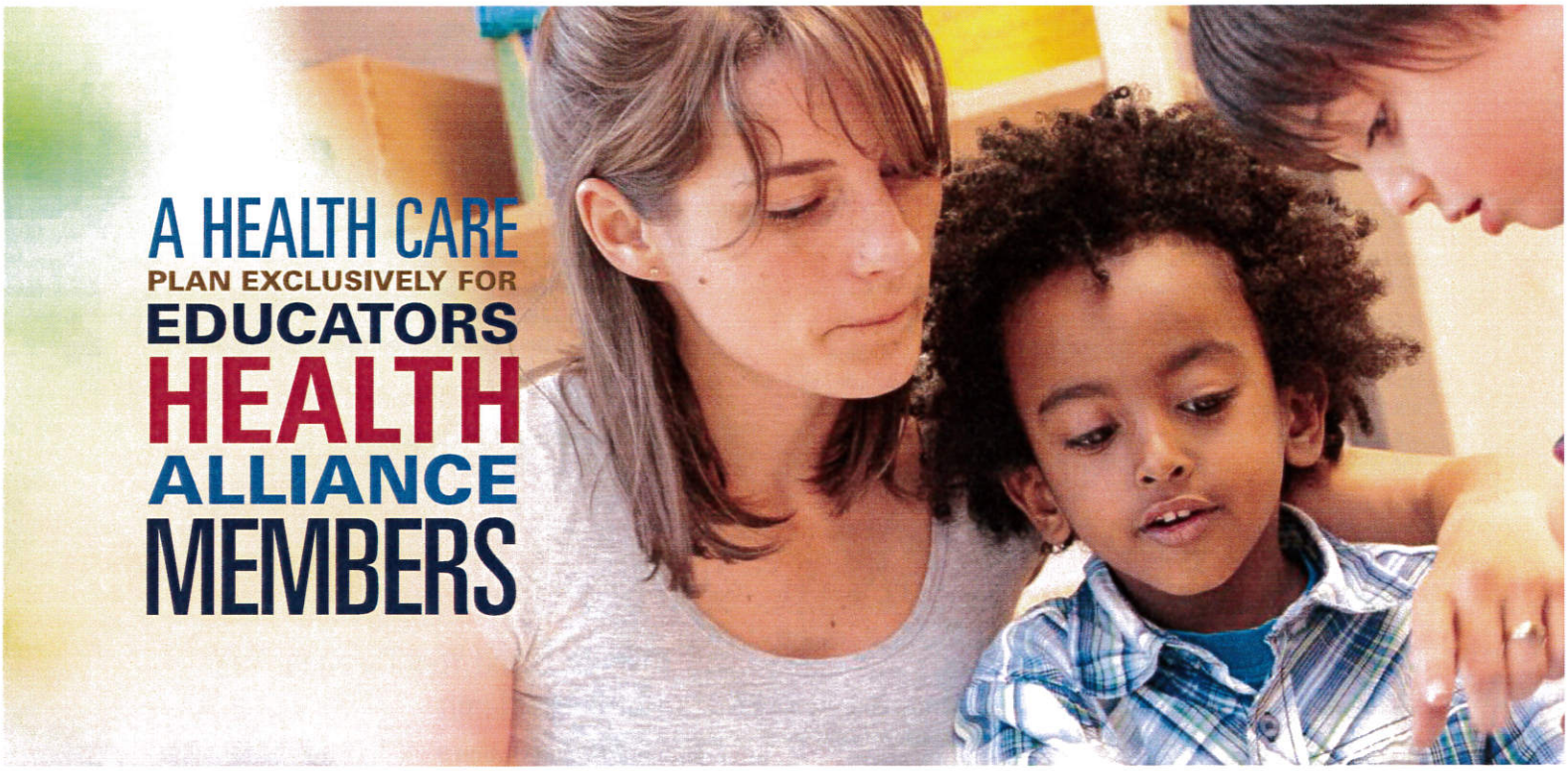
Educators Health Alliance

The following pages provide an overview of the health, prescription drug and dental plans offered by the Educators Health Alliance (EHA). Please contact your employer to obtain specific information for the EHA plans available to you.

You may also access plan information at www.ehaplan.org.

EHA Health and Prescription Drug Plans	
Option 1	$650 deductible PPO
Option 2	$850 deductible PPO
Option 3	$1,050 deductible PPO
Option 4	$1,200 deductible PPO
Option 5	$1,450 deductible PPO
Option 6	$1,900 deductible PPO
Option 7	$2,500 deductible PPO
Option 8	$3,500 Qualified High Deductible Health Plan – HSA-eligible
Option 9	$4,000 Qualified High Deductible Health Plan – HSA-eligible

EHA Dental Plans	
Option 1	100% Coverage A, 75% Coverage B
Option 2	PPO - 100% Coverage A, 75% Coverage B, 50% Coverage C
Option 3	100% Coverage A, 80% Coverage B, 70% Coverage C
Option 4	PPO - 100% Coverage A, 80% Coverage B, 80% Coverage C, 50% Coverage D
Option 5	PPO - 100% Coverage A, B and C



What is a PPO?

A PPO, or preferred provider organization, is a special arrangement between an insurer and a network of hospitals, doctors and other types of providers to pay for health care services. As a result of these special arrangements, you save money, because in most cases, you pay less in deductible and coinsurance when you use PPO network providers. If you go outside the network for medical care, you'll pay more money out of pocket.

Your PPO Network in Nebraska

In Nebraska, your PPO network is called NEtwork BLUE and it's made up of 95% of Nebraska's doctors and 100% of the state's non-governmental acute care hospitals.* That makes obtaining in-network care easy and convenient.

NEtwork BLUE providers have agreed to accept our benefit payment for covered services as payment in full, except for any deductible, copays and coinsurance amounts and charges for noncovered services, which are your responsibility. That means that NEtwork BLUE providers, under the terms of their contract with us, can't bill you for amounts over our benefit allowance. Out-of-network providers can bill you for amounts in excess of the payable amount under the contract.

NEtwork BLUE providers also file your claims for you, meaning you have less paperwork to worry about. And as an additional time-saving convenience for you, we send our benefit payment directly to in-network providers.

*Source: Blue Cross and Blue Shield of Nebraska statistics, 3/27/19.

The BlueCard® Program: Your National PPO Network

You have access to a national Blue Cross and Blue Shield PPO network called the BlueCard Program.

To access your benefits wherever you are, all you have to do is use hospitals and doctors in the local Blue Cross and Blue Shield Plan's BlueCard PPO provider network. When you do, you also enjoy the discount and claim filing agreements Blue Cross and Blue Shield Plans across the country have negotiated with the BlueCard doctors and hospitals in their area.

It's easy to locate in-network providers wherever you are.

Locate NEtwork BLUE Providers in Nebraska

By phone: **877-721-2583**
On the Web: **nebraskablue.com/find-a-doctor**

Locate BlueCard PPO Providers Nationwide

By phone: **800-810-BLUE (2583)**
On the Web: **bcbs.com**

Calendar Year Deductible

Please note: If your group changes September 1 to a new plan with a higher deductible, that new deductible will apply to all claims incurred between September 1 and December 31, and then must be satisfied again for the next calendar year starting January 1.

For example, if your group is currently on a $650 calendar year deductible and your group changes September 1 to the $850 deductible, and you have already met the full $650 deductible, any claims incurred between September 1 and December 31 will be applied toward the $850 deductible. In other words, you will need to meet the additional $200 to get to the $850 total, since the deductible is on a calendar year basis.

All options except HSA-eligible $3,500 and $4,000 deductible plan
If you're covered under a single membership, you must satisfy one individual deductible each calendar year. Family members may combine their covered expenses to satisfy the required deductible amount. No one family member pays more than the individual deductible amount.

Option 9 (HSA-eligible $4,000 embedded deductible)
If you're covered under a single membership, you must satisfy one individual deductible each calendar year. The family deductible is equal to two times the individual deductible. Family members may combine their covered expenses to satisfy the required deductible amount. No one family member pays more than the individual deductible amount.

Option 8 (HSA-eligible $3,500 deductible)
If you're covered under a single membership, you must satisfy one individual deductible each calendar year. This plan requires satisfaction of an aggregate family deductible. Aggregate deductible means that if you have family, employee/spouse or employee/children coverage, the entire family deductible must be met prior to any benefits becoming available. Family members may combine their covered expenses to satisfy the required family deductible.

Coinsurance and Your Calendar Year Out-of-Pocket Limit

Options 1-7 and Option 9
The out-of-pocket limit is the maximum amount of cost-sharing each covered person must pay in a calendar year before benefits are payable without application of a cost-share amount. The out of pocket includes deductible, coinsurance and copayment amounts for medical and pharmacy services. Once you reach your out-of-pocket limit, you pay nothing for most covered services for the rest of the calendar year.

Under family membership, family members may combine their covered expenses to satisfy the required family out-of-pocket. No one family member contributes more than the individual out-of-pocket amount.

Option 8 (HSA-eligible $3,500 deductible)
After you meet your calendar year deductible, you are responsible for paying a certain percentage of covered charges (called "coinsurance") until you reach your limit. Once you reach your out-of-pocket limit, you pay nothing for most covered services for the rest of the calendar year.

Under this plan's family membership, the entire aggregate family limit must be met before benefits for covered services are paid at 100% of the allowable charge. Family members may combine their covered expenses to satisfy the required out-of-pocket limit.

Benefits for Preventive Services

Preventive services benefits are available under all EHA health plan options. When a network provider is used, benefits are paid at 100% of the allowable charge (deductible and coinsurance are waived).*

Benefits are available for (but not limited to) the following covered services:

- Office visits, well woman visits, and periodic exams to determine physical development
- Radiology/X-ray/pathology/lab
- Mammograms and Pap smears
- Immunizations (including pediatric**)
- Colorectal cancer screenings and related services
- Cardiac stress tests
- Hearing exams
- Contraceptive methods, as well as contraceptive prescriptions for women (most paid at 100%)
- Breast pumps and supplies, as well as counseling for breastfeeding (most paid at 100%)
- Developmental/autism screening for infants, children, and adolescents

Preventive benefits may be subject to age, gender and frequency limits. Preventive services benefits outside these limits, as well as services received out-of-network, are subject to the plan's applicable deductible and coinsurance, unless otherwise stated. For a list of the preventive services mandated under the Patient Protection and Affordable Care Act (PPACA), along with their corresponding age, gender and frequency limits, please visit* ***nebraskablue.com/preventivecare**.*

***Deductible (if applicable) is waived for out-of-network pediatric immunizations.*

Office Visit Exam Copay

Not applicable to the HSA-eligible Plans (Options 8 and 9)
When you go to an in-network doctor, you pay a copay for a diagnostic (non-routine) office visit exam (does not apply to mental illness/substance abuse office visits). X-ray and lab charges and any tests or services the doctor may order will be subject to deductible and coinsurance.

Prescription Drug Coverage

To locate participating Rx Nebraska pharmacies nationwide, call toll-free 877-800-0746.

Options 1 through 7
Your coverage is based on Blue Cross and Blue Shield of Nebraska's (BCBSNE) drug formulary. A formulary is a list of generic and brand name prescription medications. Your prescription drug benefits are divided into four tiers: generic drugs, formulary brand drugs that are in the formulary, non-formulary brand name drugs that are not in the formulary, and specialty drugs. The coinsurance amount you pay for up to a 30-day supply of a covered prescription drug depends on what tier your medication is in. To review the drug formulary online, go to **nebraskablue.com/druglist** or call our Member Services Department at the number on the back of your BCBSNE member ID card.

Options 8 and 9
Your prescription drug benefits are subject to your plan's in-network deductible and coinsurance.

Using Your Prescription Drug Benefits
To use your prescription drug benefits, take your Blue Cross and Blue Shield of Nebraska ID card and your prescription to an Rx Nebraska participating pharmacy and pay the applicable coinsurance amount.

Please note: To be considered in-network, specialty drugs must be purchased through a designated specialty pharmacy. One of BCBSNE's designated specialty pharmacies is AllianceRx Walgreens Prime. For more information, please refer to the AllianceRx Walgreens Prime flier.

If you have to file a claim (for example, if you have the prescription filled at a non-participating pharmacy, or if you don't present your card at a participating pharmacy), you will be reimbursed for the cost of the drug less the applicable coinsurance amount and a 25% penalty. Prescription drug coinsurance amounts do apply toward the health plan's calendar year out-of-pocket limit.

Please note: The formulary is revised on a regular basis. **nebraskablue.com/druglist** provides you with the most up-to-date version.

When you use a participating Rx Nebraska pharmacy, you'll automatically receive a special pre-negotiated discount on most of your prescription drugs. (The actual discount you receive depends on the pharmacy and the type of drug you purchase.)

Here's What's Covered Under Your Rx Nebraska Plan

- Drugs requiring a prescription, either by state or federal law, written by a qualified physician or dentist (except those items listed in the next section). Certain drugs may be subject to quantity maximums as determined by Blue Cross and Blue Shield of Nebraska.
- Injectables.
- Insulin.
- Other diabetic supplies, including needles, syringes, test strips and lancets (also covered under health).
- Prescription vitamins (including pre-natal).
- Oral contraceptives (including transdermal patch).
- Human immunodeficiency virus (HIV) medications.
- Anti-rejection medications.
- Compound medications containing at least one prescription ingredient (restrictions may apply).
- Topical retinoids, through age 40.*

* After reaching age maximum, preauthorization required.

These Drugs Are Not Covered Under Your Rx Nebraska Plan

- Over-the-counter medications.
- Diet or appetite suppressants.
- Dietary supplements.
- Prescription drugs purchased in a foreign country (except while living abroad or in medical emergencies while traveling).
- Medications, services or drugs that are not cost effective compared to established alternatives.
- Experimental/investigational drugs, including anything not approved by the FDA.
- Fertility medications.
- Erectile dysfunction agents.
- Topical Minoxidil (Rogaine).
- Health or beauty aids; cosmetic alteration drugs, including Renova.

Note: This is a partial list of what is covered and not covered under your plan. For a complete list, please refer to the certificate of coverage or the master group contract.

Getting Your Prescription Filled

Take your prescription and your Blue Cross and Blue Shield of Nebraska member ID card to a participating Rx Nebraska pharmacy.

Please note: Whenever appropriate, generic drugs will be used to fill your prescriptions. If you prefer a brand name drug, you will be responsible for the difference in cost plus the applicable coinsurance.

Using Your Home Delivery Pharmacy Benefit
If you use the AllianceRx Walgreens Prime home delivery program, you may order up to a 180-day supply of a covered medication at one time (if allowed by your prescription). The Schedule of Benefits shows the minimum and maximum coinsurance amounts per a 30-day supply, with a maximum of five times the amount per 180-day supply.

Please note: If you are ordering a 180-day supply, make sure the prescription is written for a 180-day supply, not including refills. For questions regarding available medications, please call AllianceRx Walgreens Prime at 877-357-7463.

Prime Therapeutics is an independent company providing pharmacy benefit management services for Blue Cross and Blue Shield of Nebraska.
Prime Therapeutics LLC has an ownership interest in AllianceRx Walgreens Prime, a central specialty pharmacy and mail service company.

The Prescription Drug Preauthorization Program

As part of our efforts to address the serious issue of escalating costs and continue to provide you with access to quality and cost-effective pharmacy care, Blue Cross and Blue Shield of Nebraska requires that benefits for certain prescription drugs be preauthorized.

Gastroprotective NSAIDs
This program manages the use of costly gastroprotective NSAIDs used to treat inflammation and reduce pain. These drugs work the same as drugs such as naproxen and ibuprofen.

Patients whose medical history and current medical condition do not indicate that use of a gastroprotective NSAID is required need to try a traditional NSAID first. Benefits for gastroprotective NSAIDs will be available if the patient's medical condition warrants it.

Proton Pump Inhibitors (PPIs)
PPIs are used to help reduce stomach acid and provide relief from the symptoms of heartburn, ulcers, and gastroesophageal reflux disease (GERD).

For benefits to be considered for the formulary brand medication Nexium Delayed Release suspension packets, members must first use a prescription generic formulary PPI. For benefits to be considered for a non-formulary PPI, members must first use three formulary PPIs. Benefits for generic formulary PPIs do not require preauthorization.

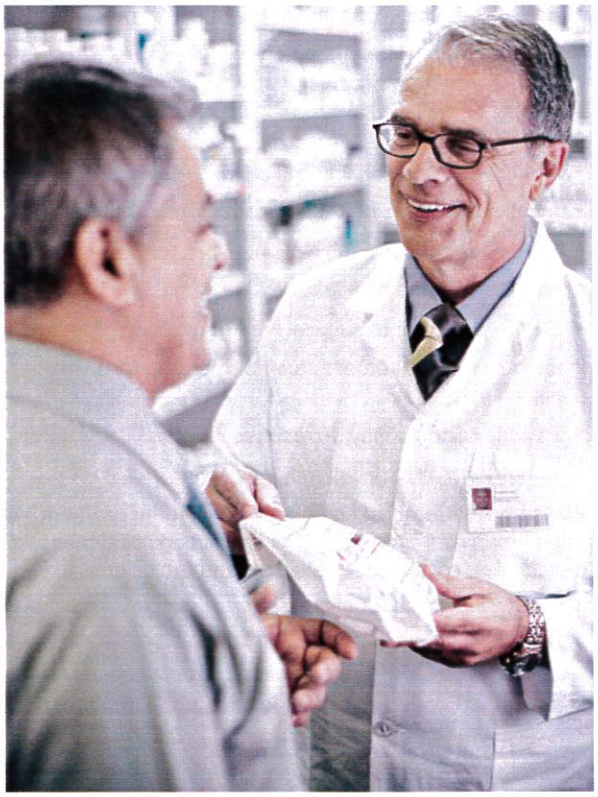
If You Go to a Nonparticipating Pharmacy

If you have your prescription filled at a nonparticipating pharmacy, you must pay the pharmacist the entire cost of the prescription, then file a claim with Blue Cross and Blue Shield of Nebraska (with the itemized statement attached). Reimbursement for prescriptions filled at a nonparticipating pharmacy will be based on the standard discounted cost of the drug at a participating pharmacy minus the applicable coinsurance amount and a 25% penalty. Rx Nebraska claim forms are available at **nebraskablue.com/claimforms** or by calling our Member Services Department at the number on the back of your BCBSNE member ID card.

Before Your Member ID Card Arrives

Between the time you enroll in the plan and the time you receive your Blue Cross and Blue Shield of Nebraska member ID card, you may find you need to get a prescription filled. Rx Nebraska benefits are available to you, but you'll need to pay the participating pharmacist the full amount, then file a claim (with the itemized statement attached). You will be reimbursed, minus your applicable coinsurance amount. Please indicate on the claim form that you haven't received your member ID card yet. Rx Nebraska claim forms are available at **nebraskablue.com/claimforms** or by calling our Member Services Department at **877-721-2583**.

Please note: It is important that once you receive your member ID card you have it with you when you have your prescription filled at a participating pharmacy. If you don't have your card with you, you will be required to pay the pharmacist the entire cost of the drug and file a claim. You will be reimbursed as if you had gone to a nonparticipating pharmacy (see the previous section, "If You Go to a Nonparticipating Pharmacy.")



If You Have Questions

If you have questions about your Rx Nebraska benefits, call our Member Services Department at **877-721-2583**. You can also visit **nebraskablue.com/rxtools**.

Certification

Blue Cross and Blue Shield of Nebraska requires that all hospital stays, certain surgical procedures and specialized services and supplies be certified prior to receipt of such services or supplies. Ultimately, it is your responsibility to see that certification occurs; however, a hospital or provider may initiate the certification.

To initiate the certification process, Blue Cross and Blue Shield of Nebraska must be contacted by you, your family member, the physician, the hospital or someone acting on behalf of you or your family member.

For certification of benefits, call 402-390-1870 or 800-247-1103.

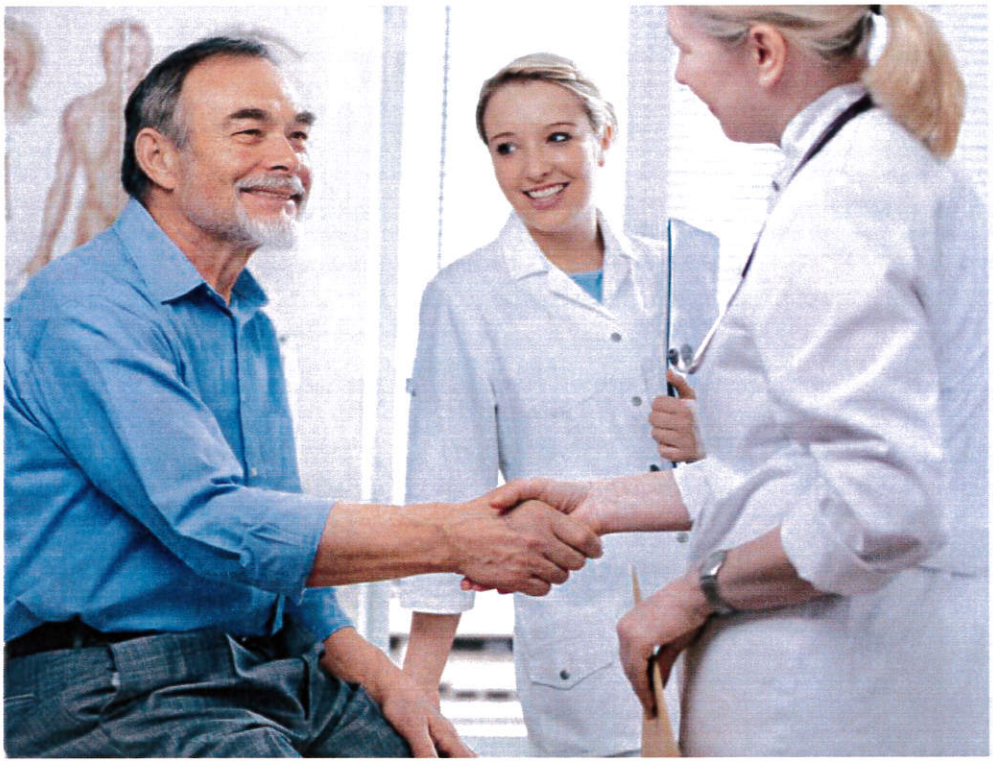
The following services, supplies or drugs must be certified:

- Organ and tissue transplants;
- Subsequent purchases of home medical equipment;
- Specified medications and/or quantities of medications;
- Skilled nursing care in the home;
- Skilled nursing facility care;
- Hospice care;
- All inpatient hospital admissions;
- Inpatient mental illness and/or substance abuse;
- Inpatient physical rehabilitation;
- Long term acute care; and
- Services subject to surgical preauthorization programs.

If certification requirements are not met, the following penalties may apply:

- Payable benefits may be reduced, and/or
- Benefits for all services may be denied.

Please note: Certification does not guarantee payment. All other group plan provisions apply, including copayments, deductibles, coinsurance, eligibility and exclusions.



COMMITTED TO PROMOTING QUALITY CARE AND PATIENT SAFETY

Inpatient Hospital and Long Term Acute Care Benefits

Benefits are available for (but not limited to) the following covered services:

- Semiprivate room; cardiac and intensive care units; treatment rooms and equipment.
- Anesthesia.
- Respiratory care.
- FDA-approved drugs, intravenous solutions and vaccines administered in the hospital.
- Chemotherapy.
- Radiology, pathology and radiation therapy.
- Physical, occupational and speech therapy.
- Inpatient physical rehabilitation, subject to benefit precertification and certain requirements.
- Physician-ordered skilled nursing facility services, up to 60 days per calendar year; subject to medical necessity criteria.

Outpatient Hospital Benefits

Benefits for the services listed under "Inpatient Hospital and Long Term Acute Care Benefits" are also available (subject to certain limitations) when they are received in a hospital outpatient department, emergency room or freestanding ambulatory surgical facility. In addition, benefits for outpatient cardiac and pulmonary rehabilitation are available, subject to preauthorization requirements and medical criteria.

Physician Benefits

Benefits are available for (but not limited to) the following covered services:

- Surgery and surgical assistance (for specified procedures).
- Anesthesia.
- Radiation therapy and chemotherapy.
- Radiology and pathology, including tissue exams and interpretation of Pap smears.
- Routine screening mammograms.
- Allergy tests and extracts.
- Physician home, office, inpatient and outpatient visits for diagnosis/treatment of an illness or injury.

Please note: Some physician services such as total knee replacement, total hip replacement, and back surgery require pre-authorization. For questions regarding specific procedures, please contact BCBSNE's Member Services department at the number on the back of your BCBSNE member ID card.

Other Covered Services

- Ambulance services.
- Outpatient occupational therapy, physical therapy, speech therapy, cognitive training and chiropractic/ osteopathic physiotherapy, up to a combined maximum of 60 sessions per calendar year.
- Chiropractic and osteopathic manipulative treatments, up to 30 sessions per calendar year.
- Inpatient and outpatient treatment of mental illness and/or substance abuse.*
- Rental/initial purchase (whichever costs less) of medically necessary home medical equipment ordered by a doctor Limited benefits are available for the repair, maintenance and adjustment of purchased covered medical equipment.
- Diabetes outpatient self-management training and patient management; podiatric appliances.
- Services in accordance with the Women's Health and Cancer Rights Act, which requires that a group health plan providing medical and surgical benefits for mastectomies also provide benefits for breast reconstruction, prostheses and treatment of physical complications.

* *Inpatient is defined as a patient admitted to a hospital or other institutional facility for bed occupancy to receive services consisting of active medical and nursing care to treat conditions requiring continuous nursing intervention of such an intensity that it cannot be safely or effectively provided in any other setting.*

Outpatient is defined as a person who is not admitted for inpatient care, but is treated in the outpatient department of a hospital, in an observation room, in an ambulatory surgical facility, urgent care facility, a physician's office, or at home. Ambulance services are also considered outpatient.

Maternity and Newborn Coverage

Maternity coverage is available to subscribers, covered spouses and dependent daughters. All newborns are covered for 31 days from the date of birth, including those born to dependent daughters or sons. In order for newborns to be added to the policy, application must be made within 31 days of the birth of the child, regardless of the employee's current coverage type.

If the newborn is born to a dependent daughter or son, the employee must provide proof of legal guardianship for the newborn in order for the newborn's coverage to be continued under the employee's plan. For more information, please contact your employer or BCBSNE's Member Services department.

Benefits for covered newborn care include hospital room and board, screening tests (including newborn hearing), physician services and other medically necessary treatment. Obstetrical benefits include prenatal and postnatal care.

Oral Surgery Benefits

Benefits are available for (but not limited to) the following covered services:

- Removal of tumors and cysts.
- Bone grafts to the jaw.
- Osteotomies.
- Treatment of natural teeth due to an accident which occurs within 12 months of an injury not related to eating, biting or chewing.
- Medically necessary services for the treatment of TMJ and craniomandibular disorder.

Home Health Aide, Skilled Nursing Care and Hospice Benefits

The following covered services require benefit preauthorization. Limitations and exclusions apply.

Home health aide: When related to active medical treatment, benefits include personal services (e.g. bathing, feeding and performing necessary household duties). Benefits are subject to a 60-day per calendar year limit.

Skilled nursing care: Benefits are available for medically necessary physician-ordered care by a registered or licensed practical nurse, up to eight hours per day.

Hospice care: Benefits include Medicare-certified home health aide services for a terminally ill patient, including nursing services, respite care, medical social worker visits, crisis care and bereavement counseling. Limited benefits for inpatient hospice care are also available.

Organ and Tissue Transplant Benefits

Benefits are available for covered services associated with medically necessary organ and tissue transplants, including (but not limited to) liver, heart, lung, heart-lung, kidney, pancreas, pancreas-kidney and cornea. Limited benefits are also available for allogeneic/autologous bone marrow transplants for the specific conditions listed in the contract.

Noncovered Services

This brochure contains only a partial listing of the limitations and exclusions that apply to your health care coverage. A more complete list may be found in the master group contract or by referring to the certificate of coverage and schedule of benefits.

No benefits are available for the following:

- Audiological exams (except newborn); hearing aids and their fitting.
- Abortions (except to save the life of the mother).
- Blood, plasma, or services by or for blood donors.
- Eye exams, refractions, eyeglasses, contact lenses, eye exercises or visual training.
- Artificial insemination; in vitro fertilization; fertility treatment, and related testing.
- Massage therapy.
- Treatment for weight reduction/obesity, including surgical procedures.
- Nutrition care, supplies, supplements or other nutritional substances, including Neocate, Vivonex and other over-the-counter infant formulas and supplements.
- Radial keratotomy or any other procedures/alterations of the refractive character of the cornea to correct myopia, hyperopia and/or astigmatism.
- Services we consider to be investigative, not medically necessary, experimental, cosmetic or obsolete.
- Services, drugs, medical supplies, devices or equipment that are not cost effective compared to established alternatives or that are provided for the convenience or personal use of the patient.
- Services provided before the coverage effective date or after termination.
- Services for illness or injury sustained while performing military service.
- Services for injury/illness arising out of or in the course of employment.
- Charges for services which are not within the provider's scope of practice.
- Charges in excess of our contracted amount.
- Charges made separately for services, supplies and materials we consider to be included within the total charge payable.

A more complete list of limitations and exclusions can be found in the master group contract or by referring to the certificate of coverage and schedule of benefits summary

Late Enrollment

A "late enrollee" is defined as an employee or dependent for whom coverage is not requested within 31 days of his or her initial eligibility or during a special enrollment period.

Late enrollees may enroll only during the annual enrollment period designated for the EHA health plan.

You or your eligible dependents are not considered late enrollees if:

- you and/or your dependent were covered under other qualifying previous coverage at the time of your initial eligibility for this group coverage; and
- you and/or your dependent lost coverage under the qualifying previous coverage as a result of: termination of employment; termination of eligibility; involuntary termination of the qualifying previous coverage; death of a spouse; divorce of a spouse; and
- you and/or your eligible dependent request enrollment within 31 days after termination of qualifying previous coverage; or within 60 days of the loss of Medicaid or SCHIP coverage.

New Enrollees

A "new enrollee" is defined as a new employee who enrolls within 31 days of employment, and special enrollees who enroll in a timely manner.

Types of Enrollment

Single Membership: Covers the employee only.

Employee and Spouse: Covers the employee and his/her spouse.

Employee and Child(ren): Covers the employee and eligible dependent children, but does not provide coverage for a spouse.

Family Membership: Covers the employee, spouse, and eligible dependent children.

The employee's dependent children (excluding foster children) are covered to age 26. Reaching age 26 will not end the covered child's coverage as long as the child is and remains both incapable of self-sustaining employment by reason of mental or physical handicap and dependent upon the subscriber for support and maintenance.

Allowable Charge

Payment is based on the allowable charge for a covered service. Generally, the allowable charge for services by in-network providers will be the contracted amount. The allowable charge for services by out-of-network providers will be based on the contracted amount for Nebraska providers or an amount determined by the onsite Plan for out-of-network providers.

What is a Health Savings Account (HSA)?

Options 8 and 9 are HSA-eligible health plans. An HSA is a special tax-exempt account established through a qualified financial institution to pay for medical expenses.

In general, any individual who is covered under a "qualified high deductible health plan" is eligible to establish an HSA. To qualify as a high deductible health plan, the plan must satisfy certain requirements with respect to deductibles and out-of-pocket expenses.

Funds in an HSA may be used to pay qualified medical expenses not reimbursed by insurance. Examples include deductibles and coinsurance, eye exams, glasses, contacts, dental services, prescription drugs, and qualified long term care insurance premiums. Withdrawals for other purposes are taxable and, for individuals who are not disabled or over age 65, subject to a 20% penalty.

Contributions may be made by the individual, his or her employer, or both.

Please note: HSA deductible and coinsurance maximums may be increased annually to conform with cost of living adjustments permitted by Section 223 of the Internal Revenue Code and subsequent amendments.

Online Member Resource Center

myNebraskaBlue.com

As a Blue Cross and Blue Shield of Nebraska member, you can locate helpful information at a time that's always convenient via myNebraskaBlue.com, our online member resource center. Use myNebraskaBlue to help make sense of your medical bills and health care spending – all in one place.

With myNebraskaBlue, you can:

- understand benefits, see your deductible and out-of-pocket costs
- find in-network doctors and hospitals
- estimate costs before seeing a doctor
- see claims sent from your doctor and what you owe
- access pharmacy information
- select how you would like to receive your Explanation of Benefits – paper or electronic

Learn what myNebraskaBlue has to offer:

Log in to myNebraskaBlue.com and find tools to help answer important health care questions. All of these tools are under the Tools & Resources tab:

Find an In-network Doctor

View our user-friendly doctor finder tool where you can see a full list of in-network doctors and hospitals.

Estimate Costs

In the What's it Cost section, you can estimate medical costs before you receive care. Here you can find cost information for many common health care services, and compare costs of doctors and hospitals.

Pharmacy Benefits

View our online pharmacy resource center, MyPrime, to see a list of in-network pharmacies, find medicines and see prescription history.

TWO EASY WAYS TO SIGN UP FOR FREE:

1. Download the **myblue Nebraska app** on your mobile device from the Apple App Store or Google Play.
2. Go to **myNebraskaBlue.com**. Then, select "Sign Up" and complete the four easy steps.

You will need your member ID number found on your BCBSNE member ID card.

If you are a BCBSNE member, log in or sign up today. If you are not yet a BCBSNE member, you may visit the site as a guest by selecting "Guest" on the home page.

MyPrime®

Blue Cross and Blue Shield of Nebraska contracts with Prime Therapeutics® to provide group pharmacy benefits. You may view information about your pharmacy benefits by logging in to myNebraskaBlue.com. Select Tools & Resources, Pharmacy Benefits and you will be directed to MyPrime.com. This website is loaded with interactive tools to help you manage your prescription drugs.

With MyPrime, you can find:

- your prescription benefits
- your prescription history
- find coverage information for your medicines
- a pharmacy locator
- prescription cost information
- a comparison of brand name and generic drug costs
- information about the AllianceRx Walgreens Prime Home Delivery and Specialty pharmacies

MyPrime is available to groups whose prescription drug benefits are managed by Prime Therapeutics. Please check your group's health plan documents to confirm whether your group's prescription drug benefits are managed by Prime. Prime Therapeutics LLC is an independent company providing pharmacy benefit management services.

Save Time and Money with Telehealth

Blue Cross and Blue Shield of Nebraska believes in the importance of providing options to help you access affordable and immediate health care. That is why we offer telehealth services to our members through American Well®, also known as Amwell. Telehealth can be used any time, day or night. It's perfect when your doctor's office is closed, you're too sick or busy to see someone in person, or even when you're traveling.

And, the cost per visit is less than the cost of your in-person doctor office visit. (For high-deductible health plans, the cost per visit is subject to your plan's deductible/coinsurance amount.)

How does telehealth work?

Telehealth is an innovative patient consultation service that lets you connect with a U.S. board certified, licensed and credentialed doctor quickly and easily using your computer, tablet or phone.

Telehealth lets you interact with a doctor at your convenience for common conditions, such as:

- sinus infection
- cold
- flu
- fever
- rash
- abdominal pain
- pinkeye
- ear infection
- migraine
- sore throat

Amwell also offers e-prescriptions to your pharmacy of choice, when appropriate.

Behavioral health services also available

With telehealth behavioral health services, Amwell's licensed therapists can provide treatment for the following conditions:

- anxiety
- depression
- attention deficit hyperactivity disorder (ADHD)
- bereavement
- panic attacks
- obsessive-compulsive disorder (OCD)
- trauma/post-traumatic stress disorder (PTSD)
- stress
- and more

Therapists are available by appointment from 7 a.m. to 11 p.m. local time, seven days per week.

Please check with your human resources department to confirm whether your group offers telehealth services through American Well. American Well is an independent company that provides telehealth services for Blue Cross and Blue Shield of Nebraska.

Emphasis on Wellness

The lifestyle decisions we make regarding nutrition, weight, exercise, smoking, seatbelt use and more, directly impact health care costs. Blue Cross and Blue Shield of Nebraska offers resources to help you make positive lifestyle changes.

BlueHealth Advantage
Little Things. Big Difference.

Our wellness and lifestyle program offers:

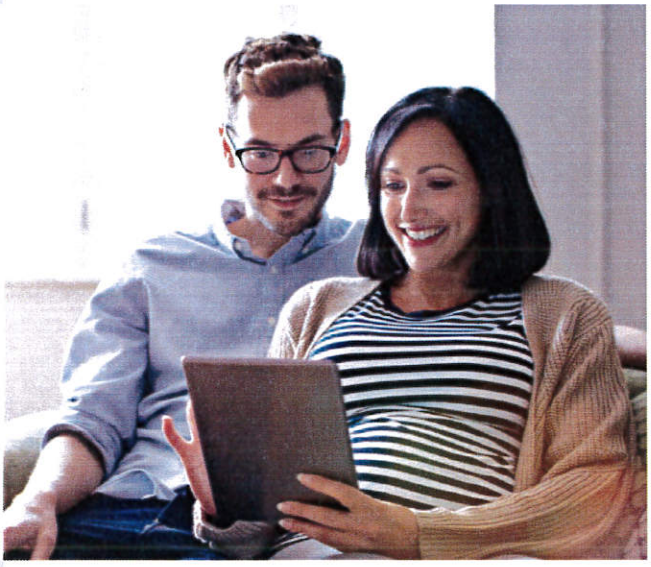
- Educational health and wellness information
- Lifestyle management guides
- Personal health assessment tools
- Self-service tools

To check out all the valuable health and wellness resources, visit **BlueHealthAdvantageNE.com**.

Pregnancy Care Program

Blue Cross and Blue Shield of Nebraska has developed a special pregnancy care program. Our mobile pregnancy app, developed by Wellframe, is designed to help you have a better pregnancy health experience. The Pregnancy Care Program provides you with education, encouragement and the support you need throughout your pregnancy – all from the convenience of your smart phone or tablet.

To learn more, visit **nebraskablue.com/pregnancycare**.



Blue365
Because health is a big deal℠

Blue365 is a national program that offers members health and wellness discounts and savings. Members can explore special offerings from leading national companies in these categories:

- Financial Health
- Fitness
- Healthy Eating
- Lifestyle
- Personal Care
- Wellness

Visit **nebraskablue.com/blue365** to learn more.

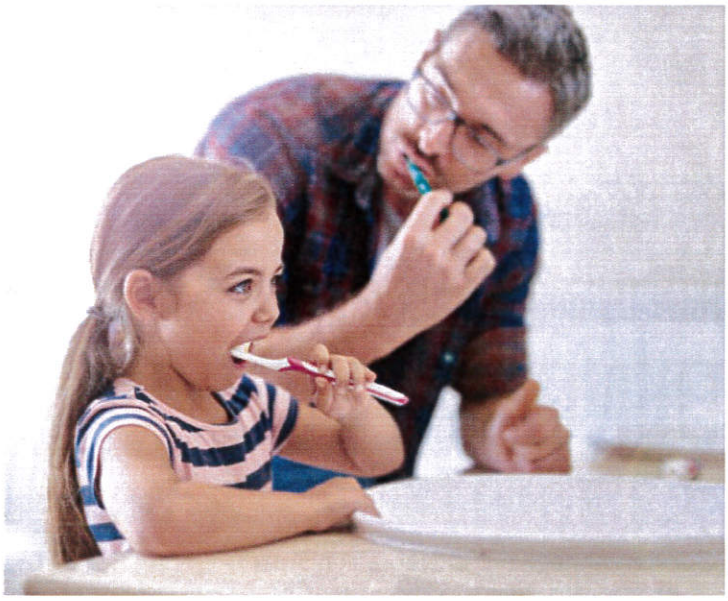
LIVE WELL NEBRASKA

Visit Live Well Nebraska to find the latest on innovative health care and how to navigate life changes while living an active lifestyle. The site on Omaha.com is your road map to *Live Fearless.*

Visit **livewellnebraska.com** to learn more.

Participation in the Pregnancy Care Program does not affect your health plan coverage for maternity/pregnancy care or entitle you to benefits not otherwise payable under the Blue Cross and Blue Shield of Nebraska plan. Wellframe is an independent company that provides mobile enabled care management services for Blue Cross and Blue Shield of Nebraska. Wellframe is responsible for its services.

Something to Smile About...



The EHA makes five dental plan options available to school groups. See your school's Schedule of Benefits Summaries (SOBS) for a brief overview of the benefits of each option.

If you enroll in an EHA medical plan, you must also enroll in an EHA dental plan. (Your spouse and children may also enroll in EHA dental coverage if you enroll in an EHA medical and dental plan. An additional cost may apply for the dental plan.)

District Plan Option 2

Important Note about the Two Types of EHA Dental Plans

Options 2, 4 and 5 – benefits are paid at a higher level when in-network dentists are used. For more information, see the SOBS for options 2, 4 and 5.

Options 1 and 3 – benefits are paid at the same level regardless of whether an in-network or out-of-network dentist is used. However, you can save money by using a Blue Cross and Blue Shield of Nebraska in-network dentist. Please see the next page for more information about our network.

Options 2, 4 and 5 are governed by a different contract than Options 1 and 3. There are differences in covered services and what services are covered under each category. Covered services are reimbursed based on the allowable charge. Blue Cross and Blue Shield of Nebraska in-network providers have agreed to accept the benefit payment as payment in full, not including deductible, coinsurance and/or copay amounts and any charges for non-covered services, which are the covered person's responsibility. That means that in-network providers, under the terms of their contract with Blue Cross and Blue Shield, can't bill for amounts over the contracted amount. Out-of-network providers can bill for amounts over the out-of-network allowance.

How Using In-network Dentists

BENEFITS YOU

Our dental network in Nebraska is part of a larger provider network of multiple Blue Cross and Blue Shield Plans that, when combined, offers one of the largest national PPO dental networks and provides you and your covered family members with lower out-of-pocket costs and broad access to participating dentists.

If you or your covered family members live or travel outside of Nebraska, you will be able to obtain covered services at the in-network level of benefits through our dental network.

Noncovered Dental Services

The following is only a partial listing of the exclusions and limitations that apply to EHA dental coverage. A complete list is in the master contract.

- Services not identified as covered under Coverages A, B and C in the contract.
- Dental services related to congenital malformations or primarily for cosmetic purposes.
- Services for orthodontic dentistry (unless covered under Option 4) and treatment of the temporo-mandibular jaw joint.
- Supplies, education or training for dietary or nutrition counseling, personal oral hygiene or dental plaque control.
- Services received before the effective date of coverage or after termination of coverage.
- Services determined to be not medically necessary, investigative, or obsolete.
- Charges in excess of our contracted amount.
- Services covered under Workers' Compensation or Employers' Liability Law.
- Services provided by a person who is not a dentist, or by a dental hygienist not under the dentist's direct supervision.
- Charges made separately for services, supplies and materials considered to be included within the total charge payable.

Membership Changes

If you wish to change your membership category for dental coverage from employee-spouse, employee-child(ren) or family to single, you may do so at any time during the year. You may also change from single to employee-spouse, employee-child(ren) or family dental coverage if you experience a HIPAA qualifying event (birth, death, divorce, marriage, adoption or placement for adoption, or loss in creditable coverage). HIPAA stands for Health Insurance Portability and Accountability Act.

Please note: If you cancel dental coverage, you and your eligible dependents may re-enroll during the EHA's annual renewal month (September). Dental benefits will be limited to Coverage A for the first year following re-enrollment. Premiums will not be reduced.

Membership Categories

Single Membership: Covers the employee only.

Employee and Spouse: Covers the employee and his or her spouse.

Employee and Child(ren): Covers the employee and his or her eligible dependent children, but does not provide coverage to a spouse.

Family Membership: Covers the employee, spouse, and eligible dependent children.

The employee's dependent children (excluding foster children) are covered to age 26. Reaching age 26 will not end the covered child's coverage as long as the child is and remains both incapable of self-sustaining employment by reason of mental or physical handicap and is dependent upon the subscriber for support and maintenance.

Blue Cross and Blue Shield of Nebraska Member Services Department

877-721-2583

nebraskablue.com/contact

To locate in-network dentists in Nebraska

877-721-2583

nebraskablue.com/find-a-doctor

BlueCross BlueShield Nebraska

CONTACTS AND RESOURCES

Blue Cross and Blue Shield of Nebraska Member Services Department

Phone: 877-721-2583

Website: nebraskablue.com/contact

Locate NEtwork BLUE providers in Nebraska

Phone: 877-721-2583

Website: nebraskablue.com/find-a-doctor

Locate BlueCard PPO providers nationwide

Phone: 800-810-BLUE (2583)

Website: bcbs.com

Locate participating Rx Nebraska pharmacies nationwide

Phone: 877-800-0746

Website: nebraskablue.com/myprime

Access additional plan information

Website: www.ehaplan.org

This brochure provides you with an overview of the Blue Cross and Blue Shield of Nebraska health care and prescription drug coverage offered to members of Educators Health Alliance (EHA). This is not a contract. It is intended as a general overview only. It does not contain all the details of this coverage. For more complete information about your plan, including benefits, exclusions and contract limitations, please refer to the certificate of coverage or the master group contract. In the event there are discrepancies between this document and the contract, the terms and conditions of the contract will govern.

An independent licensee of the Blue Cross and Blue Shield Association.

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