

**Student Health Insurance Plan
Health Care Certificate
for groups utilizing an approved specified Network
of providers, without a gatekeeper identified as
PPO Blue**

effective as of

August 01, 2026

by and between

Carnegie Mellon University Student Plan
(Called the Group)

and

**Highmark Inc. d/b/a
Highmark Blue Cross Blue Shield***
(Called the Plan)

A Pennsylvania non-profit corporation whose mailing address is:
Fifth Avenue Place, 120 Fifth Avenue, Pittsburgh, Pennsylvania 15222-3099.

GUARANTEED RENEWABLE

DESCRIPTION OF COVERAGE: This program sets forth a comprehensive program of inpatient and outpatient benefits, most of which are provided at both Network and out-of-Network levels of benefits. Cost-sharing options are available such as deductibles, coinsurance, copayments, and annual and lifetime Maximums. Benefits for certain services are only available if received from a Network Provider. Benefits are subject to the Health Care Management Services Section with possible loss of benefits for non-compliance. Network Services are limited to the Keystone Health Plan West Network, the PremierBlue Shield Preferred Professional Provider Network, the Highmark Blue Shield Participating Facility Provider Network and/or the Local PPO Network. Network Services are usually provided at a higher level of benefits than Out-of-Network Services. Benefits for Pediatric Dental Services are only available through the United Concordia Advantage Provider Network and benefits for Vision Care Services are only available through the Davis Vision Network. A gatekeeper is not necessary to access benefits from providers. This Contract is non-participating in any divisible surplus of premium. The coverage provided under this Contract has an actuarial value of which provides a Bronze level of coverage.

(NOTE: All Networks described within this Contract have been approved by the Pennsylvania Department of Health, except for the Network described as the Local PPO Network. The Plan reserves the right to use other Networks approved by the Pennsylvania Department of Health in the future, after notice to the Pennsylvania Insurance Department.)

**An independent licensee of the Blue Cross Blue Shield Association
Group 10566503, 04, 05, 06, 07, 08, 09*

Discrimination is Against the Law

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity. The Claims Administrator/Insurer does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex assigned at birth, gender identity or recorded gender. Furthermore, the Claims Administrator/Insurer will not deny or limit coverage to any health service based on the fact that an individual's sex assigned at birth, gender identity, or recorded gender is different from the one to which such health service is ordinarily available. The Claims Administrator/Insurer will not deny or limit coverage for a specific health service related to gender transition if such denial or limitation results in discriminating against a transgender individual. The Claims Administrator/Insurer:

- Provides free aids 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, contact the Civil Rights Coordinator.

If you believe that the Claims Administrator/Insurer has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity, you can file a grievance with:

Civil Rights Coordinator
P.O. Box 22492
Pittsburgh, PA 15222
Phone: 1-866-286-8295 (TTY: 711), Fax: 412-544-2475
Email: CivilRightsCoordinator@highmarkhealth.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

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 of Civil Rights Complaint Portal, available at 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
Phone: 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html

ATTENTION: If you speak English, free language translation and interpretation services are available to you. Appropriate auxiliary aids and services (such as large print, audio, and Braille) to provide information in accessible formats are also available free of charge. Call the number on the back of your ID card (TTY: 711) for help.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de traducción e interpretación de idiomas. También hay disponibles ayudas y servicios auxiliares adecuados (como letra grande, audio y Braille) para proporcionar información en formatos accesibles sin cargo. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711) si necesita ayuda.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Übersetzungs- und Dolmetscherdienste zur Verfügung. Außerdem sind kostenlos entsprechende Hilfsmittel und Dienstleistungen (wie Großdruck, Audio und Blindenschrift) zur Bereitstellung von Informationen in barrierefreien Formaten erhältlich. Wählen Sie hierfür bitte die Nummer auf der Rückseite Ihrer Ausweiskarte (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis tradiksyon ak entèpretasyon aladispozisyon w gratis nan lang ou pale a. Èd ak sèvis siplemantè apwopriye (tèlke gwo lèt, odyo, Braille) pou bay enfòmasyon nan fòm aksesib yo disponib gratis tou. Rele nimewo ki sou do Kat ID w lan (TTY: 711) pou jwenn èd.

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ATTENTION : si vous parlez français, des services de traduction et d'interprétation gratuits sont à votre disposition. Vous pouvez aussi bénéficier gratuitement de l'accès à des outils et services auxiliaires appropriés (affichage en gros caractères, audio et le braille) dans des formats accessibles. Veuillez appeler le numéro qui se trouve au verso de votre carte d'identification (TTY : 711) pour obtenir de l'aide.

ÀKÍYÈSÍ: Tí o bá nsọ èdè Yorùbá, àwọn isẹ ìtumọ ati ògbufọ èdè wà ní àrọwọtọ lófẹ́ẹ́ fún ọ. Àwọn isẹ ìtọ́jú ati ìrànጓwọ́ tó yẹ (bíi titẹwé nla, gbigbo ohùn, ati iwé afójú) lati pèsè iwífúnni ni àwọn ọna irááyè si wà pẹlu lófẹ́ẹ́. Pe nọmba tó wà lẹhin kaádì idánimọ rẹ (TTY: 711) fún irànጓwọ́.

אכטונג: אויב איר רעדט אידיש, קענט איר באקומען שפראך איבערזעצונג און דאלמעטשונג סערוויסעס פריי פון אפצאל. געהעריגע הילפסמיטלען און סערוויסעס (אזוויי גרויסע דרוק, אודיא און ברעיל) צו צושטעלן אינפארמאציע אין צוגענגליכע פארמאטן זענען אויך דא צו באקומען פריי פון אפצאל. רופט דעם נומער אויף די אנדערע זייט פון אייער אידענטיטעט קארטל (TTY: 711) פאר הילף.

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات الترجمة التحريرية والترجمة الفورية مجاناً. تتوفر أيضاً الوسائل والخدمات المساعدة المناسبة (مثل الطباعة الكبيرة، والوسائل الصوتية، وطريقة برايل) لتقديم المعلومات بتنسيقاتٍ يمكن الوصول إليها من دون أي تكلفة. اتصل على الرقم المدون على ظهر بطاقة هويتك (TTY: 711) للحصول على المساعدة.

注意：如果您说中文，我们将为您提供免费的语言翻译和口译服务。此外，我们还免费提供相应的辅助工具和服务（如大字、音频和盲文），以便您获取无障碍格式的信息。如需帮助，请拨打您的ID卡背面的号码（听障人士专用号码：711）。

ધ્યાન આપશો: જો તમે ગુજરાતી બોલતા હોવ, તો તમારા માટે નિ:શુલ્ક ભાષા અનુવાદ અને ઇન્ટરપ્રિટેશન સેવાઓ ઉપલબ્ધ છે. સુલભ ફોર્મેટમાં માહિતી પૂરી પાડવા માટે યોગ્ય સહાયક સાધનસામગ્રી અને સેવાઓ (જેમ કે મોટી પ્રિન્ટ, ઓડિયો અને બ્રેલ) પણ નિ:શુલ્ક ઉપલબ્ધ છે. મદદ માટે તમારા આઇડી કાર્ડની પાછળ આપેલા નંબર (TTY: 711) પર કોલ કરો.

CHÚ Ý: Nếu quý vị nói tiếng Việt, chúng tôi có dịch vụ biên dịch và phiên dịch ngôn ngữ miễn phí dành cho quý vị. Chúng tôi cũng cung cấp miễn phí các dịch vụ và hỗ trợ bổ sung thích hợp (như chữ in lớn, tệp âm thanh và chữ nổi) để cung cấp thông tin ở các định dạng dễ tiếp cận. Vui lòng gọi số điện thoại trên mặt sau của thẻ nhận dạng của quý vị (TTY: 711) để được trợ giúp.

ધ્યાન દિનુહોસ્: यदि तपाईं नेपाली बोल्नुहुन्छ भने, तपाईंलाई नि:शुल्क भाषा अनुवाद र दोभासे सेवाहरू उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायक प्रविधि र सेवाहरू (जस्तै ठूलो प्रिन्ट, अडियो र ब्रेल) पनि नि:शुल्क उपलब्ध छन्। मददको लागि तपाईंको ID कार्डको पछाडिको नम्बरमा कल गर्नुहोस् (TTY: 711)।

कृपया ध्यान दें: यदि आप हिंदी भाषा बोलते हैं, तो आपके लिए मुफ्त भाषा अनुवाद और व्याख्या संबंधी सेवाएं उपलब्ध हैं। एक्सेस करने योग्य फॉर्मेट में सूचना उपलब्ध कराने के लिए उपयुक्त सहायक सामग्री और सेवाएं (जैसे बड़े प्रिंट, ऑडियो और ब्रेल) भी नि:शुल्क उपलब्ध हैं। सहायता के लिए अपने पहचान कार्ड के पीछे लिखे नंबर (TTY: 711) पर कॉल करें।

주의: 한국어를 사용하는 경우 무료 언어 번역 및 통역 서비스를 이용하실 수 있습니다. 접근 가능한 형식으로 정보를 제공받을 수 있는 적절한 보조 수단 및 서비스(예: 큰 활자, 오디오, 점자)도 무료로 이용할 수 있습니다. 도움이 필요하시면 ID 카드 뒷면에 있는 번호로 전화하십시오(TTY: 711).

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Benefits to which You are Entitled

Highmark's benefit liability is limited to the benefits specified in this Health Care Certificate. Except as provided in the Transplant Services description, no person other than a member is entitled to receive benefits under this Health Care Certificate. Such right to benefits and coverage is not transferable. Benefits for Covered Services specified herein will be provided only for services and supplies rendered by providers as defined in this Health Care Certificate.

Changes

No changes to this Health Care shall be valid until approved by an executive officer of Highmark and unless such approval be endorsed hereon or attached hereto. No agent has authority to change this Health care Certificate or to waive any of its provisions.

Non-Assignment

Unless otherwise required by law, Highmark is authorized by the member to make payments directly to providers furnishing Covered Services provided under the program described in this Certificate; however, Highmark reserves the right to make these payments directly to the member. The right of a member to receive payment for a Covered Service described in this Certificate is not assignable, except to the extent required by law, nor may benefits described in this Certificate be transferred either before or after Covered Services are rendered. Any (direct or indirect) attempt to accomplish such an assignment shall be null and void. Nothing contained in this Certificate shall be construed to make Highmark, the group or the student health insurance program sponsor liable to any assignee to whom a member may be liable for medical care, treatment, or services.

Introduction to Your Health Care Program

This Certificate provides You with the information You need to understand Your health care program. We encourage You to take the time to review this information, so You understand how Your health care program works.

Refer to the Summary of Benefits at the end of this Certificate. The Summary of Benefits will tell You what You need to know about Your benefits, Exclusions and how Your plan works.

For a number of reasons, we think You will be pleased with Your health care program:

- ***Your health care program gives You freedom of choice.*** You are not required to select a Primary Care Provider to receive covered care. You have access to a large provider Network of physicians, hospitals and other providers in Pennsylvania, as well as providers across the country who are part of the Local PPO Network. For a higher level of coverage, You need to receive care from one of these Network Providers. However, You can go outside the Network and still receive care at the lower level of coverage. To locate a Network Provider near You or to learn whether Your current physician is in the Network, log onto Your Highmark member website, www.myhighmark.com.
- ***Your health care program gives You "stay healthy" care.*** You are covered for a range of preventive care, including physical examinations and selected diagnostic tests. Preventive care is a proactive approach to health management that can help You stay on top of Your health status and prevent more serious, costly care down the road.

You can review Your Preventive Care Guidelines online at Your member website. And, as a member of Your health care program, You get important extras. Along with twenty-four (24) hour assistance with any health care question via Blues On Call, Your member website connects You to a range of self-service tools that can help You manage Your coverage. You can also access programs and services designed to help You make and maintain healthy improvements. And You can access a wide range of care cost and care provider quality tools to assure You spend Your health care dollars wisely.

We understand that Prescription Drug coverage is of particular concern to our members. You will find in-depth information on these benefits in this Certificate.

If You have any questions on Your health care program, please call the Member Service toll-free telephone number on the back of Your ID card. For TTY/TDD hearing impaired service, please dial 711 and the number on the back of Your ID card.

Information for Non-English-Speaking Members

Non-English-speaking members have access to clear benefits information. They can call the toll-free Member Service telephone number on the back of their ID card to be connected to a language services interpreter line. Highmark Member Service representatives are trained to make the connection.

As always, we value You as a member, look forward to providing Your coverage and wish You good health.

How Your Benefits Are Applied

To help You understand Your coverage and how it works, here is an explanation of some benefit terms found on the Summary of Benefits, which is included at the end of this Certificate. For specific amounts, refer to the Summary of Benefits.

Benefit Period

The specified period of time during which charges for Covered Services must be incurred in order to be eligible for payment by Highmark. A charge shall be considered incurred on the date You receive the service or supply for which the charge is made. Refer to the Summary of Benefits for the Benefit Period under this program.

Medical and Prescription Drug Cost-Sharing Provisions

Cost sharing is a requirement that You pay part of Your expenses for Covered Services. The terms "copayment," "deductible" and "coinsurance" describe methods of such payment.

Coinsurance

The coinsurance is the specific percentage of the Plan Allowance for Covered Services that is Your responsibility. You may be required to pay any applicable coinsurance at the time You receive care from a provider. Refer to the Summary of Benefits for the percentage amounts paid by the program.

Copayment

The copayment for certain Covered Services is the specific, upfront dollar amount which will be deducted from the Plan Allowance and is Your responsibility. See the Summary of Benefits for the copayment amounts.

Deductible

The deductible is a specified dollar amount You must pay for Covered Services each Benefit Period before the program begins to provide payment for benefits. You may be required to pay any applicable deductible at the time You receive care from a provider. See the Summary of Benefits for the deductible amounts.

Family Deductible

The family deductible is a specified dollar amount of Covered Services that must be incurred by covered family members before the program begins to provide payment for benefits.

For a family with one or more covered dependents, the deductible you pay for all covered family members within a benefit period is specified under the family deductible. See the Summary of Benefits for the family deductible amounts.

The family deductible is satisfied by eligible expenses incurred collectively by covered family members within the benefit period.

Once the family deductible is satisfied, the program begins to pay for eligible services for all covered family members within the benefit period. The deductible contributed towards the total family deductible by any one covered family member will not be more than the amount of the individual deductible.

Within a benefit period, once a family member satisfies their individual deductible, the program begins to pay for that person's covered services even if the deductible for the entire family has not been met.

Out-of-Pocket Limit

The Out-of-Pocket Limit refers to the specified dollar amount of expense incurred for Covered Services in a Benefit Period. When the specified dollar amount is attained, You, or the specified family dollar amount is attained by You and Your covered family members, You will no longer be required to pay coinsurance. The Out-of-Pocket limit does not include copayments, pediatric dental expenses, Prescription Drug expenses or amounts in excess of the Plan Allowance. See the Summary of Benefits for the Out-of-Pocket Limit.

Total Maximum Out-of-Pocket

The Total Maximum Out-of-Pocket, as mandated by the federal government, refers to the specified dollar amount of deductible, coinsurance and copayments incurred for Network Covered Services, Covered Medications and any qualified medical expenses in a Benefit Period. When the specified individual dollar amount is attained by You, or the specified family dollar amount is attained by You and Your covered family members, Your program begins to pay 100% of all covered expenses and no additional coinsurance, copayments and deductible will be incurred for Network Covered Services and Covered Medications in that Benefit Period. See the Summary of Benefits for the Total Maximum Out-of-Pocket. The Total Maximum Out-of-Pocket does not include out-of-Network cost-sharing or amounts in excess of the Plan Allowance.

Maximum

The greatest amount of benefits that the program will provide for Covered Services within a prescribed period of time. This could be expressed in dollars, number of days or number of services.

Description of Benefits - Medical Program

Your health care program may provide benefits for the following services You receive from a provider when such services are determined to be Medically Necessary and Appropriate. Covered Services may be rendered by a Provider in person and, as appropriate, remotely or virtually via telephone, internet or other electronic form of communication. All benefit limits, deductibles and copayment amounts are described in the Summary of Benefits included at the end of this Certificate. For specific Covered Services, refer to the Summary of Benefits.

Network care is covered at a higher level of benefits than out-of-Network care.

For the lowest out-of-pocket costs, use a Network Provider. To make sure that a provider is in the network, call Member Service at the number on the back of Your member ID card. Or visit www.myhighmark.com.

Ambulance Services

Ambulance service providing local transportation by means of a specially designed and equipped vehicle used only for transporting the sick and injured:

- from Your home, the scene of an accident or medical emergency to a hospital or skilled nursing facility;
- between hospitals; or
- between a hospital and a skilled nursing facility;

when such facility is the closest institution that can provide Covered Services appropriate for Your condition. If there is no facility in the local area that can provide covered services appropriate for Your condition, then ambulance service means transportation to the closest facility outside the local area that can provide the necessary service.

Ambulance service includes an emergency Medical Services (EMS) agency licensed by the state.

Transportation and other emergency services provided by an ambulance service will be considered emergency ambulance service if the injury or condition is considered emergency care. Refer to the Terms You Should Know section for a definition of Emergency Care Services.

Benefits are provided for Emergency Care Services rendered by an ambulance service even when transport is not required or refused by You.

Use of an ambulance as transportation to an emergency room for an injury or condition that does not satisfy the criteria of emergency care will not be covered as emergency Ambulance Services.

Local transportation by means of a specially designed and equipped vehicle used only for transporting the sick and injured:

- from a hospital to Your home, or
- from a skilled nursing facility to Your home.

Artificial Insemination

Benefits will be provided for Artificial Insemination and associated diagnostic, medical and Surgical Services and pharmacological or hormonal treatments used in conjunction with Artificial Insemination when ordered by a physician and determined to be Medically Necessary and Appropriate.

Autism Spectrum Disorders

Benefits are provided to members for the following:

Diagnostic Assessment of Autism Spectrum Disorders

Medically Necessary and Appropriate assessments, evaluations or tests performed by a physician, licensed physician assistant, psychologist or certified registered nurse practitioner to diagnose whether an individual has an autism spectrum disorder.

Treatment of Autism Spectrum Disorders

Treatment may include the following Medically Necessary and Appropriate services:

Habilitative and Rehabilitative care

Professional services and treatment programs, including Habilitative and Rehabilitative Services related to Applied Behavioral Analysis, provided by an Autism Service Provider to produce socially significant improvements in human behavior or to prevent loss of an attained skill or function.

Pharmacy Care

Any assessment, evaluation, test or Prescription Drug prescribed or ordered by a physician, licensed physician assistant or certified registered nurse practitioner to determine the need or effectiveness of a Prescription Drug approved by the Food and Drug Administration (FDA) and designated by Highmark for the Treatment of Autism Spectrum Disorders.

Psychiatric and Psychological Care

Direct or consultative services provided by a psychologist or by a physician who specializes in psychiatry.

Therapeutic Care

Services that are provided by a speech language pathologist, occupational therapist or physical therapist.

NOTE: Certain services for the Treatment of Autism Spectrum Disorders described above, including but not limited to Diagnostic Services, Pharmacy Care, Psychiatric and Psychological Care, Rehabilitative Care and Therapeutic Care, are also described as services covered under other benefits as set forth within this Covered Services section. When you receive such services, they will be paid as specified in such other benefits as set forth in the Summary of Benefits. However, any visit limitations specified for such other benefits will not apply when those services are prescribed for the Treatment of Autism Spectrum Disorders. Applied Behavioral Analysis for the Treatment of Autism Spectrum Disorders will be paid as set forth in the Summary of Benefits.

Dental Services

Anesthesia for Non-Covered Dental Procedures (Limited)

Benefits will be provided for general Anesthesia and associated hospital and Medical Services normally related to the administration of general Anesthesia which are rendered in connection with non-covered dental procedures or non-covered oral Surgery. Benefits are provided for members aged seven (7) or under and for developmentally disabled members when determined by Highmark to be Medically Necessary and Appropriate and when a successful result cannot be expected for treatment under local Anesthesia, or when a superior result can be expected from treatment under general Anesthesia.

Dental Services Related to Accidental Injury

Dental Services initially rendered by a physician which are required as a result of accidental injury to the jaws, sound natural teeth, mouth or face. Follow-up services, if any, that are provided after the initial

treatment are not covered. Injury as a result of chewing or biting shall not be considered an accidental injury.

Pediatric Dental Services

Benefits are provided for members for the following when rendered by a participating dentist who is a Network Provider:

- Oral evaluations
 - Comprehensive, periodic and limited problem focused
 - Consultations
 - Detailed problem focused
- Radiographs
 - Full mouth x-rays - One (1) every three (3) years
 - Bitewing x-rays - One (1) set per six (6) months
- Prophylaxis - One (1) per six (6) months. One (1) additional for members under the care of a medical professional during pregnancy.
- Fluoride treatments
 - Topical fluoride treatment - two (2) per twelve (12) months through age eighteen (18)
 - Fluoride varnish - two (2) per twelve (12) months through age eighteen (18)
- Palliative treatment (emergency)
- Occlusal Guard
- Sealants - one (1) per tooth per three (3) years on permanent first and second molars
- Space maintainers - through age eighteen (18) when used to maintain space as a result of prematurely lost deciduous first and second molars, or permanent first molars that have not, or will never, develop.
- Preventive resin restorations
- Periodontal services
 - Full mouth debridement
 - Periodontal maintenance following active periodontal therapy - four (4) per twelve (12) months in addition to routine prophylaxis.
 - Periodontal scaling and root planing - one (1) per twenty-four (24) months per area of the mouth.
 - Surgical periodontal procedures - one (1) per twenty-four (24) months per area of the mouth.
 - Guided tissue regeneration
- Basic restorations - amalgam or composite
- Crowns - ceramic, porcelain-fused to metal and metal alloy - one (1) every five (5) years
- Inlays and onlays - one (1) every five (5) years
- Prefabricated stainless steel crowns - one (1) per tooth within a five (5) year period
- Replacement of restorative services only when they are not, and cannot be made, serviceable:
 - Basic restorations - (including, but not limited to, stainless steel crowns)
 - Single crowns, inlays, onlays - one (1) per tooth within a five (5) year period
 - Buildups and post and cores - one (1) per tooth within a five (5) year period
 - Full and partial dentures - one (1) per arch within a five (5) year period
- Oral and maxillofacial Surgical Services:
 - Simple extractions
 - Surgical extractions
 - Oral Surgery

- Apicoectomy/periradicular Surgery
- Denture relining, rebasing or adjustments are considered part of the denture charges if provided within six months of insertion by the same dentist. Subsequent denture relining or rebasing limited to one (1) every three (3) years thereafter.
- Pulpal therapy - through age five (5) on primary anterior teeth and through age eleven (11) on primary posterior teeth.
- Root canal retreatment - one (1) per tooth per lifetime.
- Recementation - one (1) per five (5) years. Recementation during the first twelve (12) months following insertion by the same dentist is included in the prosthetic service benefit.
- Administration of I.V. sedation or general Anesthesia is limited to covered oral surgical procedures involving one (1) or more impacted teeth (soft tissue, partial bony or complete bony impactions)
- Therapeutic drug injections - only covered in unusual circumstances, by report.
- Orthodontics - Covered Services which are intended to treat a severe dentofacial abnormality and are the only method capable of preventing irreversible damage to Your teeth or their supporting structures, and restoring Your oral structure to health and function.
 - Orthodontic treatment limitations
 - All pediatric orthodontic treatment is subject to Precertification by Highmark and must be part of an approved written plan of care.
 - To be eligible for pediatric orthodontic treatment, You must: 1) continue to be enrolled during the duration of treatment; and 2) have a fully erupted set of permanent teeth.
- An alternate benefit provision (ABP) will be applied if a covered dental condition can be treated by means of a professionally acceptable procedure which is less costly than the treatment recommended by the dentist. The ABP does not commit You to the less costly treatment. However, if You and the provider choose the more expensive treatment, You are responsible for the additional charges beyond those allowed under this ABP.
- Coverage terminates for Pediatric Dental Services at the end of the Benefit Period in which the member reaches age nineteen (19).

Diabetes Treatment

Coverage is provided for the following when required in connection with the treatment of diabetes and when prescribed by a physician legally authorized to prescribe such items under the law:

- Equipment and supplies: Blood glucose monitors, monitor supplies, injection aids, syringes and insulin infusion devices
- Diabetes Education Program: When Your physician certifies that You require diabetes education as an outpatient, coverage is provided for the following when rendered through a Diabetes Education Program:
 - Visits Medically Necessary and Appropriate upon the diagnosis of diabetes
 - Subsequent visits under circumstances whereby Your physician: a) identifies or diagnoses a significant change in Your symptoms or conditions that necessitates changes in Your self-management, or b) identifies, as Medically Necessary and Appropriate, a new medication or therapeutic process relating to Your treatment and/or management of diabetes

Diagnostic Services

Benefits will be provided for the following Covered Services when ordered by a professional provider:

Advanced Imaging Services

Include, but are not limited to, computed tomography (CT), computed tomographic angiography (CTA), magnetic resonance imaging (MRI), magnetic resonance angiography (MRA), positron emission tomography (PET scan), positron emission tomography/computed tomography (PET/CT scan).

Basic Diagnostic Services

- **Standard Imaging Services** - procedures such as skeletal x-rays, ultrasound and fluoroscopy
- **Laboratory and Pathology Services** - procedures such as non-routine Papanicolaou (PAP) smears, blood tests, urinalysis, biopsies and cultures
- **Diagnostic Medical Services** - procedures such as electrocardiograms (ECG), electroencephalograms (EEG), echocardiograms, pulmonary studies, stress tests, audiology testing
- **Allergy Testing Services** - allergy testing procedures such as percutaneous, intracutaneous, and patch tests

Durable Medical Equipment

The rental or, at the option of Highmark, the purchase, adjustment, repairs and replacement of Durable Medical Equipment for therapeutic use when prescribed by a professional provider within the scope of their license. Rental costs cannot exceed the total cost of purchase.

Enteral Foods

Enteral Foods is a liquid source of nutrition equivalent to a Prescription Drug that is administered orally or enterally and which may contain some or all nutrients necessary to meet minimum daily nutritional requirements. Enteral Foods are intended for the specific dietary management of a disease or condition for which distinctive nutritional requirements are identified through medical evaluation.

Coverage is provided for Enteral Foods when administered on an outpatient basis for:

- amino acid-based elemental medical formulae ordered by a physician for infants and children for food protein allergies, food protein-induced enterocolitis syndrome, eosinophilic disorders and short bowel syndrome; and
- nutritional supplements administered under the direction of a physician for the therapeutic treatment of phenylketonuria, branched-chain ketonuria, galactosemia and homocystinuria and;
- Enteral Foods prescribed by a physician, when administered on an outpatient basis, considered to be Your sole source of nutrition and provided:
 - through a feeding tube (nasogastric, gastrostomy, jejunostomy, etc.) and utilized instead of regular shelf food or regular infant formulas; or
 - orally and identified as one of the following types of defined formulae with: hydrolyzed (pre-digested) protein or amino acids, specialized content for special metabolic needs, modular components, or standardized nutrients.

Once it is determined that You meet the above criteria, coverage for Enteral Foods will continue as long as it represents at least 50% of Your daily caloric requirement.

Coverage for Enteral Foods excludes the following:

- Blenderized food, baby food, or regular shelf food
- Milk or soy-based infant formulae with intact proteins
- Any formulae, when used for the convenience of You or Your family members
- Nutritional supplements or any other substance utilized for the sole purpose of weight loss or gain, or for caloric supplementation, limitation or maintenance
- Semisynthetic intact protein/protein isolates, natural intact protein/protein isolates, and intact protein/protein isolates, when provided orally

This coverage does not include normal food products used in the dietary management of the disorders included above.

Habilitative and Rehabilitative Services

Benefits will be provided for the following services when such services are ordered by a physician:

- Cardiac Rehabilitation (does not include services provided for habilitative purposes)
- Occupational Therapy
- Physical Medicine
- Speech Therapy (including Speech Therapy for the treatment of Childhood Stuttering)

Home Health Care/Hospice Care Services

This program covers the following services You receive from a home health care agency, hospice or a hospital program for home health care and/or hospice care:

- Skilled nursing services of a Registered Nurse (RN) or Licensed Practical Nurse (LPN), excluding Private Duty Nursing services;
- Physical Medicine, Speech Therapy and Occupational Therapy;
- Medical and surgical supplies provided by the home health care agency or hospital program for home health care or hospice care;
- Oxygen and its administration;
- Medical social service consultations;
- Health aide services when You are also receiving covered nursing, Habilitative, Rehabilitative or Therapy Services;
- Respite care;
- Family counseling related to the member's terminal condition.

No Home Health Care/Hospice Care benefits will be provided for:

- dietitian services;
- homemaker services;
- maintenance therapy;
- Dialysis Treatment;
- Custodial Care; and
- food or home-delivered meals.

Home Infusion and Suite Infusion Therapy Services

Benefits will be provided when performed by a home infusion and/or suite infusion therapy provider at an infusion suite or in a home setting. This includes pharmaceuticals, pharmacy services, intravenous solutions,

medical/surgical supplies and nursing services associated with infusion therapy. Specific adjunct non-intravenous therapies are included when administered only in conjunction with infusion therapy. Benefits for certain infusion therapy Prescription Drugs as identified by Highmark and which are appropriate for self-administration will be provided only when received from a Participating Pharmacy Provider.

Hospital Services

This program covers the following services received in a facility provider. Benefits will be covered only when, and so long as, they are determined to be Medically Necessary and Appropriate for the treatment of the patient's condition.

Inpatient Services

Bed and Board

Bed, board and general nursing services are covered when You occupy:

- a room with two or more beds;
- a private room. Private room allowance is the average semi-private room charge; or
- a bed in a special care unit which is a designated unit which has concentrated all facilities, equipment and supportive services for the provision of an intensive level of care for critically ill patients.

Ancillary Services

Hospital Services and supplies including, but not restricted to:

- use of operating, delivery and treatment rooms and equipment;
- drugs and medicines provided to You while You are an inpatient in a facility provider;
- whole blood, administration of blood, blood processing, and blood derivatives;
- Anesthesia, anesthesia supplies and services rendered in a facility provider by an employee of the facility provider. Administration of Anesthesia ordered by the attending professional provider and rendered by a professional provider other than the surgeon or Assistant at Surgery;
- medical and surgical dressings, supplies, casts and splints;
- Diagnostic Services; or
- Habilitative and Rehabilitative Services and Therapy Services.

Outpatient Services

Ancillary Services

Hospital Services and supplies including, but not restricted to:

- use of operating, delivery and treatment rooms and equipment;
- drugs and medicines provided to You while You are an outpatient in a facility provider. However, benefits for certain therapeutic injectables and infusion therapy Prescription Drugs as identified by Highmark and which are appropriate for self-administration will be provided only when received from a Participating Pharmacy Provider;
- whole blood, administration of blood, blood processing, and blood derivatives;
- Anesthesia, anesthesia supplies and services rendered in a facility provider by an employee of the facility provider. Administration of Anesthesia ordered by the attending professional provider and rendered by a professional provider other than the surgeon or Assistant at Surgery;
- medical and surgical dressings, supplies, casts and splints.

Emergency Care Services

In emergency situations, where You must be treated immediately, go directly to Your nearest hospital emergency provider; or call "911" or Your area's emergency number.

Emergency Care Services are available seven (7) days a week, twenty-four (24) hours a day. Emergency Care Services are services and supplies, including drugs and medicines, for the outpatient emergency treatment of bodily injuries resulting from an accident or a medical condition. Also included is a medical screening examination and Ancillary Services necessary to evaluate such injury or emergency medical condition and further medical examination and treatment as required to stabilize the patient.

In the event the member receiving such Emergency Care Services from an Out-of-Network Provider requires an inpatient admission or observation immediately resulting from such injury or emergency medical condition and upon stabilization;

- a. is unable to travel using non-medical transportation or non-emergency medical transportation to an available Network Provider located within a reasonable travel distance; or
- b. does not consent to be transferred

Covered Services directly related to such injury or emergency medical condition and received during the inpatient admission or observation will be covered at the Network Services level of benefits. You will not be subject to any balance billing amounts.

Your outpatient emergency room Visits may be subject to a copayment, which is waived if You are admitted as an Inpatient. Refer to the Summary of Benefits section for Your program's specific amounts.

Once the crisis has passed, call Your physician to receive appropriate follow-up care.

Refer to the Terms You Should Know section for a definition of Emergency Care Services. Treatment for any occupational injury for which benefits are provided under any worker's compensation law or any similar occupational disease law is not covered.

Pre-Admission Testing

Tests and studies, as indicated in the Basic Diagnostic Services subsection above, required in connection with Your admission rendered or accepted by a hospital on an outpatient basis prior to a scheduled admission to the hospital as an Inpatient.

Outpatient Evaluation and Management Services

Benefits are provided for outpatient Medical Care Visits and Consultations for the evaluation and management of Your condition, including examination, diagnosis and treatment of an injury or illness.

Surgery

Hospital Services and supplies for outpatient Surgery including removal of sutures, Anesthesia, anesthesia supplies and services rendered by an employee of the facility provider, other than the surgeon or Assistant at Surgery.

Maternity Services

Benefits will be provided for obstetrical care, including prenatal and postnatal care, sonograms and childbirth. Coverage is also provided for:

Complications of Pregnancy

Physical effects directly caused by pregnancy but which are not considered from a medical viewpoint to be the effect of Normal Pregnancy, including conditions related to ectopic pregnancy or those that require cesarean section.

Maternity Home Health Care Visit

You are covered for one Maternity Home Health Care Visit provided at Your home within forty-eight (48) hours of discharge when the discharge from a facility provider occurs prior to: (a) forty-eight (48) hours of inpatient care following a normal vaginal delivery, or (b) ninety-six (96) hours of inpatient care following a cesarean delivery. This Visit shall be made by a Network Provider whose scope of practice includes postpartum care. The Visit includes parent education, assistance and training in breast and bottle feeding, infant screening, clinical tests, and the performance of any necessary maternal and neonatal physical assessments. The Visit may, at Your sole discretion, occur at the office of Your Network Provider. The Visit is subject to all the terms of this program and is exempt from any copayment, coinsurance or deductible amounts.

Under state law, entities such as Highmark which issue health insurance to Your plan sponsor is, prohibited from restricting benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than forty-eight (48) hours following a vaginal delivery, or less than ninety-six (96) hours following a cesarean section. However, state law does not prohibit the mother's or newborn's attending provider from discharging the mother or newborn earlier than forty-eight (48) hours (or ninety-six (96) hours as applicable) if the mother and newborn meet the medical criteria for a safe discharge contained in guidelines which recognize treatment standards used to determine the appropriate length of stay; including those of the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists. In any case, health insurance issuers like Highmark can only require that a provider obtain authorization for prescribing an inpatient hospital stay that exceeds forty-eight (48) hours (or ninety-six (96) hours).

Normal Pregnancy

Normal Pregnancy includes any condition usually associated with the management of a difficult pregnancy but is not considered a complication of pregnancy.

Newborn Care

Covered Services provided to the newborn child, including care which is necessary for the treatment of medically diagnosed congenital defects, birth abnormalities, prematurity and routine nursery care. Routine nursery care includes inpatient medical Visits by a professional provider. Benefits will continue for a maximum of thirty-one (31) days.

If You are pregnant, now is the time to enroll in the Baby Blueprints® Maternity Education and Support Program offered by Highmark. Please refer to the Member Service section of this Certificate for more information.

Medical Services

Allergy Extract/Injections

Benefits are provided for allergy extract and allergy injections.

Emergency Care Services

Medical care for the outpatient emergency treatment of bodily injuries resulting from an accident or medical condition, including a medical screening examination and Ancillary Services necessary to evaluate such injury or emergency medical condition, and such further medical examination and treatment as required to stabilize the patient.

Inpatient Medical Care Services

Medical care by a professional provider when You are an Inpatient for a condition not related to Surgery, pregnancy, Mental Illness or substance abuse, except as specifically provided.

Concurrent Care

Medical care rendered concurrently with Surgery during one inpatient stay by a professional provider other than the operating surgeon for treatment of a medical condition separate from the condition for which Surgery was performed. Medical care by two or more professional providers rendered concurrently during one inpatient stay when the nature or severity of Your condition requires the skills of separate physicians.

Consultation

Consultation services rendered to an Inpatient by another professional provider at the request of the attending professional provider. Consultation does not include staff consultations which are required by facility provider rules and regulations.

Inpatient Medical Care Visits

Benefits are provided for Inpatient Medical Care Visits.

Intensive Medical Care

Medical care rendered to You when Your condition requires a professional provider's constant attendance and treatment for a prolonged period of time.

Routine Newborn Care

Professional provider Visits to examine the newborn infant while the mother is an Inpatient.

Outpatient Medical Care Services

Medical care rendered by a professional provider when You are an outpatient for a condition not related to Surgery, pregnancy, Mental Illness or substance abuse, except as specifically provided. Covered Services include Medical Care Visits, On-Demand Telemedicine services and Consultations for the examination, diagnosis and treatment of an injury or illness.

Medical Care Visits

As a Highmark member, You enjoy many convenient options for where You can receive outpatient care. You can physically go to one of the following providers:

- Primary Care Provider's (PCP) or Specialist's office
- Physician's office located in an outpatient hospital/hospital satellite setting
- Urgent Care Center
- Retail site, such as in a pharmacy or other retail store

Different types of providers, their services and their locations may require different payment amounts and result in different charges. You may be responsible for a facility fee, clinic charge or similar fee (in addition to any professional fees) if Your office Visit or service is provided at a hospital, facility provider, ancillary provider, retail clinic or Urgent Care Center.

You can also interact with a professional provider virtually, via telephone, internet or other electronic communication. Benefits are provided for a virtual Visit when You communicate with the professional provider from any location, such as Your home, office or another mobile location. Alternatively, a

professional provider may want You to travel to a provider originating site where a virtual interaction with the provider can occur.

On-Demand Telemedicine Services

Your plan includes benefits for services rendered by a Designated Telemedicine Provider.

You may contact a Designated Telemedicine Provider twenty-four (24) hours a day, seven (7) days a week, three hundred sixty-five (365) days a year to receive immediate, one-on-one access to a clinical consultation for the diagnosis and treatment of non-emergency medical condition. This would be covered under the On-Demand Telemedicine Services benefit and subject to the cost sharing amount in Your Summary of Benefits.

In addition to On-Demand Telemedicine Services, a Designated Telemedicine Provider may also provide other Medical Services. If provided, these services are covered under their corresponding benefit category (PCP or Specialist office Visit). For example, services provided by a Designated Telemedicine Provider relating to the treatment of a dermatological issue are covered under Your Specialist office Visit benefit and subject to the cost sharing amount in Your Summary of Benefits.

Consultations

Professional providers may also request Consultations from another professional provider for an advisory opinion regarding a diagnosis or management of Your medical problem. These are called "provider-to-provider" Consultations or "interprofessional consultations". ***Interprofessional Consultations do not include provider interaction with You.*** When You are a patient at a Network facility, Network cost sharing will apply even if the consulting provider is not a Network Provider and You will not be subject to any balance billing amounts.

Mental Health Care Services

Your mental health is just as important as Your physical health. That is why Your program provides professional, confidential mental health care that addresses Your individual needs. You have access to a wide range of mental health and substance abuse professional providers, so You can get the appropriate level of responsive, confidential care.

Day, dollar and/or Visit limits, if any, applicable to any other Covered Services do not apply to Mental Health treatment.

You are covered for a full range of counseling and treatment services. Your program covers the following services You receive from a provider to treat mental illness:

Inpatient Facility Services

Hospital Services are provided for the inpatient treatment of Mental Illness by a facility provider. Inpatient Facility Services must be provided twenty-four (24) hours a day, seven (7) days a week by or under the direction of a psychiatrist, a psychiatric nurse practitioner or a psychologist when legally authorized by the state. Inpatient Facility Services are recommended for patients who are an acute danger to themselves or others or who are unable to provide required self-care and lack available support.

Inpatient Medical Services

Covered Inpatient Medical Services provided by a professional provider:

- Individual psychotherapy
- Group psychotherapy
- Psychological testing

- Family counseling
Counseling with family members to assist in Your diagnosis and treatment
- Convulsive therapy treatment; and
Electroshock treatment or convulsive drug therapy including Anesthesia when administered concurrently with the treatment by the same professional provider
- Medication management

Partial Hospitalization Program

Benefits are only available for Mental Health Care Services provided on a Partial Hospitalization basis when received through a Partial Hospitalization Program. A mental health care service provided on a Partial Hospitalization basis will be deemed an outpatient care Visit and is subject to any outpatient care cost-sharing amounts.

Outpatient Mental Health Care Services

Inpatient facility service and inpatient medical benefits provided by a facility provider or professional provider as previously described, are also available when provided for the outpatient treatment of Mental Illness by a facility provider, or a professional provider. Benefits are also provided for Mental Health Care Services received through an Intensive Outpatient Program.

In addition to On-Demand Telemedicine Services, a Designated Telemedicine Provider may also provide services related to the treatment of behavioral health. This would be covered under Your outpatient mental health benefit and subject to the cost sharing amount in Your Summary of Benefits.

Serious Mental Illness Care Services

Benefits will be provided for covered inpatient care and covered outpatient care for the treatment of serious Mental Illness. A serious Mental Illness service provided on a Partial Hospitalization basis will be deemed to be an outpatient care Visit subject to outpatient care cost-sharing amounts.

Orthotic Devices

Purchase, fitting, necessary adjustment, repairs and replacement of a rigid or semi-rigid supportive device which restricts or eliminates motion of a weak or diseased body part.

Pediatric Extended Care Services

Benefits are provided for care received from a pediatric extended care facility that is licensed by the state and is primarily engaged in providing basic non-residential services to infants and/or young children who have complex medical needs requiring skilled nursing and therapeutic care and who may be technologically dependent.

Services rendered by a pediatric extended care facility pursuant to a treatment plan for which benefits may include one or more of the following:

- Skilled nursing services of a Registered Nurse (RN) or Licensed Practical Nurse (LPN)
- Physical Medicine, Speech Therapy and Occupational Therapy
- Respiratory Therapy
- Medical and surgical supplies provided by the pediatric extended care facility
- Acute health care support
- Ongoing assessments of health status, growth and development

Pediatric Extended Care Services will be covered for children eight (8) years of age or under, pursuant to the attending physician's treatment plan only when provided in a pediatric extended care facility, and when approved by Highmark.

A prescription from the child's attending physician is necessary for admission to such facility.

No benefits are payable after the child has reached the maximum level of recovery possible for his or her particular condition and no longer requires definitive treatment other than routine supportive care.

Preventive Care Services

Benefits will be provided for Covered Services in accordance with the Preventive Schedule. Recommended annual services are based on a calendar year resetting January 1 of every year. Refer to the Summary of Benefits and Preventive Schedule for Your program's specific level of coverage.

Adult Care

Routine physical examinations, regardless of Medical Necessity and Appropriateness, including a complete medical history, and other items and services.

Adult Immunizations

Benefits are provided for Adult Immunizations, including the immunizing agent, when required for the prevention of disease.

Colorectal Cancer Screenings

Benefits are provided for the following tests or procedures when ordered by a physician for the purpose of early detection of colorectal cancer:

- Basic diagnostic laboratory and pathology screening services such as a fecal-occult blood or fecal immunochemical test
- Basic diagnostic standard imaging screening services such as barium enema
- Surgical screening services such as flexible sigmoidoscopy and colonoscopy and Hospital Services related to such surgical screening services
- Such other basic diagnostic laboratory and pathology, basic diagnostic standard imaging, surgical screening tests, basic diagnostic medical and advanced imaging screening services consistent with approved medical standards and practices for the detection of colon cancer

Colorectal Cancer Screenings are covered:

For all members forty-five (45) years of age or older as follows:

- An annual fecal-occult blood test or fecal immunochemical test
- A sigmoidoscopy every five (5) years
- A screening barium enema or test consistent with approved medical standards and practices to detect colon cancer every five (5) years
- A colonoscopy every ten (10) years

For members determined to be at high or increased risk, regardless of age:

- A colonoscopy or any other combination of Covered Services related to colorectal cancer screening when prescribed by a physician and in accordance with the American Cancer Society guidelines on screening for colorectal cancer as of January 1, 2018.

Colorectal cancer screening services which are otherwise not described herein and are prescribed by a physician for a symptomatic member are not considered Preventive Care Services. The payment for these services will be consistent with similar Medically Necessary and Appropriate Covered Services.

Diabetes Prevention Program

Benefits are provided if You meet certain medical criteria of having a high risk of developing type 2 diabetes and when you are enrolled in a Diabetes Prevention Program that is offered through a Network Diabetes Prevention Provider. Coverage is limited to one enrollment in a Diabetes Prevention Program per year, regardless of whether You complete the Diabetes Prevention Program.

Breast Cancer Screenings

Benefits are provided for the following:

- An annual routine mammographic screening starting at forty (40) years of age or older as well as, additional imaging (e.g. magnetic resonance imaging (MRI), ultrasound and mammography) and pathology evaluations needed to complete the screening process for malignancies.
- For members believed to be at an increased risk of breast cancer due to:
 1. personal history of atypical breast histologies;
 2. personal history or family history of breast cancer;
 3. genetic predisposition for breast cancer;
 4. prior therapeutic thoracic radiation therapy;
 5. heterogeneously dense breast tissue based on breast composition categories with any one of the following risk factors:
 - i. lifetime risk of breast cancer of greater than 20%, according to risk assessment tools based on family history;
 - ii. personal history of BRCA1 or BRCA2 gene mutations;
 - iii. a first-degree relative with a BRCA1 or BRCA2 gene mutation;
 - iv. prior therapeutic thoracic radiation therapy between ten (10) and thirty (30) years of age; or
 - v. personal history of Li-Fraumeni syndrome, Cowden syndrome or Bannayan-Riley-Ruvalcaba syndrome or a first-degree relative with one of these syndromes; or
 6. extremely dense breast tissue based on breast composition categories;

one (1) supplemental breast screening every year using standard or abbreviated magnetic resonance imaging (MRI) or, if such imaging is not possible, ultrasound if recommended by the treating physician to screen for breast cancer when there is no abnormality seen or suspected in the breast.

- Mammographic screenings for all members regardless of age when such services are prescribed by a physician.

Benefits for mammographic screenings are payable only if performed by a mammography service provider who is properly certified by the Pennsylvania Department of Health in accordance with the Mammography Quality Assurance Act of 1992.

BRCA-Related Genetic Counseling and Genetic Testing

Benefits are provided for genetic counseling and, if indicated after genetic counseling, a genetic laboratory test of the BRCA1 and BRCA2 genes for members assessed to be at an increased risk, based on a clinical risk assessment tool, of potentially harmful mutations in the BRCA1 or BRCA2 genes due to a personal or family history of breast or ovarian cancer. Benefits for BRCA-Related Genetic Counseling and Genetic Testing are payable only if provided by an individual licensed, certified or otherwise regulated to provide genetic counseling and genetic testing under Pennsylvania law.

Pediatric Care

Routine physical examinations, regardless of Medical Necessity and Appropriateness, and other items and services.

Pediatric Immunizations

Benefits are provided to members under twenty-one (21) years of age and dependent children for those Pediatric Immunizations, including the immunizing agents, which conform with the standards of the Advisory Committee on Immunization Practices of the Center for Disease Control and U.S. Department of Health and Human Services. Benefits are not subject to the program deductibles or dollar limits.

Routine Gynecological Examination and Papanicolaou Smear

Benefits are provided for one (1) Routine Gynecological Examination, including a pelvic and clinical breast examination, and one routine Papanicolaou Smear (pap test) per calendar year. Benefits are not subject to program deductibles or Maximums.

Routine Screening Tests and Procedures

Benefits are provided for Routine Screening Tests and Procedures, regardless of Medical Necessity and Appropriateness.

Tobacco Use, Counseling and Interventions

Benefits are provided for screenings for tobacco use and, for those who use tobacco products, tobacco cessation counseling sessions and Covered Medications.

Well-Woman Coverage

Well-woman benefits are provided for items and Services including, but not limited to, an initial physical examination to confirm pregnancy, screening for gestational diabetes, coverage for contraceptive methods and counseling for all Members capable of pregnancy and breastfeeding support and counseling.

Private Duty Nursing Services

Services of an actively practicing Registered Nurse (RN) or Licensed Practical Nurse (LPN) when ordered by a physician, providing such nurse does not ordinarily reside in Your home or is not a member of Your Immediate Family. Benefits will be provided only when You are at home and only when Highmark determines that the nursing services require the skills of an RN or an LPN.

Prosthetic Appliances

Purchase, fitting, necessary adjustments, repairs, and replacements of prosthetic devices and supplies which replace all or part of an absent body organ and its adjoining tissues, or replace all or part of the function of a permanently inoperative or malfunctioning body organ (excluding dental appliances and the replacement of cataract lenses). Initial and subsequent prosthetic devices to replace the removed breast(s) or a portion thereof are also covered.

Skilled Nursing Facility Services

Services rendered in a skilled nursing facility to the same extent benefits are available to an Inpatient of a hospital.

No benefits are payable:

- after You have reached the maximum level of recovery possible for Your particular condition and no longer require definitive treatment other than routine supportive care;
- when confinement is intended solely to assist You with the activities of daily living or to provide an institutional environment for Your convenience; or
- for treatment of substance abuse or Mental Illness.

Spinal Manipulations

Spinal Manipulations for the detection and correction by manual or mechanical means of structural imbalance or subluxation resulting from or related to distortion, misalignment, or subluxation of or in the vertebral column.

Substance Abuse Services

Benefits are provided for Detoxification Services (Withdrawal Management Services), individual and group counseling and psychotherapy, psychological testing, and family counseling for the treatment of substance abuse when rendered by a facility provider or professional provider and include the following:

- Detoxification Services rendered;
 - on an inpatient basis in a hospital or substance abuse treatment facility; or
 - on an outpatient basis
- Substance abuse treatment facility services for non-hospital inpatient residential treatment and rehabilitation services. Residential treatment and rehabilitation services include medically monitored high intensity Inpatient Services with twenty-four hour nursing care and physician availability and medically managed intensive Inpatient Services with twenty-four hour nursing care and daily physician oversight; and
- Outpatient Services rendered in a hospital, substance abuse treatment facility or through an Intensive Outpatient Program or Partial Hospitalization Program, and Outpatient Substance Abuse Treatment Facility services for rehabilitation therapy

For purposes of this benefit, a substance abuse service provided on a Partial Hospitalization basis shall be deemed an outpatient care Visit and is subject to any outpatient care cost-sharing amounts. Benefits are also

provided for Substance Abuse Services rendered through an Opioid Treatment Program (OTP) or Office Based Opioid Treatment Program (OBTP).

Day, dollar and/or Visit limits, if any, applicable to any other Covered Services do not apply to Substance Abuse treatment.

Surgical Services

This program covers the following services You receive from a professional provider. See the Health Care Management section for additional information which may affect Your benefits.

Anesthesia

Administration of Anesthesia for covered Surgery when ordered by the attending professional provider and rendered by a professional provider other than the surgeon or the Assistant at Surgery. Benefits will also be provided for the administration of Anesthesia for covered oral surgical procedures in an outpatient setting when ordered and administered by the attending professional provider.

Assistant at Surgery

Services of a physician or of the physician's employed physician assistant (PA), or certified registered nurse practitioner (CRNP) or certified nurse midwife (CNM), who actively assists the operating surgeon in the performance of covered Surgery.

Your condition or the type of Surgery must require the active assistance of an assistant surgeon. Surgical assistance is not covered when performed by a professional provider who performs and bills for another surgical procedure during the same operative session.

Mastectomy and Breast Cancer Reconstruction

Benefits are provided for a Mastectomy performed on an inpatient or outpatient basis and for the following:

- All stages of reconstruction of the breast on which the Mastectomy has been performed
- Surgery and reconstruction of the other breast to produce a symmetrical appearance
- Prostheses; and
- Treatment of physical complications of Mastectomy, including lymphedema

Benefits are also provided for one Home Health Care visit, as determined by Your physician, within forty-eight (48) hours after discharge, if such discharge occurred within forty-eight (48) hours after an admission for a Mastectomy.

Special Surgery

- Oral Surgery

Benefits are provided for the following limited oral surgical procedures in an outpatient setting when preauthorized by Highmark or in an inpatient setting if determined to be Medically Necessary and Appropriate:

- Extraction of impacted third molars when partially or totally covered by bone
- Extraction of teeth in preparation for cardiac Surgery, organ transplantation or Radiation Therapy
- Mandibular staple implant, provided the procedure is not done to prepare the mouth for dentures

- Lingual frenectomy, frenotomy or frenoplasty (to correct tongue-tie) and mandibular frenectomy
 - Facility provider and anesthesia services rendered in conjunction with non-covered dental procedures when determined by Highmark to be Medically Necessary and Appropriate due to Your age and/or medical condition
 - Accidental injury to the jaw or structures contiguous to the jaw except teeth
 - The correction of a non-dental physiological condition which has resulted in a severe functional impairment
 - Treatment for tumors and cysts requiring pathological examination and for infections of the jaw, cheeks, lips, tongue, roof and floor of the mouth
 - Orthodontic treatment of congenital cleft palates involving the maxillary arch, performed in conjunction with bone graft Surgery to correct the bony deficits associated with extremely wide clefts affecting the alveolus
- Sterilization
 - Sterilization and its reversal regardless of Medical Necessity and Appropriateness.

Second Surgical Opinion

A consulting physician's opinion and directly related Diagnostic Services to confirm the need for recommended elective Surgery.

Keep in mind that:

- the second opinion consultant must not be the physician who first recommended elective Surgery;
- elective Surgery is covered Surgery that may be deferred and is not an emergency;
- use of a Second Surgical Opinion is at Your option;
- if the first opinion for elective Surgery and the second opinion conflict, then a third opinion and directly related Diagnostic Services are Covered Services; and
- if the consulting opinion is against elective Surgery and You decide to have the elective Surgery, the Surgery is a covered service. In such instance, You will be eligible for a maximum of two such Consultations involving the elective surgical procedure in question, but limited to one Consultation per consultant.

Surgery

- Surgery performed by a professional provider. Separate payment will not be made for pre- and post-operative services.
- If more than one surgical procedure is performed by the same professional provider during the same operation, the total benefits payable will be the amount payable for the highest paying procedure and no allowance shall be made for additional procedures except where Highmark deems that an additional allowance is warranted.

Therapeutic Injections

Therapeutic Injections required in the diagnosis, prevention and treatment of an injury or illness. However, benefits for certain therapeutic injectables as identified by Highmark and which are appropriate for self-administration will be provided only when received from a Participating Pharmacy Provider.

Therapy Services

Benefits will be provided for the following services when such services are ordered by a physician:

- Chemotherapy
- Dialysis Treatment
- Infusion Therapy when performed by a facility provider or ancillary provider and for self-administration if the components are furnished and billed by a facility provider or ancillary provider. Benefits for certain infusion therapy Prescription Drugs as identified by Highmark and which are appropriate for self-administration will be provided only when received from a Participating Pharmacy Provider.
- Pulmonary Therapy
- Radiation Therapy
- Respiratory Therapy

Transplant Services

Benefits will be provided for Covered Services furnished by a hospital which are directly and specifically related to the transplantation of organs, bones, tissue or blood stem cells.

If a human organ, bone, tissue or blood stem cell transplant is provided from a living donor to a human transplant recipient:

- when both the recipient and the donor are members, each is entitled to the benefits of their program;
- when only the recipient is a member, both the donor and the recipient are entitled to the benefits of this program. Benefits provided to the donor will be charged against the recipient's coverage under this program to the extent that benefits remain and are available under this program after benefits for the recipient's own expenses have been paid;
- when only the donor is a member, the donor is entitled to the benefits of this program, subject to the following additional limitations: 1) the benefits are limited to only those not provided or available to the donor from any other source in accordance with the terms of this program; and 2) no benefits will be provided to the non-member transplant recipient; and
- if any organ, tissue or blood stem cell is sold rather than donated to the member recipient, no benefits will be payable for the purchase price of such organ, tissue or blood stem cell; however, other costs related to evaluation and procurement are covered up to the member recipient's program limit.

Vision Care Services

On behalf of Highmark, Your vision care program is administered by Davis Vision, a managed vision care company. All benefits must be obtained from a Network Provider. For a list of these providers, please visit: www.davisvision.com.

Pediatric Vision Care

Benefits are provided for Members under age nineteen (19) every twelve (12) consecutive months for the following when rendered by a vision provider who is a Network Provider:

- a. one (1) comprehensive eye examination (including dilation as professionally indicated); and
- b. for the purchase of either:
 - i. Post-Refractive Products consisting of one (1) pair of single vision, bifocal, trifocal or lenticular lenses (including glass, plastic or oversized lenses), including optional coatings and special

treatments; and one (1) pair of frames from a collection designated by the Plan or alternatively a frame program allowance; or

ii. Contact Lenses.

Depending upon the selection of Eyeglass Lenses and frames or Contact Lenses, the amount of the benefit provided under this Subsection may vary as set forth in the Summary of Benefits.

Contact Lenses covered under this Certificate include the following:

- a. disposable Contact Lenses/planned replacement Contact Lenses - Contact Lenses that are worn for a prescribed length of time and then are discarded.
- b. Medically Necessary Contact Lenses.

Preauthorization of Medically Necessary Contact Lenses is required in order to be eligible for payment under this Contract.

Benefits for Contact Lenses are limited to one (1) pair of standard daily wear, an initial supply of four (4) multi-packs of disposable Contact Lenses, or two (2) multipacks of planned replacement Contact Lenses every twelve (12) months.

Evaluation and fitting services are only covered under this Contract when the Network Provider performing those services also dispensed the Collection Contact Lenses and has been credentialed by the Plan to perform those services.

Coverage for Pediatric Vision Care Services terminates at the end of the month in which the Member reaches age nineteen (19).

Description of Benefits - Prescription Drug Program

Benefits are provided for Covered Medications when You purchase them through the pharmacy Network applicable to Your program. In no event shall Your total cost-sharing liability for any Covered prescription drug be higher than the cost of such prescription drug purchased without Your Highmark insurance.

For convenience and choice, these pharmacies include both major chains and independent stores. To locate a Network pharmacy, go to Your member website, log in and choose **Prescriptions**. Or call Member Service at the number on the back of Your ID card.

Your program includes a Formulary. The Formulary is a list of Prescription Drugs and Over-the-Counter Drugs selected by the Plan based on an analysis of clinical efficacy, unique value, safety, and pharmacoeconomic impact. It covers products in every major treatment category. The Formulary is on Your member website. You can also call Member Service for more information.

A drug Formulary may restrict coverage of some drugs. To help manage costs, coverage will be for the Generic Drug if it is available. Generic Drugs have the same active ingredient as brand names. Generic Drugs must also meet the same FDA requirements.

Under the SensibleRx Complete provision, when You purchase a Brand Drug that has a Generic Drug equivalent, You will be responsible for the Brand Drug cost share indicated plus the difference in cost between the brand and generic drugs. The difference in cost will not be applied to Your Deductible or Out-of-Pocket Limit. You or Your Provider can request a medication exception if deemed necessary.

Covered Drugs

Covered drugs include:

- those which, under Federal law, are required to bear the legend: "Caution: Federal law prohibits dispensing without a prescription;"
- legend drugs under applicable state law and dispensed by a licensed pharmacist;
- Prescription Drugs listed in Your program's Prescription Drug Formulary;
- certain Over-the-Counter Drugs listed in Your program's Prescription Drug Formulary. Claims must be processed at a Participating Pharmacy Provider for coverage and a prescription may be required;
- preventive drugs that are offered in accordance with the Preventive Schedule and are prescribed for preventive purposes, including FDA-approved tobacco cessation drugs. Highmark periodically reviews the schedule based on legislative requirements and the advice of the American Academy of Pediatrics, the U.S. Preventive Services Task Force, the Blue Cross Blue Shield Association and medical consultants. Therefore, the frequency and eligibility of services is subject to change. For a current schedule of covered preventive drugs, log onto Your member website, or call Member Service at the toll-free telephone number listed on the back of Your ID card;
- immunizations that are offered in accordance with the Preventive Schedule and that are prescribed for preventive purposes and are not subject to cost-sharing when received from a Participating Pharmacy Provider;
- prescribed injectable insulin;
- diabetic supplies, including needles and syringes;
- continuous glucose monitoring devices when prescribed by Your provider in connection with a covered service and when purchased at a Participating Pharmacy Provider for outpatient use; and
- certain drugs that may require prior authorization

Specialty Pharmacy Provider

Covered drugs also include selected Prescription Drugs within, but not limited to, the following drug classifications only when such drugs are Covered Medications and are dispensed through an Specialty Pharmacy Provider. These particular Prescription Drugs will be limited to Your benefit program's retail cost-sharing provisions and retail days supply.

These selected Prescription Drugs may be ordered by a physician or other health care provider on Your behalf or You may submit the prescription order directly to the Specialty Pharmacy Provider. In either situation, the Specialty Pharmacy Provider will deliver the prescription to You.

- Oncology related therapies
- Interferons
- Agents for multiple sclerosis and neurological related therapies
- Antiarthritic therapies
- Anticoagulants
- Hematinic agents
- Immunomodulators
- Growth hormones
- Hemophilia related therapies
- Antivirals
- Agents for chronic inflammatory diseases
- Pulmonary arterial hypertension therapies
- Agents for respiratory diseases
- Hereditary angioedema therapies
- Osteoporosis therapies
- Enzyme replacement therapies
- Thrombopoietin-receptor agonists
- Fertility drugs

For a complete listing of those Prescription Drugs that must be obtained through an Specialty Pharmacy Provider, contact Member Service at the toll-free telephone number on the back of Your ID card.

Formulary

Your Prescription Drug program follows a select drug list which is referred to as a "Formulary." The Formulary is an extensive list of Food and Drug Administration (FDA) approved drugs selected for their quality, safety and effectiveness. It includes products in every major therapeutic category. Your program includes coverage for both Formulary and non-Formulary drugs.

To receive a copy of the Formulary, call Your toll-free Member Service number. You can also look up the Formulary via Highmark's Web site, www.myhighmark.com.

These listings are subject to periodic review and modification by Highmark or a designated committee of physicians and pharmacists.

Continuous Glucose Monitoring Devices

Coverage is provided for continuous glucose monitoring devices prescribed by Your provider in connection with a covered service, when purchased at a Participating Pharmacy Provider for outpatient use. Receiver kits are limited to one (1) per Benefit Period. Sensor kits are limited to one (1) refill every thirty (30) days. Transmitter kits are limited to one (1) refill every ninety (90) days.

Price Assure

From time to time, Highmark may offer coupons and other financial assistance available to our Members. When applicable, Highmark will apply any third-party payments, financial assistance, discounts, or other coupons that help You pay Your cost-sharing.

You are responsible for paying the lower of:

- The applicable cost-sharing; or
- The Prescription Drug cost for that Prescription Drug.

(Your cost-sharing will never exceed the usual and customary charge of the Prescription Drug.)

Specialty Prescription Drug

The cost-sharing amounts for specialty Prescription Drugs or for certain other high-cost Prescription Drugs are applicable to those Prescription Drugs dispensed to You when You do not receive cost-sharing assistance such as coupons or rebates provided by a drug manufacturer.

From time to time, Highmark may make, either directly or indirectly, such cost-sharing assistance available to You. In the event You receive such cost-sharing assistance, amounts paid or credited by a drug manufacturer on Your behalf will not accrue toward the satisfaction of any applicable Deductible or Total Maximum Out-of-Pocket.

What Is Not Covered

Except as specifically provided in this Certificate or as Highmark is mandated or required to cover based on state or federal law, regulation or other directive, no benefits will be provided for services, supplies, Prescription Drugs or charges:

Key Word	Exclusion
Acupuncture	<ul style="list-style-type: none"> For acupuncture services.
Allergy Testing	<ul style="list-style-type: none"> For allergy testing, except as provided herein.
Ambulance	<ul style="list-style-type: none"> For ambulance services, except as provided herein.
Assisted Reproductive Technology	<ul style="list-style-type: none"> For treatment provided specifically for the purpose of Assisted Reproductive Technology, including pharmacological or hormonal treatments used in conjunction with Assisted Reproductive Technology.
Comfort/Convenience Items	<ul style="list-style-type: none"> For personal hygiene and convenience items such as, but not limited to, air conditioners, humidifiers, or physical fitness equipment, stair glides, elevators/lifts or "barrier free" home modifications, whether or not specifically recommended by a professional provider.
Cosmetic Surgery	<ul style="list-style-type: none"> For a cosmetic or reconstructive procedure or surgery done to improve the appearance of any portion of the body, and from which no improvement in physiological function can be expected, except: a) as otherwise provided herein; b) when required to correct a condition directly resulting from an accident; c) when necessary to correct a functional impairment which directly results from a covered disease or injury; or d) to correct a congenital birth defect.
Court Ordered Services	<ul style="list-style-type: none"> For otherwise Covered Services ordered by a court or other tribunal unless Medically Necessary and Appropriate or if the reimbursement of such services is required by law.
Custodial Care	<ul style="list-style-type: none"> For custodial care, domiciliary care, protective and supportive care including educational services, rest cures and convalescent care.
Dental Care	<ul style="list-style-type: none"> Directly related to the care, filling, removal or replacement of teeth, the treatment of injuries to or diseases of the teeth, gums or structures directly supporting or attached to the teeth, including but not limited to, apicoectomy (dental root resection), root canal treatments, soft tissue impactions, alveolectomy and treatment of periodontal disease, except as provided herein.
Dental Care (Pediatric)	<ul style="list-style-type: none"> For treatment started prior to the member's effective date or after the termination date of coverage under this program (including, but not limited to, multi-visit procedures such as endodontics, crowns, fixed partial dentures, inlays, onlays and dentures).

- For house or hospital calls for dental services and for hospitalization costs (including, but not limited to, facility-use fees).
- For prescription and non-Prescription Drugs, vitamins or dietary supplements.
- Cosmetic in nature, as determined by Highmark (including, but not limited to, bleaching, veneer facings, personalization or characterization of crowns, bridges and/or dentures).
- Elective procedures (including, but not limited to, the prophylactic extraction of third molars).
- For congenital mouth malformations or skeletal imbalances (including, but not limited to, treatment related to cleft lip or cleft palate, disharmony of facial bone, or required as the result of orthognathic surgery including orthodontic treatment). This Exclusion does not apply to the treatment of medically diagnosed congenital defects or birth abnormalities of a newborn child or newly adopted children, regardless of age.
- Diagnostic services and treatment of jaw joint problems by any method unless specifically provided herein. Examples of these jaw joint problems are temporomandibular joint disorders (TMD) and craniomandibular disorders or other conditions of the joint linking the jawbone and the complex of muscles, nerves and other tissues related to the joint.
- For treatment of fractures and dislocations of the jaw.
- For treatment of malignancies or neoplasms.
- Services and/or appliances that alter the vertical dimension (including, but not limited to, full-mouth rehabilitation, splinting, fillings) to restore tooth structure lost from attrition, erosion or abrasion, appliances or any other method.
- Replacement or repair of lost, stolen or damaged prosthetic or orthodontic appliances.
- Periodontal splinting of teeth by any method.
- For duplicate dentures, prosthetic devices or any other duplicative device.
- Maxillofacial prosthetics.
- For plaque control programs, tobacco counseling, oral hygiene and dietary instructions.
- For treatment and appliances for bruxism (night-grinding of teeth).

- For any Claims submitted to Highmark by You or on Your behalf in excess of 12 months after the date of service.
- Incomplete treatment (including, but not limited to, patient does not return to complete treatment) and temporary services (including, but not limited to, temporary restorations).
- Procedures that are i) part of a service but are reported as separate services, ii) reported in a treatment sequence that is not appropriate; or iii) misreported or which represent a procedure other than the one reported.
- Specialized procedures and techniques (including, but not limited to, precision attachments, copings and intentional root canal treatment).
- Services not dental necessary and appropriate or not deemed to be generally accepted standards of dental treatment. If no clear or generally accepted standards exist, or there are varying positions within the professional community, the opinion of Highmark will apply.
- Fees for broken appointments.
- For other pediatric dental services not provided herein.
- For the following orthodontic services: i) treatments that are primarily for cosmetic reasons; ii) treatments for congenital mouth malformations or skeletal imbalances (including, but not limited to, treatment related to cleft lip or cleft palate, disharmony of facial bone, or required as the result of orthognathic surgery including orthodontic treatment); iii) diagnostic services and treatment of jaw joint problems by any method unless specifically covered under the Summary of Benefits. Examples of these jaw joint problems are TMD and craniomandibular disorders or other conditions of the joint linking the jaw bone and the complex of muscles, nerves and other tissues related to the joint.

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| Diabetes Prevention Program | <ul style="list-style-type: none"> • For a Diabetes Prevention Program offered by other than a Network Diabetes Prevention Provider. |
| Educational Services | <ul style="list-style-type: none"> • For services that are primarily educational in nature, such as academic skills training or those for remedial education or vocational training, including tutorial services. • For neuropsychological testing, educational testing (such as I.Q., mental ability, achievement and aptitude testing), except for specific evaluation purposes directly related to medical treatment. |
| Effective Date | <ul style="list-style-type: none"> • Rendered prior to Your effective date of coverage. |
| Enteral Foods | <ul style="list-style-type: none"> • For any food including, but not limited to, enteral foods, infant formulas, supplements, substances, products, enteral solutions or compounds used to provide nourishment through the |

gastrointestinal tract whether ingested orally or provided by tube, whether utilized as a sole or supplemental source of nutrition and when provided on an outpatient basis, except as provided herein.

- Experimental/Investigational
 - Which are Experimental/Investigational in nature, except as provided herein for Routine Patient Costs incurred in connection with an Approved Clinical Trial.
- Eyeglasses/Contact Lenses
 - For eyeglasses or Contact Lenses and the vision examination for prescribing or fitting eyeglasses or Contact Lenses (except for the initial pair of Contact Lenses/glasses prescribed following cataract extraction in place of surgically implanted lenses, or sclera shells intended for use in the treatment of disease or injury) except as provided herein.
- Felonies
 - For any illness or injury You suffer during Your commission of a felony, as long as such illness or injuries are not the result of a medical condition or an act of domestic violence.
- Foot Care
 - For palliative or cosmetic foot care including flat foot conditions, supportive devices for the foot, corrective shoes, the treatment of subluxations of the foot, care of corns, bunions, (except capsular or bone surgery), calluses, toe nails (except surgery for ingrown toe nails), fallen arches, weak feet, chronic foot strain, and symptomatic complaints of the feet, except when such devices or services are related to the treatment of diabetes.
- Health Care Management program
 - For any care, treatment, Prescription Drug or service which has been disallowed under the provisions of Health Care Management program.
- Hearing Care Services
 - For hearing aid devices, tinnitus maskers, or examinations for the prescription or fitting of hearing aids.
- Home Health Care
 - For the following services You receive from a home health care agency, hospice or a hospital program for home health care and/or hospice care: dietitian services; homemaker services; maintenance therapy; dialysis treatment; Custodial Care; food or home-delivered meals.
- Illegal Services
 - Services not permitted under applicable state law. Some state laws restrict the scope of health care services that a provider may render. In such cases, the Plan will not cover such health care services. For detailed information about these excluded services, contact Member Service at the number on the back of Your ID card.
- Immunizations
 - For immunizations required for foreign travel or employment, except as provided herein.
- Inpatient Admissions
 - For inpatient admissions which are primarily for diagnostic studies.

- For inpatient admissions which are primarily for physical medicine services.
- Legal Obligation
 - For which You would have no legal obligation to pay.
- Medically Necessary and Appropriate
 - Which are not Medically Necessary and Appropriate as determined by Highmark.
- Medicare
 - To the extent payment has been made under Medicare when Medicare is primary; however, this Exclusion shall not apply when the group is obligated by law to offer You all the benefits of this program.
 - For any amounts You are required to pay under the deductible and/or coinsurance provisions of Medicare or any Medicare supplemental coverage.
- Military Service
 - To the extent benefits are provided to members of the armed forces while on active duty or to patients in Veteran's Administration facilities for service connected illness or injury, unless You have a legal obligation to pay.
- Miscellaneous
 - For any type of interaction made through unsecured and unstructured services, such as, but not limited to skype and instant messaging, charges for failure to keep a scheduled Visit, or charges for completion of a claim form.
 - For any other medical or dental service or treatment or Prescription Drug except as provided herein.
 - For any tests, screenings, examinations or any other services required by: (a) an employer or governmental body or agency in order to begin or to continue working or as a condition to performing the functions of any employment in a particular setting; (b) a school, college or university in order to enter onto school property or a particular location regardless of purpose, or; (c) a governmental body or agency for public surveillance purposes; and that does not relate to the furnishing or administration of an individualized test, screening or evaluation determined by the member's attending professional provider as being medically appropriate.
- Motor Vehicle Accident
 - For treatment or services for injuries resulting from the maintenance or use of a motor vehicle if such treatment or service is paid or payable under a plan or policy of motor vehicle insurance, including a certified or qualified plan of self-insurance, or any fund or program for the payment of extraordinary medical benefits established by law, including medical benefits payable in any manner under the Pennsylvania Motor Vehicle Financial Responsibility Act.
- Nutritional Counseling
 - For nutritional counseling, except as provided herein or as otherwise set forth in the Preventive Schedule.

Obesity	<ul style="list-style-type: none"> ● For treatment of obesity, except for medical and surgical treatment of morbid obesity or as otherwise set forth in the Preventive Schedule.
Oral Surgery	<ul style="list-style-type: none"> ● For oral surgery procedures, except as provided herein.
Physical Examinations	<ul style="list-style-type: none"> ● For routine or periodic physical examinations, the completion of forms, and the preparation of specialized reports solely for insurance, licensing, employment or other non-preventive purposes, such as pre-marital examinations, physicals for school, camp, sports or travel, which are not Medically Necessary and Appropriate, except as provided herein.
Prescription Drugs (Medical Program)	<ul style="list-style-type: none"> ● For Prescription Drugs which were paid or are payable under a freestanding Prescription Drug program.
Preventive Care Services	<ul style="list-style-type: none"> ● For Preventive Care Services, wellness services or programs, except as provided herein.
Provider of Service	<ul style="list-style-type: none"> ● Which are not prescribed by or performed by or upon the direction of a professional provider. ● Rendered by other than providers. ● Received from a dental or medical department maintained, in whole or in part, by or on behalf of an employer, a mutual benefit association, labor union, trust, or similar person or group. ● Which are submitted by a certified registered nurse and another professional provider for the same services performed on the same date for the same member. ● Rendered by a provider who is a member of Your Immediate Family. ● Performed by a professional provider enrolled in an education or training program when such services are related to the education or training program.
Respite Care	<ul style="list-style-type: none"> ● For respite care, except as may be provided in connection with hospice care.
Skilled Nursing	<ul style="list-style-type: none"> ● For Skilled Nursing Facility Services after You have reached the maximum level of recovery possible for Your particular condition and no longer require definitive treatment other than routine supportive care; when confinement is intended solely to assist You with the activities of daily living or to provide an institutional environment for Your convenience; or for treatment of substance abuse or mental illness.
Smoking (nicotine) Cessation	<ul style="list-style-type: none"> ● For nicotine cessation support programs and/or classes, except as otherwise set forth in the Preventive Schedule.

Social or Environmental Change	<ul style="list-style-type: none"> • For services provided primarily for social or environmental change.
Termination Date	<ul style="list-style-type: none"> • Incurred after the date of termination of Your coverage except as provided herein.
Therapy	<ul style="list-style-type: none"> • For outpatient habilitative and rehabilitative services for which there is no expectation of acquiring, restoring, improving or maintaining a level of function.
TMJ	<ul style="list-style-type: none"> • For treatment of temporomandibular joint (jaw hinge) syndrome with intra-oral prosthetic devices, or any other method to alter vertical dimensions and/or restore or maintain the occlusion and treatment of temporomandibular joint dysfunction not caused by documented organic joint disease or physical trauma.
Vision Correction Surgery	<ul style="list-style-type: none"> • For the correction of myopia, hyperopia or presbyopia, including but not limited to corneal microsurgery, such as keratomileusis, keratophakia, radial keratotomy, corneal ring implants, Laser-Assisted in Situ Keratomileusis (LASIK) and all related services.
War	<ul style="list-style-type: none"> • For losses sustained or expenses incurred as a result of an act of war whether declared or undeclared.
Weight Reduction	<ul style="list-style-type: none"> • For weight reduction programs, including all diagnostic testing related to weight reduction programs, unless Medically Necessary and Appropriate.
Well-Baby Care	<ul style="list-style-type: none"> • For well-baby care Visits, except as provided herein.
Workers' Compensation	<ul style="list-style-type: none"> • For any illness or bodily injury which occurs in the course of employment if benefits or compensation are available, in whole or in part, under the provisions of any federal, state, or local government's workers' compensation, occupational disease or similar type legislation. This Exclusion applies whether or not You claim the benefits or compensation.

In addition, under Your Prescription Drug benefits, except as specifically provided in this Certificate or as Highmark is mandated or required to cover based on state or federal law, regulation or other directive, no benefits will be provided for:

- Allergy serums.
- Antihemophilia drugs.
- Any amounts above the deductible, coinsurance, copayment or other cost-sharing amounts for each prescription order or refill that are Your responsibility.
- Any amounts You are required to pay directly to the pharmacy for each prescription order or refill order.

- Any charges by any pharmacy provider or pharmacist except as provided herein.
- Any drug or medication except as provided herein.
- Any drugs and supplies which can be purchased without a prescription order, including, but not limited to blood glucose monitors and injection aids, except as provided herein.
- Any drugs prescribed for cosmetic purposes only.
- Any drugs requiring intravenous administration, except insulin and other injectables used to treat diabetes.
- Any Prescription Drugs used to abort a pregnancy.
- Any drugs which are Experimental/Investigational in nature, except as provided herein for Routine Patient Costs incurred in connection with an Approved Clinical Trial.
- Any Prescription Drug purchased through mail order but not dispensed by a designated mail order pharmacy provider.
- Any Prescription Drug which has been disallowed under the Prescription Drug Management section of this Certificate.
- Any Prescription Drugs or supplies purchased at a non-Participating Pharmacy Provider, except in connection with Emergency Care Services as described herein.
- Any prescription for more than the retail days' supply or mail-service days' supply as outlined in the Summary of Benefits.
- Any selected diagnostic agents.
- Blood products.
- Charges for a Prescription Drug when such drug or medication is used for unlabeled or unapproved indications and where such use has not been approved by the Food and Drug Administration (FDA).
- Charges for administration of Prescription Drugs and/or injectable insulin, whether by a physician or other person.
- Charges for any Prescription Drug for more than the retail days' supply or mail-service days' supply as outlined in the Summary of Benefits.
- Charges for therapeutic devices or appliances (e.g., support garments and other non-medicinal substances).
- Compounded medications.

- Drugs and supplies that are not Medically Necessary and Appropriate or otherwise excluded herein.
- Fertility drugs even if such medication is a Prescription Drug.
- Food supplements.
- For any tests, screenings, examinations or any other services solely required by: (a) an employer or governmental body or agency in order to begin or to continue working or as a condition to performing the functions of any employment in a particular setting; (b) a school, college or university in order to enter onto school property or a particular location regardless of purpose, or; (c) a governmental body or agency for public surveillance purposes; and that does not relate to the furnishing or administration of an individualized test, screening or evaluation determined by the member's attending professional provider as being medically appropriate.
- Hair growth stimulants.
- Otherwise Covered Medications ordered by a court or other tribunal unless Medically Necessary and Appropriate or if the reimbursement of such services is required by law.
- Any over-the-counter drug obtained without presentation of a written prescription order, except those set forth in the Preventive Schedule or listed in Your program's Prescription Drug Formulary. Please refer to the Description of Benefits - Prescription Drug Program section for more information.
- Pharmacological or hormonal treatment used in conjunction with Assisted Reproductive Technology.
- Prescription Drugs dispensed for treatment of an illness or an injury for which the group is required by law to furnish hospital care in whole or in part-including, but not limited to-state or federal workers' compensation laws, occupational disease laws and other employer liability laws.
- Prescription Drugs or refills dispensed by a non-Participating Pharmacy Provider.
- Prescription Drugs to which You are entitled, with or without charge, under a plan or program of any government or governmental body.
- Services of Your attending physician, surgeon or other medical attendant.

How Your Health Care Program Works

Your program is responsive, flexible coverage that lets You get the Medically Necessary and Appropriate care You want from the health care provider You select.

Here is how Your health care program works. When You or a covered family member needs certain Medical Services, including:

- Primary Care Provider office Visits
- Specialist office Visits
- Physical Medicine, Speech Therapy and Occupational Therapy
- Diagnostic Services
- Inpatient and outpatient Hospital Services
- Home Health or Hospice Care

Network Care

Network care is care You receive from providers in Your program's Network.

When You receive health care within the Network, You enjoy maximum coverage and maximum convenience. You present Your ID card to the provider who submits Your Claim.

Out-of-Network Care

Out-of-Network care is care You receive from providers who are not in Your program's Network.

Out-of-Network providers are not in the program's Network. When using Out-of-Network Providers, You may still have coverage for most eligible services, except You will share more financial and paperwork responsibilities. In addition, You may be responsible for paying any differences between the program's payments and the provider's actual charges. Finally, You may need to file Your own Claims and obtain Precertification for inpatient care. You should always check with the provider before getting care to understand at what level Your care will be covered.

Remember: If You want to enjoy maximum benefits coverage, You need to be sure You receive care from a Network Provider. See the Summary of Benefits for Your coverage details.

Even though a hospital may be in our Network, not every doctor providing services in that hospital is in the Network. For example: If You are having surgery, make sure that all of Your providers, including surgeons, anesthesiologists and radiologists, are in the Network.

Out-of-Area Care

Your program also provides coverage for You and Your eligible dependents when You receive care from providers located outside of Pennsylvania. For specific details, see the Inter-Plan Arrangements section of this Certificate.

If You are traveling and an urgent injury or illness occurs, You should seek treatment from the nearest hospital, emergency room or clinic: If the treatment results in an admission the provider must obtain Precertification from Highmark. However, it is important that You confirm Highmark's determination of Medical Necessity and Appropriateness. If Precertification is not obtained and the admission is not considered to be Medically

Necessary and Appropriate, You will be responsible for all costs associated with the stay. For specific details, see the Health Care Management section of this Certificate.

Provider Reimbursement and Member Liability

Highmark uses the Plan Allowance to calculate the benefit payable and the financial liability of the member for Medically Necessary and Appropriate Services covered under this plan. Refer to the Terms You Should Know section for the definition of Plan Allowance.

Highmark's payment is determined by first subtracting any deductible and/or copayment liability from the Plan Allowance. The coinsurance percentage set forth in the Summary of Benefits is then applied to that amount. This amount represents Highmark's payment. Any remaining coinsurance amount is the member's responsibility. The member's total cost-sharing liability is the sum of the coinsurance plus any deductible and/or copayment obligations.

When a member receives Covered Services from an Out-of-Network Provider, in addition to the member's cost-sharing liability described above, the member is responsible for the difference between Highmark's payment and the provider's billed charge. If a member receives services which are not covered under this plan, the member is responsible for all charges associated with those services.

However, the following Covered Services when received from an Out-of-Network Provider will be provided at the Network Services level of benefits and You will not be responsible for such difference:

1. Emergency Care Services; and
2. Ambulance Services, when provided in conjunction with Emergency Care Services or when provided by air.

Additionally, in very limited circumstances, You may not be liable for charges for non-emergency Covered Services received from certain professional providers or ancillary providers who are not part of the Network. When You are a patient at a Network facility provider, a professional provider or ancillary provider who is not part of the Network may render certain items and professional services (such as, but not limited to Consultations, equipment, devices, anesthesiology, radiology or pathology services) to You. The selection of such professional providers or ancillary providers may be beyond Your control. In that situation, You will not be liable, except for applicable Network deductible, copayment or coinsurance obligations, for the charges of the professional provider or ancillary provider.

Inter-Plan Arrangements

Out-of-Area Services

Highmark has a variety of relationships with other Blue Cross and/or Blue Shield licensees referred to generally as "Inter-Plan Arrangements." These Inter-Plan Arrangements operate under rules and procedures issued by the Blue Cross Blue Shield Association. Whenever members access health care services outside of Pennsylvania, the Claim for those services may be processed through one of these Inter-Plan Arrangements, as described generally below.

Typically, when accessing care outside of Pennsylvania, members obtain care from providers that have a contractual agreement ("participating providers") with the local Blue Cross and/or Blue Shield Licensee in that other geographic area ("Host Blue"). In some instances, members may obtain care from providers in the Host Blue geographic area that do not have a contractual agreement ("non-participating providers") with the Host

Blue. Highmark remains responsible for fulfilling our contractual obligations to You. Highmark's payment practices in both instances are described below.

BlueCard® Program

The BlueCard® Program is an Inter-Plan Arrangement. Under this arrangement, when members access Covered Services outside of Pennsylvania, the Host Blue will be responsible for contracting and handling all interactions with its participating health care providers.

The financial terms of the BlueCard Program are described generally below.

Liability Calculation Method per Claim

Unless subject to a fixed dollar copayment, the calculation of the member liability on cClaims for Covered Services processed through the BlueCard Program will be based on the lower of the participating provider's billed charges for Covered Services or the negotiated price made available to Highmark by the Host Blue.

Host Blues determine a negotiated price, which is reflected in the terms of each Host Blue's health care provider contracts. The negotiated price made available to Highmark by the Host Blue may be represented by one of the following:

- an actual price - An actual price is a negotiated rate of payment in effect at the time a Claim is processed without any other increases or decreases, or
- an estimated price - An estimated price is a negotiated rate of payment in effect at the time a Claim is processed, reduced or increased by a percentage to take into account certain payments negotiated with the provider and other claim- and non-claim-related transactions. Such transactions may include, but are not limited to, anti-fraud and abuse recoveries, provider refunds not applied on a claim-specific basis, retrospective settlements and performance-related bonuses or incentives, or
- an average price - An average price is a percentage of billed charges for Covered Services in effect at the time a claim is processed representing the aggregate payments negotiated by the Host Blue with all of its providers or a similar classification of its providers and other claim- and non-claim-related transactions. Such transactions may include the same ones as noted above for an estimated price.

Host Blues determine whether or not they will use an actual price, estimated price or average price. Host Blues using either an estimated price or an average price may prospectively increase or reduce such prices to correct for over- or underestimation of past prices, (i.e., prospective adjustment may mean that a current price reflects additional amounts or credits for Claims already paid or anticipated to be paid to providers or refunds received or anticipated to be received from providers). However, the BlueCard Program requires that the amount paid by the member is a final price; no future price adjustment will result in increases or decreases to the pricing of past Claims. The method of Claims payment by Host Blues is taken into account by Highmark in determining the member's premiums.

Special Cases: Value-Based Programs

Highmark has included a factor for bulk distributions from Host Blues in Your premium for Value-Based Programs when applicable under Your program. Additional information is available upon request.

Return of Overpayments

Recoveries of overpayments from a Host Blue or its participating and non-participating providers can arise in several ways, including, but not limited to, anti-fraud and abuse recoveries, provider/hospital bill audits, credit balance audits, utilization review refunds and unsolicited refunds. Recoveries will be applied so that corrections will be made, in general, on either a claim-by-claim or prospective basis. If recovery amounts are passed on a claim-by-claim basis from a Host Blue to Highmark, they will be credited to Your account. In some cases, the Host Blue will engage a third party to assist in identification or collection of overpayments. The fees of such a third party may be charged to You as a percentage of the recovery.

Inter-Plan Programs: Federal State Taxes/Surcharges/Fees

In some instances, federal or state laws or regulations may impose a surcharge, tax or other fee that applies to insured accounts. If applicable, Highmark will include any such surcharge, tax or other fee in determining Your premium.

Non-Participating Providers Outside Pennsylvania

Member Liability Calculation

When Covered Services are provided outside Pennsylvania by non-participating providers, the amount(s) a member pays for such services will generally be based on either the Host Blue's non-participating provider local payment or the pricing arrangements required by applicable law. In these situations, the member may be responsible for the difference between the amount that the non-participating provider bills and the payment Highmark will make for the Covered Services as set forth in this paragraph. Payments for emergency services rendered by non-participating providers will be governed by applicable federal and state law.

Exceptions

In some exception cases, Highmark may pay Claims from non-participating providers outside Pennsylvania based on the provider's billed charge. This may occur in situations where a Member did not have reasonable access to the participating provider, as determined by Highmark in Highmark's sole and absolute discretion or by applicable law. In other exception cases, Highmark may pay such Claims based on the payment Highmark would make if Highmark were paying a non-participating provider for the same covered service inside the Plan Service Area as described elsewhere in this document. This may occur where the Host Blue's corresponding payment would be more than the Plan in-service area non-participating provider payment. Highmark may choose to negotiate a payment with such a provider on an exception basis.

Unless otherwise stated, in any of these exception situations, the Member may be responsible for the difference between the amount that the non-participating provider bills and payment Highmark will make for the Covered Services as set forth in this paragraph.

Blue Cross Blue Shield Global Core Program

If members are outside the United States (hereinafter "BlueCard service area"), they may be able to take advantage of the Blue Cross Blue Shield Global Core Program when accessing Covered Services. The Blue Cross Blue Shield Global Core Program is unlike the BlueCard Program available in the BlueCard service area in certain ways. For instance, although the Blue Cross Blue Shield Global Core Program assists members with accessing a Network of inpatient, outpatient and professional providers, the Network is not served by a Host Blue. As such, when members receive care from providers outside the BlueCard service area, they will typically have to pay the providers and submit the Claims themselves to obtain reimbursement for these services.

Inpatient Services

In most cases, if members contact the Blue Cross Blue Shield Global Core service center ("service center") for assistance, hospitals will not require members to pay for inpatient Covered Services, except for their cost-sharing amounts. In such cases, a Blue Cross Blue Shield Global Core contracting hospital will submit Member Claims to the service center to initiate Claims processing. However, if the member paid in full at the time of service, the member must submit a Claim to obtain reimbursement for Covered Services. **Members must contact Highmark to obtain Precertification or Preauthorization for non-emergency Inpatient Services.**

Outpatient Services

Physicians, Urgent Care Centers and other outpatient providers located outside the BlueCard service area will typically require members to pay in full at the time of service. Members must submit a Claim to obtain reimbursement for Covered Services.

Submitting a Blue Cross Blue Shield Global Core Claim

When members pay for Covered Services outside the BlueCard service area, they must submit a Claim to obtain reimbursement. For institutional and professional claims, members should complete a Blue Cross Blue Shield Global Core International claim form and send the claim form with the provider's itemized bill(s) to the service center address on the form to initiate Claims processing. The claim form is available from Highmark, the service center or online at www.bcbsglobalcore.com. If members need assistance with their Claim submissions, they should call the service center at 800-810-BLUE (2583) or call collect at 804-673-1177, twenty-four (24) hours a day, seven (7) days a week.

Your Provider Network

The Network includes: Primary Care Providers; a wide range of Specialists; mental health and substance abuse providers; community and specialty hospitals; and laboratories.

To determine if Your physician is in the Network, call the Member Service toll-free telephone number on the back of Your ID card or log onto www.myhighmark.com.

Getting Your care "through the Network" also assures You get quality care. All physicians are carefully evaluated before they are accepted into the Network. We consider educational background, office procedures and performance history to determine eligibility. Then we monitor care on an ongoing basis through office record reviews and patient satisfaction surveys.

Please note that while You or a family member can use the services, including behavioral health and well-woman care, of any Network physician or Specialist without a referral and receive the maximum coverage under Your benefit program, You are encouraged to select a personal or Primary Care Provider. This helps establish an ongoing relationship based on knowledge and trust and helps make Your care consistent. Your personal provider can help You select an appropriate Specialist and work closely with that Specialist when the need arises. In addition, Primary Care Providers or their covering physicians are on call 24/7.

Remember:

It is *Your* responsibility to ensure that You receive Network care. You may want to double-check any provider recommendations to make sure the doctor or facility is in the Network.

How to Obtain Information Regarding Your Physician

To view information regarding Your PCP or Network Specialist, visit Your member website at www.myhighmark.com and click on "Find a Doctor" to start Your search. Search for the physician, then click on the provider's name to view the following information:

- Name, address, telephone numbers
- Professional qualifications
- Specialty
- Medical school attended
- Residency completion
- Board certification status
- Hospital affiliations

In addition to this information, to obtain more information on Network Providers, You may call Member Service at the toll-free telephone number on the back of Your ID card.

Eligible Providers

Eligible Network Providers include facilities, general practitioners, internists, obstetricians/gynecologists and a wide range of Specialists all licensed where required and performing within the scope of such licensure. Eligible providers include:

Facility Providers:

- Ambulatory surgical facility
- Birthing facility
- Freestanding dialysis facility
- Freestanding nuclear magnetic resonance facility/magnetic resonance imaging facility
- Home health care agency
- Hospice
- Hospital
- Outpatient substance abuse treatment facility
- Outpatient physical rehabilitation facility
- Outpatient psychiatric facility
- Pediatric extended care facility
- Pharmacy provider
- Psychiatric hospital
- Rehabilitation hospital
- Residential Treatment Facility
- Skilled nursing facility
- State-owned psychiatric hospital
- Substance abuse treatment facility

Professional Providers:

- Audiologist
- Behavior Specialist
- Certified registered nurse*
- Chiropractor
- Clinical social worker
- Dentist
- Dietitian-nutritionist
- Licensed practical nurse
- Marriage and family therapist
- Nurse-midwife
- Occupational therapist
- Optometrist
- Physical therapist
- Physician
- Podiatrist
- Professional counselor
- Psychologist
- Pulmonologist
- Registered nurse
- Respiratory therapist
- Speech-language pathologist
- Teacher of hearing impaired

Ancillary Providers:

- Ambulance service
- Clinical laboratory
- Diabetes Prevention Provider
- Home infusion therapy provider
- Independent diagnostic testing facility (IDTF)
- Suite infusion therapy provider
- Suppliers

Contracting Suppliers (for the sale or lease of):

- Durable Medical Equipment
- Supplies
- Orthotics
- Prosthetics

**Excluded from eligibility are registered nurses employed by a health care facility or by an anesthesiology group.*

Prescription Drug Providers

You must purchase drugs from a Network pharmacy to be eligible for benefits under this program. *No benefits are available if drugs are purchased from a non-Network pharmacy.* Highmark will only transfer Your prescription order from one Network pharmacy to a different Network pharmacy upon Your request.

- **Network Pharmacy:** Network pharmacies have an arrangement, either directly or indirectly, with Highmark to provide Prescription Drugs to You at an agreed upon price. When You purchase covered drugs from a pharmacy in the Network applicable to Your program, present Your prescription and ID card to the pharmacist. (Prescriptions that the pharmacy receives by phone from Your physician or dentist may also be covered.) You should request and retain a receipt for any amounts You have paid if needed for income tax or any other purpose.

If You travel within the United States and need to refill a prescription, call Member Service for help. They can help You find a Network pharmacy near the area You are visiting. You also can use the member website to find a pharmacy. Once You have the name and address of the Network pharmacy, take the prescription bottle to that pharmacy. The pharmacist will contact Your home pharmacy to start the refill process. **Note: Save the new medicine container. This will make it easier to transfer the prescription back to Your pharmacy at home.**

- **Mail Order Pharmacy:** Express Scripts® is Your program's mail order pharmacy. This option offers savings and convenience for prescriptions You may take on an ongoing basis.

To start using mail order:

1. Ask Your doctor to write a prescription for up to a 90-day supply, plus refills for up to one year, if appropriate.
2. Complete the Pharmacy Mail Order Form and Health, Allergy & Medication Questionnaire. You can get these forms by calling Member Service or from Your member website. After logging in, click on

the "Prescriptions" tab. Scroll down the page to "Forms to Manage Your Plan" and click on "Mail order form and health questionnaire (PDF)".

3. Send the completed forms and Your payment to the address listed on the mail order form. It usually takes about five days to get Your prescription after it has been processed.

Your mail order will include directions for ordering refills.

Health Care Management

Medical Management

For Your benefits to be paid under Your program, services and supplies must be considered Medically Necessary and Appropriate. However, not all Medically Necessary and Appropriate services and supplies are covered under Your program.

Highmark, or its Designated Agent, is responsible for determining whether care is medically necessary and provided in the appropriate setting.

A Highmark nurse will review Your request for an inpatient admission to ensure it is appropriate for the treatment of Your condition, illness, disease or injury, in accordance with standards of good medical practice and the most appropriate supply or level of service that can safely be provided to You. When applied to hospitalization, this further means that You require acute care as an Inpatient due to the nature of the services rendered for Your condition and You cannot receive safe or adequate care as an outpatient.

Benefits after Provider Termination from the Network

If, at the time You are receiving medical care from a Network Provider, notice is received from Highmark that Highmark intends to terminate or has terminated all or portions of the contract of that Network Provider for reasons other than cause; or the contract of that Network Provider will not be renewed, or the participation status of the Network Provider is changing, You may, at Your option, continue an active course of treatment with that provider until the treatment is complete or for a period of up to ninety (90) days from the date the notification of the termination or pending termination is received, whichever is shorter. For purposes of this subsection, active course of treatment means;

1. an ongoing course of treatment for a life-threatening condition, defined as a disease or condition for which likelihood of death is probable unless the course of the disease or condition is interrupted;
2. an ongoing course of treatment for a serious acute condition, defined as a disease or condition requiring specialized medical treatment to avoid the reasonable possibility of death or permanent harm or complex ongoing care which You are currently receiving, such as Chemotherapy, Radiation Therapy or post-operative Visits;
3. confirmed pregnancy, through the postpartum period;
4. scheduled non-elective Surgery, through post-operative care;
5. an ongoing course of treatment for a health condition that is life-threatening, degenerative, potentially disabling or congenital and that requires specialized medical care over a prolonged period of time or for which a treating physician or health care provider attests that discontinuing care by that physician or health care provider would worsen the condition or interfere with anticipated outcomes; or
6. treatment for a terminal illness.

If, however, the Network Provider is terminated for cause and You continue to seek treatment from that provider, Highmark will not be liable for payment for health care services provided to You following the date of termination.

Any services authorized under this subsection will be covered in accordance with the same terms and conditions as applicable to a Network Provider. Nothing in this subsection shall require Highmark to pay benefits for health care services that are not otherwise provided herein.

Transition of Care

If You are receiving medical care from an Out-of-Network Provider, which is not otherwise covered by prior coverage, at the time when Your coverage under this Certificate begins, You may opt to continue an ongoing course of treatment with that provider for a period of up to sixty (60) days. However, if You are in the second or third trimester of pregnancy when this coverage begins, the transition of care period shall extend through postpartum care related to the delivery. You must notify Highmark as soon as possible of Your request to continue an ongoing course of treatment for the transition of care period by calling the Member Service toll-free telephone number on the back of Your ID card.

Emergency Care Services - No Prior Approval Requirement

In the event that You require Emergency Care Services, all charges for such Covered Services will be paid at the Network Services level of benefits. No prior authorization is required for Emergency Care Services. In the event of an inpatient admission, You, Your provider or a family member must notify Highmark within forty-eight (48) hours of the admission, or as soon as reasonably possible. Once You are stabilized Highmark may offer to transfer Your care from an Out-of-Network Provider to a Network Provider.

Pre-Admission Certification

When You require inpatient facility care, benefits for Covered Services will be provided as follows:

In-Area Network Care

When You use a Network facility provider for inpatient care for other than an emergency admission, the facility will contact Highmark prior to the proposed admission, or within forty-eight (48) hours or as soon as reasonably possible after an emergency admission, to obtain Precertification for the admission.

You will be held harmless whenever Precertification for an admission is not obtained. If the admission is determined not to be Medically Necessary and Appropriate, You will be held harmless, except when Highmark provides prior written notice to You that the admission will not be covered. In such case, You will be financially responsible for charges for that admission.

Out-of-Area Network Care

In the event of a proposed inpatient stay for other than an emergency admission to a Network facility provider located out-of-area, the facility will contact Highmark prior to the proposed admission, or within forty-eight (48) hours or as soon as reasonably possible after an emergency admission, to obtain Precertification for the admission. ***You are also responsible*** for contacting Highmark at the toll-free number listed on the back of Your ID card to confirm Highmark's determination of Medical Necessity and Appropriateness.

If Precertification for a Medically Necessary and Appropriate inpatient admission has been obtained, benefits for Covered Services will be provided. If a Network facility does not contact Highmark for Precertification, the inpatient admission will be reviewed for Medical Necessity and Appropriateness. **It is important that You confirm Highmark's determination of Medical Necessity and Appropriateness. If Your admission is determined not to be Medically Necessary and Appropriate, You will be responsible for the full amount of the Network facility provider's charge.**

If You elect to be admitted after receiving written notification from Highmark that any portion of the proposed admission is not Medically Necessary and Appropriate, You will be financially responsible for all charges associated with that portion of care. In an emergency admission, if You elect to remain hospitalized after receiving written notification from Highmark that the level of care is no longer Medically Necessary and

Appropriate, You will be financially responsible for all charges from the date appearing on the written notification.

Out-of-Area Network Providers are not obligated to abide by any determination of Medical Necessity and Appropriateness rendered by Highmark. You may, therefore, receive services which are not Medically Necessary and Appropriate for which You will be solely responsible.

Out-of-Network Care

In the event of a proposed inpatient stay for other than an emergency admission to an out-of-Network facility provider, **You are responsible** for notifying Highmark prior to Your proposed admission or within forty-eight (48) hours or as soon as reasonably possible after an emergency admission. However, some facility providers will contact Highmark and obtain Precertification of the inpatient admission on Your behalf. Be sure to verify that Your provider is contacting Highmark for Precertification. If not, You are responsible for contacting Highmark.

If Precertification for a Medically Necessary and Appropriate inpatient admission has been obtained, benefits for Covered Services will be provided. If You do not contact Highmark for Precertification as required, the inpatient admission will be reviewed for Medical Necessity and Appropriateness. **If Your admission is determined not to be Medically Necessary and Appropriate, You will be responsible for the full amount of the out-of-Network facility provider's charge.**

If You elect to be admitted after receiving written notification from Highmark that any portion of the proposed admission is not Medically Necessary and Appropriate, You will be financially responsible for all charges associated with that portion of care. In an emergency admission, if You elect to remain hospitalized after receiving written notification from Highmark that the level of care is no longer Medically Necessary and Appropriate, You will be financially responsible for all charges from the date appearing on the written notification.

Care Utilization Review Process

In order to assess whether care is provided in the appropriate setting, Highmark administers a care utilization review program comprised of prospective, concurrent and/or retrospective reviews. In addition, Highmark assists hospitals with discharge planning. These activities are conducted by a Highmark nurse working with a medical director. Here is a brief description of these review procedures:

Prospective Review

Prospective review, also known as Precertification or pre-service review, begins upon receipt of treatment information. Upon receipt and review of a Precertification request from a provider, if Highmark determines that information is missing that is needed in order to make a decision, Highmark will notify the requesting provider that the information is missing. Highmark will identify the missing information with enough specificity so that the provider can submit the information needed to Highmark.

After receiving the request for care, Highmark:

- verifies Your eligibility for coverage and availability of benefits;
- reviews diagnosis and plan of treatment;
- assesses whether care is Medically Necessary and Appropriate;
- makes a decision regarding the request, and if approved, authorizes care and assigns an appropriate length of stay for inpatient admissions.

In making a decision regarding the Precertification request, Highmark will consider medical policies, administrative policies, Your relevant medical information, and medical or scientific evidence submitted by Your provider.

Concurrent Review

Concurrent review may occur during the course of ongoing treatment and is used to assess the Medical Necessity and Appropriateness of the length of stay and level of care. At the time of the review, Highmark will verify Your eligibility for coverage and availability of benefits and assess whether the care is Medically Necessary and Appropriate. In making a decision, Highmark will consider its medical policies, administrative policies, Your relevant medical information, and medical or scientific evidence submitted by Your provider.

Discharge Planning

Discharge planning is a process that begins prior to Your scheduled hospital admission. Working with You, Your family, Your attending physician(s) and hospital staff, Highmark will help plan for and coordinate Your discharge to assure that You receive safe and uninterrupted care when needed at the time of discharge.

Outpatient Procedure or Covered Service Precertification

Precertification may be required to determine the Medical Necessity and Appropriateness of certain outpatient procedures or Covered Services as determined by Highmark prior to the receipt of services.

In-Area Network Care

Network Providers are responsible for the Precertification of such procedure or covered service and You will not be financially responsible whenever certification for such procedure or covered service is not obtained by the Network Provider. If the procedure or covered service is deemed not to be Medically Necessary and Appropriate, You will not be financially responsible, except when Highmark provides prior written notice to You that charges for the procedure or covered service will not be covered. In such case, You will be financially responsible for such procedure or covered service.

Out-of-Area Care

Whenever You utilize a Network Provider located Out-of-Area, it is Your responsibility to first contact Highmark to confirm the Medical Necessity and Appropriateness of such procedure or covered service. If You do not contact Highmark for Precertification, that procedure or covered service may be reviewed after it is received to determine Medical Necessity and Appropriateness. If the procedure or covered service is determined to be Medically Necessary and Appropriate, benefits will be paid in accordance with the plan. If the procedure or covered service is determined not to be Medically Necessary and Appropriate, no benefits will be provided. In such case You will be financially responsible for the full amount of the charge of the Network Provider located Out-of-Area.

Out-of-Network Care

Whenever You utilize an Out-of-Network Provider, it is Your responsibility to first contact Highmark to confirm the Medical Necessity and Appropriateness and/or obtain Precertification of such procedure or covered service. If You do not contact Highmark for Precertification, that procedure or covered service may be reviewed after it is received to determine Medical Necessity and Appropriateness. If the procedure or covered service is determined to be Medically Necessary and Appropriate, benefits will be paid in accordance with the plan. You will be financially responsible for the difference between what is covered by the plan and the full amount of the Out-of-Network Provider's charge. If such procedure or covered service is determined not to be Medically Necessary and Appropriate, no benefits will be provided. In such case, You will be financially responsible for the full amount of the Out-of-Network Provider's charge.

If You have any questions regarding procedures and services subject to Precertification or Highmark's Precertification determination of a procedure or service for Medical Necessity and Appropriateness of certain

outpatient procedures or Covered Services, You can contact Highmark via the toll-free Member Service telephone number located on the back of Your ID card or check the member website.

Retrospective Review

Retrospective review may occur when a service or procedure has been rendered without the required Precertification.

Case Management Services

Case Management is a voluntary program in which a case manager, with input from You and Your health care providers, assists when You are facing and/or recovering from a hospital admission, dealing with multiple medical problems or facing catastrophic needs. Highmark case managers can provide educational support, assist in coordinating needed health care services, put You in touch with community resources, assist in addressing obstacles to Your recovery such as benefit and caregiver issues and answer Your questions.

Individual Case and Care Management

Highmark shall provide such alternative benefits, in its sole discretion, only when, and for so long as, it determines that the services are Medically Necessary and Appropriate, cost effective, and that the total benefits paid for such procedures/services do not exceed the total benefits to which You would otherwise be entitled to.

Highmark, in its sole discretion, reserves the right to limit access and/or modify benefit(s), regardless of the disease or condition, when Highmark identifies utilization patterns that could potentially result in harm to You or the public.

You can call and request case management services if You feel You need it by contacting Member Services at the telephone number listed on the back of Your ID card.

Health Improvement Services and Support

From time to time, Highmark may directly or indirectly make available to You information and access to non-medical items, services and support programs designed to address underlying social and environmental factors that may negatively impact Your health status. The provision of such information, items, services and support programs shall not alter the benefits provided under this program.

Selection of Providers

You have the option of choosing where and from whom to receive Covered Services. You may utilize a Network Provider or an Out-of-Network Provider. However, Covered Services received from a Network Provider are usually provided at a higher level of benefits than those received from an Out-of-Network Provider and certain non-emergency services may only be covered when rendered by a Network Provider. Please note that benefits for covered On-Demand Telemedicine Services are only provided when such services are rendered by a Designated Telemedicine Provider.

In the event You require non-emergency Covered Services that are not available within the Network, Highmark may refer You to an Out-of-Network Provider. You must notify Highmark prior to receiving a covered service from an Out-of-Network Provider in order for Highmark to facilitate this arrangement. In such cases, services will be covered at the Network level so that You will not be responsible for any greater out-of-pocket amount than if services had been rendered by a Network Provider. You will not be responsible for any difference between Highmark's payment and the Out-of-Network Provider's billed charge.

Prescription Drug Management

Your Prescription Drug program provides the following provisions which will determine the Medical Necessity and Appropriateness of Covered Medications and supplies.

Early Refill

Except for the purposes of Medication Synchronization and refills of Covered Medications that are eyedrops, no coverage is provided for any refill of a covered medication that is dispensed before Your predicted use of at least 75% of the days' supply of the previously dispensed Covered Medication, unless Your physician obtains Precertification from Highmark for an earlier refill.

Coverage for refills of Covered Medications shall be provided for any refill dispensed between either:

- twenty-one (21) and thirty (30) days (for 30-day supply);
- forty-two (42) and sixty (60) days (for 60-day supply); or
- sixty-three (63) and ninety (90) days (for 90-day supply)

after the date on which the Member received the original prescription or the most recent refill.

Unexpected Event

If Your prescription is lost or stolen due to an event such as a fire or theft, You may be able to get an early refill. Call Member Service at the number on Your member ID card for help. You will need a copy of the report from the fire department, police department or other agency.

Please note: The early refill authorization does not apply to events that can be controlled, such as spilling or losing the medicine.

Traveling Abroad

If You will be out of the country when it is time to refill Your prescription, call Member Service for help. Be sure to have Your member ID card and Your prescription information. Please allow at least five business days to complete the request.

Individual Case Management

From time to time, Highmark may offer You the opportunity to participate in Prescription Drug Care Management programs. These programs are designed to help You maintain good health, manage chronic conditions or special health care needs and reduce risk factors. Such care management programs may include the provision of devices or Durable Medical Equipment at no additional cost to You. Participation in select programs is voluntary and Highmark reserves the right to modify or discontinue any such program at any time.

Highmark, in its sole discretion, reserves the right to limit access and/or modify benefit(s), regardless of the disease or condition, when Highmark identifies utilization patterns that could potentially result in harm to You or the public.

Quantity Level Limits

Quantity level limits may be imposed on certain Prescription Drugs by Highmark. Such limits are based on the manufacturer's recommended daily dosage or as determined by Highmark. Quantity level limits control the quantity covered each time a new prescription order or refill is dispensed for selected Prescription Drugs. Each time a prescription order or refill is dispensed, the pharmacy provider may limit the amount dispensed.

Managed Prescription Drug Coverage

A prescription order or refill which may exceed the manufacturer's recommended dosage over a specified period of time may be denied by Highmark when presented to the pharmacy provider. Highmark may contact the prescribing physician to determine if the Covered Medication is Medically Necessary and Appropriate. The Covered Medication will be dispensed if it is determined by Highmark to be Medically Necessary and Appropriate.

Preauthorization

Certain Prescription Drugs may require Preauthorization to ensure the Medical Necessity and Appropriateness of the prescription order. The prescribing physician must obtain authorization from Highmark prior to prescribing certain Covered Medications. The specific drugs or drug classifications which require Preauthorization may be obtained by calling the toll-free Member Service telephone number appearing on Your ID card.

Prescription Drug Exceptions

Coverage is not provided for Prescription Drugs and Over-the-Counter Drugs not appearing on the Formulary, unless an exception has been granted by the Plan. The Member, the Member's authorized representative or the Member's prescribing physician may request coverage of a Prescription Drug not appearing on the Formulary. The Plan will review the exception request and notify the Member of its determination within two (2) business days but not more than seventy-two (72) hours of receiving sufficient information to begin its review of the request.

Precertification, Preauthorization and Pre-Service Claims Review Processes

The Precertification, Preauthorization and Pre-Service Claims review processes information described below applies to both medical and Prescription Drug management. If You have any questions regarding which Covered Services require Precertification, Preauthorization or Pre-Service Claims review, please call the toll-free Member Service telephone number located on the back of Your ID Card.

Authorized Representatives

You have a right to designate an authorized representative to file or pursue a request for Precertification or other Pre-Service Claim on Your behalf. Highmark reserves the right to establish reasonable procedures for determining whether an individual has been authorized to act on Your behalf. Procedures adopted by Highmark will, in the case of an Urgent Care Claim, permit a physician or other professional health care provider with knowledge of Your medical condition to act as Your authorized representative.

Decisions Involving Requests for Precertification and Other Non-Urgent Care Pre-Service Claims

You will receive written notice of any decision on a request for Precertification or other Pre-Service Claim, whether the decision is adverse or not, within a reasonable period of time appropriate to the medical circumstances involved. That period of time will not exceed fifteen (15) days from the date Highmark receives the Claim unless otherwise extended by Highmark for reasons beyond its control where permitted by law.

If Highmark determines that sufficient information was not provided for Highmark to make a decision, Your physician will be notified of additional facts or documents needed so that the review can be completed within the time frame referenced above.

Closely Related Service

There may be circumstances where Your provider may perform a Closely Related Service for which Precertification was required but was not obtained. In that case, Highmark may not deny coverage of the

Closely Related Service for failure to obtain Precertification if Your provider notifies Highmark of the provided service no later than three (3) business days following completion of the Closely Related Service but before submission of the Claim for payment. Your provider's notification to Highmark must include all relevant clinical information necessary to evaluate the Medical Necessity and Appropriateness of the Closely Related Service.

The Plan may perform a post-service review and determine that the Closely Related Service was not Medically Necessary and Appropriate. The Plan may also verify the member's eligibility for coverage at the time of the post-service review.

Decisions Involving Urgent Care Claims

If Your request involves an Urgent Care Claim, Highmark will make a decision on Your request as soon as possible taking into account the medical exigencies involved. You will receive notice of the decision that has been made on Your Urgent Care Claim no later than seventy-two (72) hours following receipt of the Claim.

If Highmark determines in connection with an Urgent Care Claim that You have not provided sufficient information to determine whether or to what extent benefits are provided under Your coverage, Your physician will be notified within twenty-four (24) hours following Highmark's receipt of the Claim of the specific information needed to complete Your Claim. Your physician will then be given not less than forty-eight (48) hours to provide the specific information to Highmark. Highmark will thereafter notify You of its determination on Your Claim as soon as possible but not later than forty-eight (48) hours after the earlier of (i) its receipt of the additional specific information, or (ii) the date Highmark informed Your physician that it must receive the additional specific information.

Similarly, when Your Urgent Care Claim seeks to extend a previously approved course of treatment and that request is made at least twenty-four (24) hours prior to the expiration of the previously approved course of treatment, Highmark will notify You of its decision as soon as possible, but no later than twenty-four (24) hours following receipt of the request.

If Highmark determines in connection with an Urgent Care Claim that sufficient information was not provided for Highmark to make a decision, Your physician will be notified of additional facts or documents needed so that the review can be completed within the time frames referenced above.

Decisions Involving Requests for Precertification Related to a Prescription Drug Request

If the request is urgent, Highmark will make a decision on the request within twenty-four (24) hours. If the request is not urgent, Highmark will make a decision on the request within two (2) business days but not more than seventy-two (72) hours of receiving the request.

If Highmark determines that sufficient information was not provided for Highmark to make a decision, Your physician will be notified of additional facts or documents needed so that the review can be completed within the time frames referenced above.

Notices of Determination Involving Precertification Requests Including Prescription Drug Requests and Other Pre-Service Claims

Any time Your request for Precertification or other Pre-Service Claim is approved, You will be notified in writing that the request has been approved. If Your request for Precertification or approval of any other Pre-Service Claim has been denied, You will receive written notification of that denial which will include, among other items, the specific reason or reasons for the adverse benefit determination, including the clinical rationale and a statement describing Your right to file an internal appeal or request an external review, as applicable.

For a description of Your right to file an appeal concerning an adverse benefit determination involving a request for Precertification or any other Pre-Service Claim, see the Complaints, Adverse Benefit Determinations and Appeals subsection in the How to File a Claim section of this Certificate.

Concurrent Review Process

Decisions Involving Concurrent Review

If Your request for concurrent review is not urgent, Highmark will make a decision in enough time to allow for an appeal before Your ongoing treatment is reduced or terminated. If Highmark determines that sufficient information was not provided for Highmark to make a decision, Your physician will be notified of additional facts or documents needed so that the concurrent review can be completed within the referenced time frame.

Notices of Determination Involving Concurrent Review

You will be notified in writing of the decision within one (1) business day of Highmark's receiving all supporting information reasonably necessary to complete its review. If the request is approved, the written notice will advise You of the approval. If Your request has been denied, Your written notification will include, among other items, the specific reason or reasons for the adverse benefit determination, including the clinical rationale, and a statement describing Your right to file an internal appeal or request an external review, as applicable.

Retrospective Review Process

Decision & Notice of Determination Involving Retrospective Review

If Highmark conducts a retrospective review, Highmark will send You written notice of the decision within thirty (30) days of receiving all supporting information reasonably necessary to complete the review. If the request is approved, the notice will advise You of the approval. If Your request has been denied, Your written notification will include, among other items, the specific reason or reasons for the decision, including the clinical rationale, and a statement describing Your right to file an internal appeal or request an external review, as applicable.

General Information

Who is Eligible for Coverage

The effective date for an individual member is the date specified by the group in writing or other documented communication received by Highmark, unless an earlier effective date is required by law.

The group is responsible for determining if a person is eligible for coverage and for reporting such eligibility to Highmark. Highmark reserves the right to request, at any time, documentation relative to eligibility for coverage of any individual enrolled for coverage.

You are eligible for coverage if You are a student who meets the requirements for eligibility set forth by the group.

*The following eligibility information applies **only** if Your group provides coverage for dependents. Your Group Administrator can determine if You have dependent coverage.*

You may enroll Your:

- Spouse under a legally valid existing marriage
- Children under twenty-six (26) years of age, unless otherwise extended pursuant to applicable state or federal law, including:
 - Newborn children
 - Stepchildren
 - Children legally placed for adoption
 - Legally adopted children and children for whom the student or the student's spouse is the child's legal guardian
 - Children awarded coverage pursuant to an order of court

An eligible dependent child's coverage automatically terminates and all benefits hereunder cease at the end of the month the dependent reaches the limiting age or ceases to be an eligible dependent as indicated above, whether or not notice to terminate is received by Highmark.

- Unmarried children over age twenty-six (26) who are not able to support themselves due to intellectual disability, physical disability, Mental Illness or developmental disability that started before age twenty-six (26). Coverage automatically terminates and all benefits hereunder cease, except as otherwise indicated, on the day following the date on which the disability ceases, whether or not notice to terminate is received by Highmark.

NOTE: To the extent mandated by the requirements of Pennsylvania Act 83 of 2005, eligibility will be continued past the limiting age for children who are enrolled as dependents under their parent's coverage at the time they are called or ordered into active military duty. They must be a member of the Pennsylvania National Guard or any reserve component of the armed forces of the United States, who is called or ordered to active duty, other than active duty for training, for a period of thirty (30) or more consecutive days, or be a member of the Pennsylvania National Guard ordered to active state duty for a period of thirty (30) or more consecutive days. If they become a full-time student for the first term or semester starting sixty (60) or more days after their release from active duty, they shall be eligible for coverage as a dependent past the limiting age for a period equal to the duration of their service on active duty or active state duty.

For the purposes of this note, full-time student shall mean a dependent who is enrolled in, and regularly attending, an accredited school, college or university, or a licensed technical or specialized school for fifteen

(15) or more credit hours per semester, or, if less than fifteen (15) credit hours per semester, the number of credit hours deemed by the school to constitute full-time student status.

A dependent child who takes a medically necessary leave of absence from school, or who changes enrollment status (such as changing from full-time to part-time) due to a serious illness or injury may continue coverage for one (1) year from the first day of the medically necessary leave of absence or other change in enrollment, or until the date coverage would otherwise terminate under the terms of this program, whichever is earlier.

Highmark may require certification from the dependent child's treating physician in order to continue such coverage.

- A newborn child is automatically covered for a maximum of thirty-one (31) days from the moment of birth. To be covered as a dependent beyond the thirty-one (31)-day period, the newborn child must be enrolled as a dependent as described in the Changes in Membership Status subsection of this General Information section.
- A Domestic Partner shall be considered for eligibility as long as a Domestic Partnership (a voluntary relationship between two Domestic Partners) exists with You. In addition, the children of the Domestic Partner shall be considered for eligibility as if they were Your children as long as the Domestic Partnership exists.

Changes in Membership Status

In order for there to be consistent coverage for You and Your dependents, You must keep Your plan sponsor timely informed about any address changes or changes in family status (births, adoptions, deaths, marriages, divorces, etc.) that may affect Your coverage. Please consult Your plan sponsor regarding all applicable deadlines for enrollment.

Medicare

If You or a dependent are entitled to Medicare (either due to age or disability) benefits Your program will not duplicate payments or benefits provided under Medicare. However, Your program may supplement the Medicare benefits, including the deductible and coinsurance not covered by Medicare, provided the services are eligible under Your group's program. Contact Your plan administrator for specific details.

Covered Students Aged 65 or Over

If You are age 65 or over, You will remain covered under the program for the same benefits available to members under age 65. As a result:

- the program will pay all eligible expenses first.
- Medicare will then pay for Medicare Eligible Expenses, if any, not paid for by the program.

- or -

Non-Covered Students Aged 65 or Over

If You are age 65 or over, You may elect not to be covered under Your program. In such a case, Medicare will be Your only coverage. If You choose this option, You will not be eligible for any benefits under the program. Contact Your plan administrator for specific details.

Spouses Aged 65 or Over of Students

If You are a student, Your spouse has the same choices for benefit coverage as indicated above for the member aged sixty-five (65) and over.

Regardless of the choice made by You or Your spouse, each one of You should apply for Medicare Part A coverage about three (3) months prior to becoming age 65. If You elect to be covered under the program, You may wait to enroll for Medicare Part B. You will be able to enroll for Part B later during special enrollment periods without penalty.

Conversion

If Your coverage through Your group is discontinued for any reason, except as specified below, You may be able to convert to a direct payment program.

The conversion opportunity is not available if either of the following applies:

- You are eligible for another group health care benefits program through Your group.
- When Your group's program is terminated and replaced by another health care benefits program.

Written application to enroll in an individual conversion program must be made no later than:

- either thirty-one (31) days after termination of membership under Your group's program; or
- fifteen (15) days after You have been given written notice of the existence of ability to enroll in an individual conversion program;
- but in no event later than ninety (90) days after termination of coverage through Your group's program.

Contact Member Service at the number on the back of Your ID card to request conversion to a direct pay program.

Termination of Your Coverage Under the Group Insured Contract

Your coverage can be terminated in the following instances:

- When You cease to be a student, the group shall promptly notify Highmark that You are no longer eligible for coverage and that Your coverage should be terminated as follows:
 - When prompt notification is received, coverage will be terminated no earlier than the date on which You cease to be eligible.
 - When a group requests a retroactive termination of coverage, coverage will be terminated no earlier than the first day of the month preceding the month in which Highmark received notice from the group.
- When You fail to pay the required contribution, Your coverage will terminate at the end of the last month for which payment was made.
- Termination of the Group Insured Contract automatically terminates the coverage of all the members. It is the responsibility of the group to notify You of the termination of coverage. However, coverage will be terminated regardless of whether the notice is given to You by the group.
- If it is proven that You obtained or attempted to obtain benefits or payment for benefits through fraud or intentional misrepresentation of a material fact, Highmark may, upon 30-day advance written notice to You, terminate Your coverage under the program.

Benefits after Termination of Coverage

- If You are an Inpatient on the day Your coverage terminates, benefits for inpatient Covered Services will be continued as follows:
 - Until the Maximum amount of benefits has been paid; or
 - Until the inpatient stay ends; or
 - Until You become covered, without limitation as to the condition for which You are receiving inpatient care, under another group program; whichever occurs first.
- If You are pregnant on the date coverage terminates, no additional coverage will be provided.
- If You are Totally Disabled at the time Your coverage terminates due to termination of being an active student, medical benefits, excluding outpatient Prescription Drug benefits, will be continued for Covered Services directly related to the condition causing such Total Disability. This benefit extension does not apply to Covered Services relating to other conditions, illnesses, diseases or injuries and is not available if Your termination was due to fraud or intentional misrepresentation of a material fact. This Total Disability extension of benefits will be provided as long as You remain so disabled as follows:
 - Up to a maximum period of twelve (12) consecutive months; or
 - Until the Maximum amount of benefits has been paid; or
 - Until the Total Disability ends; or
 - Until You become covered without limitation as to the disabling condition under other group coverage, whichever occurs first.
- If You are required to pay any premium, Your benefits will not be continued if Your coverage is terminated because You failed to pay the required premium.
- Benefits will also be provided for You who, on the date this coverage terminates and as described in the Health Care Management, Benefits after Provider Termination from the Network subsection, is in an active course of treatment until the earlier of such time as that treatment has been completed or for a period of up to ninety (90) days from the date this coverage terminates.

Coordination of Benefits

Most health care programs, including Your health care program, contain a coordination of benefits provision. This provision is used when You, Your spouse or Your covered dependents are eligible for payment under more than one health care program. The object of coordination of benefits is to ensure that Your covered expenses will be paid, while preventing duplicate benefit payments. Highmark has the right to decide when to apply the below coordination of benefits provisions and shall not be required to determine the existence of any other health care program providing coverage to You or Your Dependents. In order to administer these provisions, Highmark may need to obtain information related to other health care coverage and may release such information to any organization or person as necessary. You must provide information related to other health care coverage through the completion of any questionnaires, surveys or other methods as requested by Highmark. Failure to timely provide the required information may result in claims processing delays or the denial of payment for Covered Services. You must also timely notify Highmark of any changes to any other health care coverage.

Here is how the coordination of benefits provision works:

- When Your other coverage does not mention "coordination of benefits," then that coverage pays first. Benefits paid or payable by the other coverage will be taken into account in determining if additional benefit payments can be made under Your program.

- When the person who received care is covered as an employee under one contract, and as a dependent under another, then the employee coverage pays first.
- When a dependent child is covered under two contracts whose parents are married or are living together, whether or not they have ever been married, the contract which covers the person as a dependent of the parent whose birthday (month and day) falls earliest in the calendar year will be primary. But, if both parents have the same birthday, the program which covered the parent longer will be the primary program.
- If the dependent child's parents are divorced or separated or not living together, whether or not they have ever been married, the following applies:
 - if a court decree states that one of the parents is responsible for the dependent child's health care expenses or health care coverage, that contract is the primary program;
 - if a court decree states that both parents are responsible for the dependent child's health care expenses or health care coverage, the provision for married or living together above shall determine the order of benefits;
 - if a court decree states the parents have joint custody without specifying that one parent has responsibility for the health care expenses or health care coverage of the dependent child, the provision for married or living together above shall determine the order of benefits; or
 - if there is no court decree allocating responsibility for the dependent child's health care expenses or health care coverage, the order of benefits for the child are as follows:
 - i. the contract covering the custodial parent;
 - ii. the contract covering the spouse of custodial parent;
 - iii. the contract covering the non-custodial parent; and then
 - iv. the contract covering the spouse of the non-custodial parent
- If none of the above circumstances applies, the coverage You have had for the longest time pays first.

If You receive more than You should have when Your benefits are coordinated, You will be expected to repay any overpayment.

Prescription Drug benefits are not coordinated against any other health care or drug benefit coverage.

Pediatric Vision Care benefits are not coordinated against any other health care or vision benefit coverage.

Force Majeure

No failure, delay or default in performance of any obligation of Highmark shall constitute an event of default or breach to the extent that such failure to perform, delay or default arises out of a cause, existing or future, that is beyond the reasonable control and not the result of the negligence of Highmark. Such events include, by way of illustration and not limitation, Acts of God, war (declared or undeclared), government regulation, acts or inaction of governmental authority, civil or military authority, unforeseen disruptions caused by suppliers, subcontractors, vendors or carriers, terrorism, disaster, strikes, civil disorder, curtailment of transportation facilities, fire, floods, blizzards, epidemics, pandemics, viral or communicable disease outbreaks, National Emergency, quarantines, disruption of the labor force and/or any other cause which is beyond the reasonable control of Highmark (hereinafter a "Force Majeure Event"), that makes it impossible, illegal or commercially impracticable for Highmark to perform its obligations in whole or in part.

Upon the occurrence of a Force Majeure Event, Highmark shall take action to minimize the consequences of the Force Majeure Event. If Highmark relies on any of the foregoing as an excuse for failure, default or delay in performance, it shall give prompt written notice to the group of the facts that constitute such Force Majeure Event, when it arose and when it is expected to cease.

Subrogation

Subrogation means that if You incur health care expenses for injuries caused by another person or organization, the person or organization causing the accident may be responsible for paying these expenses.

For example, if You or one of Your dependents receives benefits through Your program for injuries caused by another person or organization, Highmark has the right, through subrogation, to seek repayment from the other person or organization or any applicable insurance company for benefits already paid.

Highmark will provide eligible benefits when needed, but You may be asked to show documents or take other necessary actions to support Highmark in any subrogation efforts.

A Recognized Identification Card

Carry Your ID card with You at all times, destroy any previously issued cards, and show this card to the hospital, doctor, pharmacy, or other health care professional whenever You need medical care.

If Your card is lost or stolen, please contact Member Service immediately. You can also request additional or replacement cards online by logging onto the website located on the back of Your member ID card. It's illegal to lend Your ID card to anyone who is not eligible to use Your benefits.

Below is a sample of the type of information that will be displayed on Your ID card:

- Your name and Your dependent's name (when applicable)
- Identification number
- Group number
- Copayment for physician office Visits and emergency room Visits (if applicable)
- Pharmacy Network logo (when applicable)
- Member Service toll-free number (on back of card)
- Member website
- Toll-free telephone number for Out-of-Network facility admissions (on back of card)
- Suitcase symbol

There is a logo of a suitcase on Your ID card. This suitcase logo lets hospitals and doctors know that You are a member of a Blue Cross and Blue Shield plan, and that You have access to Blue providers nationwide.

How to File a Claim

Notice of Claim and Proof of Loss

(Applies to Post-Service Claims Only)

Network Providers have entered into an agreement with Highmark pertaining to the payment for Covered Services that they provide to You. When You receive Covered Services from a Network Provider, it is the responsibility of the Network Provider to submit its Claim to Highmark in accordance with the terms of its participation agreement. Should the Network Provider fail to submit its Claim in a timely manner or otherwise satisfy Highmark's requirements as they relate to the filing of Claims, You will not be liable, and the Network Provider shall hold You harmless relative to payment of the Covered Services that You received.

When Covered Services are received from other than a Network Provider, You are responsible for submitting the Claim to Highmark. In such instances, You must submit the Claim in accordance with the following procedures:

Notice of Claim

Highmark will not be liable for any Claims unless proper notice is furnished to Highmark that You have received Covered Services. Written notice of a Claim must be given to Highmark within 20 days or as soon as reasonably possible after You have received Covered Services. Notice given by You or on Your behalf to Highmark that includes information sufficient to identify You shall constitute sufficient notice of a Claim to Highmark. You can give notice to Highmark by writing to the Member Service Department. The address of the Member Service Department can be found on Your ID card. A charge shall be considered incurred on the date You receive the service or supply for which the charge is made.

Claim Forms

Proof of loss for Covered Services must be submitted to Highmark on the appropriate Claim form. Highmark, upon receipt of a notice of a Claim will, within 15 days following the date a notice of a Claim is received, furnish You with Claim forms for filing proofs of loss. If Claim forms are not furnished within 15 days after the giving of such notice, You shall be deemed to have complied with the requirements of this subsection as to filing a proofs of loss upon submitting, within the time fixed in this subsection for filing proofs of loss, itemized bills for Covered Services as described below. The proof of loss may be submitted to Highmark at the address appearing on Your ID card.

Proof of Loss

Claims cannot be paid until a written proof of loss is submitted to Highmark. Written proof of loss must be provided to Highmark within 90 days after the date of such loss. Proof of loss must include all data necessary for Highmark to determine benefits. Failure to submit a proof of loss to Highmark within the time specified will not invalidate or reduce any Claim if it is shown that the proof of loss was submitted as soon as reasonably possible, but in no event, except in the absence of legal capacity, will Highmark be required to accept a proof of loss later than one (1) year from the time proof is otherwise required.

Submission of Claim Forms

The completed Claim form, with all itemized bills attached, must be forwarded to Highmark at the address appearing on Your ID Card to satisfy the requirement of submitting a written proof of loss and to receive payment for Covered Services.

To avoid delay in handling Claims that You submit, answers to all questions on the Claim form must be complete and correct. Each Claim form must be accompanied by itemized bills showing:

Person or organization providing the Service or supply
Type of Service or supply
Date of Service or supply
Amount charged
Name of patient

In addition to the above, private duty nursing bills must contain the shifts worked, the charge per day, the professional status of the nurse, and the signature of the professional provider prescribing the service. Professional provider bills must show specific treatment dates. Drug and medicine bills must show prescription number, date of purchase, and the patient's name. Your attending professional provider must include a signature on all bills as certification that services have been prescribed, except for doctor bills, hospital bills, or Prescription Drug bills. (Some bills requiring a signature of the professional provider include ambulance, prosthetic devices, rental of Durable Medical Equipment, private duty nursing, etc.). Itemized bills cannot be returned.

A request for payment of a Claim will not be reviewed and no payment will be made unless all the information and evidence of payment required on the Claim form has been submitted in the manner described above. Highmark reserves the right to require additional information and documents as needed to support a Claim that a covered service has been rendered.

Notice of Highmark's Claim determination will be issued within a reasonable period of time not to exceed 30 days following the receipt of a proper proof of loss. This period of time may be extended one (1) time by Highmark for an additional period of time not to exceed 15 days provided the extension is due to matters outside the control of Highmark and a written explanation for the delay is provided to You.

If Highmark renders an adverse decision on the Claim, the notification shall include, among other items, the specific reason or reasons for the adverse decision and a statement describing Your right to file an appeal.

Time of Payment of Claims

Claim payments for benefits payable under this Certificate will be processed immediately upon receipt of a proper proof of loss.

Authorized Representative

Nothing in this section shall preclude Your duly authorized representative from filing or otherwise pursuing a Claim on behalf of You. Highmark reserves the right to establish reasonable procedures for determining whether an individual has been authorized to act on Your behalf.

Limitation on Legal Actions

After a notice of Claim has been given, You may not take legal action for sixty days. You may not take legal action later than three years after the expiration of the time within which a notice of Claim is required.

Physical Examinations and Autopsy

Highmark, at its own expense, shall have the right and opportunity to examine the person of the member when and as often as it may reasonably require during the pendency of a Claim hereunder and to make an autopsy in case of death where it is not forbidden by law.

Your Explanation of Benefits Statement

When You submit a Claim, You will receive an Explanation of Benefits (EOB) statement that lists:

- The provider's actual charge
- The allowable amount as determined by Highmark
- The copayment, deductible and coinsurance amounts, if any, that You are required to pay
- Total benefits payable
- The total amount You owe

In those instances when You are not required to submit a Claim because, for example, the Network Provider will submit the bill as a Claim for payment under its contract with Highmark, You will receive an EOB only when You are required to pay amounts other than Your required copayment.

You can get Your EOBs online. Simply register on Your member website. Your EOB can also be mailed to You. If You do not owe a payment to the provider, You may not receive an EOB.

How to Voice a Complaint

In the event that You are dissatisfied with any aspect of Your health care benefits or You have an objection regarding participating health care providers, coverage, operations or management policies, please contact Highmark via the toll-free Member Service telephone number located on the back of Your ID card or by mail at the address listed below. Please include Your identification and group numbers as displayed on Your ID card.

Highmark
P.O. Box 535095
Pittsburgh, PA 15253

A representative will review, research and respond to Your inquiry as quickly as possible.

If the informal dissatisfaction process is not successful and does not meet Your needs, You have the right to have Your objection reviewed by our Member Grievance and Appeals Department. For details about how this process works, please refer to the Complaints, Adverse Benefit Determinations and Appeals section of this Certificate or call Member Service at the number on Your member ID card.

Fraud or Provider Abuse

If You think that a provider is committing fraud, please let us know. Examples of fraud include: Submitting Claims for services that You did not get; Adding extra charges for services that You did not get; Giving You treatment for services You did not need. Please call the local state toll-free Fraud Hotline.

Additional Information on How to File a Claim

Member Inquiries

General inquiries regarding Your eligibility for coverage and benefits which do not involve the filing of a Claim should be made by directly contacting the Member Service Department using the telephone number on Your ID card.

Filing Benefit Claims

- ***Authorized Representatives***

You have the right to designate an authorized representative to file or pursue a request for reimbursement or other Post-Service Claim on Your behalf. Highmark reserves the right to establish reasonable procedures for determining whether an individual has been authorized to act on Your behalf.

- ***Requests for Precertification and Other Pre-Service Claims***

For a description of how to file a request for Precertification or other Pre-Service Claim, see the Precertification, Preauthorization and Pre-Service Claims Review Processes subsection in the Health Care Management section of this Certificate.

- ***Requests for Reimbursement and Other Post-Service Claims***

When a hospital, physician or other provider submits its own reimbursement Claim, the amount paid to that provider will be determined in accordance with the provider's agreement with Highmark or the local licensee of the Blue Cross Blue Shield Association serving Your area. Highmark will notify You of the amount that was paid to the provider. Any remaining amounts that You are required to pay in the form of a copayment, coinsurance or program deductible will also be identified in that EOB or notice. If You believe that the copayment, coinsurance or deductible amount identified in that EOB or notice is not correct or that any portion of those amounts are covered under Your benefit program, You may file a Claim with Highmark. For instructions on how to file such Claims, You should contact the Member Service Department using the telephone number on Your ID card.

Determinations on Benefit Claims

- ***Notice of Benefit Determinations Involving Requests for Precertification and Other Pre-Service Claims***

For a description of the time frames in which requests for Precertification or other Pre-Service Claims will be determined by Highmark and the notice You will receive concerning its decision, whether adverse or not, see the Precertification, Preauthorization and Pre-Service Claims Review Processes subsection in the Health Care Management section of this Certificate.

- ***Notice of Adverse Benefit Determinations Involving Requests for Reimbursement and Other Post-Service Claims***

Highmark will notify You in writing of its determination on Your request for reimbursement or other Post-Service Claim within a reasonable period of time following receipt of Your Claim. That period of time will not exceed 30 days from the date Your Claim was received. However, this 30-day period of time may be extended one time by Highmark for an additional 15 days, provided that Highmark determines that the additional time is necessary due to matters outside its control, and notifies You of the extension prior to the expiration of the initial 30-day Post-Service Claim determination period. If an extension of time is necessary because You failed to submit information necessary for Highmark to make a decision on Your Post-Service Claim, the notice of extension that is sent to You will specifically describe the information that You must submit. In this event, You will have at least 45 days in which to submit the information before a decision is made on Your Post-Service Claim.

If Your request for reimbursement or other Post-Service Claim is denied, You will receive written notification of that denial which will include, among other items, the specific reason or reasons for the adverse benefit determination and a statement describing Your right to file an appeal.

For a description of Your right to file an appeal concerning an adverse benefit determination of a request for reimbursement or any other Post-Service Claim, see the Complaints, Adverse Benefit Determinations and Appeals subsection below.

Complaints, Adverse Benefit Determinations and Appeals

All decisions made by Highmark involving the denial of payment for a Covered Service will be made by qualified personnel with experience in the same or similar scope of practice. All notices of these decisions will include information regarding the basis for the determination.

Highmark maintains both a complaint and an adverse benefit determination process. At any time during either of these processes, You may designate an authorized representative to participate in the process on Your behalf. An authorized representative can be (i) a person (including Your provider) to whom You have given express written consent to represent You in a complaint or adverse benefit determination process; (ii) a person authorized by law to provide substituted consent for You; or (iii) a family member or treating provider involved in providing health care to You, if You are incapacitated or unable to provide consent due to a medical emergency or as necessary to prevent a serious and imminent threat to Your health or safety.

You or Your authorized representative shall notify Highmark, in writing, of the designation. If an authorized representative is designated, You may not file a separate complaint or adverse benefit determination appeal. You may rescind the authorized representative designation at any time. In the event that Your authorized representative fails to file or pursue either a complaint or appeal of an adverse benefit determination, the authorized representative designation shall be automatically removed. Highmark reserves the right to establish reasonable procedures for determining whether an individual has been authorized to act on Your behalf.

For purposes of this Complaints, Adverse Benefit Determinations and Appeals Subsection, the word “You” shall include both You and Your authorized representative.

At any time during the internal complaint or adverse benefit determination process, You can request Highmark to appoint a person from its Member Service Department to assist You, at no charge, to help in preparing the complaint or adverse benefit determination. The Highmark employee made available to You will not have participated in any previous decisions to deny coverage for the issue in dispute.

At any time during the internal complaint or adverse benefit determination process, You may call Member Service at the toll-free telephone number on the back of Your ID Card to inquire about the filing or status of a complaint or adverse benefit determination.

Internal Complaint Process

Highmark maintains a complaint process for the resolution of Your disputes or objections regarding a Network Provider or the coverage (including Exclusions, cost-sharing, Formulary changes and non-covered benefits), operations or management policies of Highmark. A complaint does not include an adverse benefit determination.

You have the right to have Your complaint internally reviewed through the two (2) level process described in this Internal Complaint Process section. However, if Your complaint involves an Urgent Care Claim, a single level review process is available as explained in the Expedited External Review paragraph, below.

You must exhaust this two (2) level process before seeking further administrative review of Your complaint by the Pennsylvania Insurance Department (“Department”).

Initial Review

An initial complaint shall be directed to the Member Service Department. You must submit the complaint, which may be oral or in written form, within one hundred-eighty (180) days from the date You received the notification of an adverse decision or on which the issue that is the subject of Your complaint occurred. Upon its receipt of the complaint, Highmark will provide You with written confirmation Your request has been received, and that Highmark has classified it as a complaint for purposes of internal review. If You disagree with the Highmark's classification of a request for an internal review, You may directly contact the Insurance Department for consideration and intervention with Highmark in regard to the classification that has been made.

You have the right to submit or present additional evidence or testimony which includes any written or verbal statements, comments and/or remarks, documents, records, information, data or other material in support of Your complaint. You may, upon request to Highmark, review all documents, records and other information relevant to the complaint. The initial level complaint review will be performed by an Initial Review Committee that will include one (1) or more employees of Highmark.

The members of the Initial Review Committee shall not have been involved or be the subordinate of any individual that was involved in any previous decision to deny Your complaint or matter.

Your complaint will be promptly investigated, and a decision will be rendered within the following time frames, depending upon what type of Claim is involved in Your complaint:

- For complaints involving non-urgent care Pre-Service Claims, within a reasonable period of time appropriate to the medical circumstance, but not to exceed thirty (30) days following Highmark's receipt of Your complaint;
- For complaints involving Urgent Care Claims, within the period of time provided in the Expedited External Review paragraph below;
- For complaints involving Post-Service Claims, a decision by Highmark to deny an enrollment request because the individual is not eligible for coverage, or for any other complaint not set forth above, within a reasonable period of time not to exceed thirty (30) days following Highmark's receipt of Your complaint;

Highmark will provide written notification of its decision within five (5) business days of the decision, not to exceed thirty (30) days from Highmark's receipt of Your complaint.

If Highmark does not provide notice of its decision within the above-stated time frames or otherwise fails to strictly adhere to these complaint procedures, You shall be permitted to request an appeal and/or pursue any applicable legal action.

In the event Highmark renders a decision on the complaint not in the Member's favor, the notification shall include, among other items, the specific reason or reasons for the adverse decision, the procedure for requesting a second level of review of the decision by the Initial Review Committee and a statement regarding the right of the Member to pursue legal action.

Second Level Review

You must complete the Second Level Review process before seeking further administrative review of Your complaint by the Department.

If You are dissatisfied with Highmark's decision following the initial review of Your complaint, You may request to have the decision reviewed by a Second Level Review Committee. The request to have the decision reviewed must be submitted in writing (or communicated orally under special circumstances) within forty-five (45) days from the date an adverse decision is received and may include any written information from the Member or any party in interest.

The Second Level Review Committee will be comprised of three (3) individuals who were not involved or the subordinate of any individual that was previously involved in the matter under review. At least one (1) individual of the Committee will not be an employee of Highmark or Highmark's related subsidiaries or affiliates. The Committee will hold an informal hearing to consider Your complaint. When arranging the hearing, Highmark will notify You in writing of the hearing procedures and Your rights at the hearing, including Your right to be present at the review. If You cannot appear in person at the second level review, Highmark shall provide You with the opportunity to communicate with the Committee by telephone or other appropriate means.

The hearing will be held and a decision will be rendered within thirty (30) days of Highmark's receipt of Your request for review.

Highmark will provide written notification of its decision within five (5) business days of the decision, not to exceed thirty (30) days from Highmark's receipt of Your request for review. In the event that Highmark renders an adverse decision, the notification shall include, among other items, the specific reason or reasons for the adverse decision, the procedure for appealing the decision to the Department and a statement regarding the right of the Member to pursue legal action.

Appeal of an Internal Complaint

If a second level review is completed, You will have fifteen (15) days from the receipt of the notice of the decision of the Second Level Review Committee to appeal the decision to the Department. The appeal shall be in writing unless You request to file the appeal in an alternative format.

Appeals may be filed at the following address:

Pennsylvania Insurance Department
Bureau of Consumer Services
1209 Strawberry Square
Harrisburg, Pennsylvania 17120

All records from the initial review and the second level review shall be forwarded to the Department in the manner, as appropriate. You or Highmark may submit additional material related to Your complaint to the Department. Each shall provide to the other, copies of additional documents provided. You may be represented by an attorney or other individual before the Department.

Internal Adverse Benefit Determination Process

Highmark maintains an internal appeal process involving one level of review for adverse benefit determinations. Adverse benefit determinations include the following:

- a decision by Highmark that, based upon the information provided and utilization review, a request for a benefit does not meet Highmark's requirements for medical necessity, appropriateness, health care setting, level of care or effectiveness or is determined to be Experimental or Investigational, such that the requested benefit is therefore denied, reduced or terminated or payment is not provided or made, in whole or in part, for the benefit;
- the denial, reduction, termination or failure to provide or make payment, in whole or in part, for a benefit based on Highmark's determination of Your eligibility for coverage under Your benefit program or noncompliance with an administrative policy or
- a rescission of coverage determination by Highmark.

An adverse benefit determination does not involve a complaint.

If You receive notice of an adverse benefit determination, You have one hundred-eighty (180) days from the date of Your receipt of notification of the adverse decision to submit an appeal.

Upon receipt of the appeal, Highmark will provide written confirmation to You that the request has been received, and that Highmark has classified it as an adverse benefit determination for purposes of internal review.

Upon request to Highmark, You may review all documents, records and other information relevant to Your appeal and shall have the right to submit or present additional evidence or testimony which includes any written or oral statements, comments and/or remarks, documents, records, information, data or other material in support of Your appeal.

Your appeal will be reviewed by a representative from the Member Grievance and Appeals Department. The representative shall not have been involved or be the subordinate of any individual that was involved in any previous decision to deny the Claim or matter which is the subject of Your appeal. In rendering a decision on Your appeal, the Member Grievance and Appeals Department will take into account all evidence, comments, testimony, documents, records, and other information submitted by You without regard to whether such information was previously submitted to or considered by Highmark. The Member Grievance and Appeals Department will afford no deference to any prior adverse decision on the Claim which is the subject of Your appeal.

Each appeal will be promptly evaluated and Highmark will provide written notification of its decision within the following time frames:

- When the appeal involves a non-urgent care Pre-Service Claim, within a reasonable period of time appropriate to the medical circumstances involved not to exceed thirty (30) days following receipt of the appeal;
- When the appeal involves an Urgent Care Claim, an admission, availability of care, continued stay or service for which You have received Emergency Care Services but have not been discharged from a facility, or a determination that a service is Experimental/Investigational and, based on the written certification of the treating Provider, would be significantly less effective if not promptly initiated, as soon as possible taking into account the medical exigencies involved but not later than seventy-two (72) hours following receipt of the appeal; or
- When the appeal involves a Post-Service Claim, a decision by Highmark to rescind coverage, or for any other adverse benefit determination not set forth above, within a reasonable period of time not to exceed thirty (30) days following receipt of the appeal.

If Highmark fails to provide notice of its decision within the above-stated time frames or otherwise fails to strictly adhere to these appeal procedures, You may be permitted to request an external review and/or pursue any applicable right to arbitration.

In the event that Highmark renders an adverse decision on the appeal, the notification shall include, among other items, the specific reason or reasons for the adverse decision including clinical rationale, the procedure for appealing the decision and a statement regarding Your right to pursue legal action.

External Adverse Benefit Determination Process

If You receive an adverse benefit determination, You may appeal such decision to an external entity. The type of external review is dependent upon the type of adverse benefit determination.

If the adverse benefit determination is an administrative denial, meaning that the adverse decision was based on:

- Prior authorization, coverage or payment based on a lack of eligibility, failure to submit complete information or other failure to comply with an administrative policy; or
- is a rescission of coverage,

You must follow the appeal process outlined in the External Appeal of Administrative Denial paragraph below.

If the adverse benefit determination was based on:

- Medical Necessity and Appropriateness
- Health care setting;
- Level of care;
- Effectiveness of a covered service; or
- Relates to a Claim regarding Highmark's compliance with the surprise billing and cost-sharing protections under the federal No Surprises Act,

You must follow the appeal process outlined in the External Review of Non-Administrative Denials paragraph below.

External Appeal of Administrative Denial

You will have fifteen (15) days from the receipt of the notice of Highmark's adverse decision on the internal appeal on an administrative denial to appeal the decision to the Department.

All records from the internal process for the administrative denial will be forwarded to the Department in the manner prescribed. You and Highmark may submit additional material related to the administrative denial to the Department. You may be represented by an attorney or other individual before the Department.

External Review of Non-Administrative Denials

You shall have four (4) months from the receipt of the notice of an adverse benefit determination of a non-administrative denial to file a request for an external review of an adverse benefit determination resulting with the Department. Administrative denials are not eligible for this external review process and must be appealed as set forth in the External Appeal of Administrative Denial paragraph, above.

Except in the instance of a request for expedited external review, the request for external review should be filed in writing to the Department. The Department may prescribe the form and content of the external review request, but the request must include an authorization form authorizing the Plan and provider to disclose pertinent protected health information to the external review. The request should include the reasons, material justification and all reasonably necessary supporting information as part of the external review request.

Preliminary Review and Notification

Within one (1) business day from receipt of the request for external review, the Department shall send a copy of the request to Highmark. Within five (5) business days from receipt of the copy of the request for external review, Highmark will complete a preliminary review of the external review request to determine:

- whether You are or were covered under this program at the time the service which is the subject of the denied Claim was or would have been received;
- whether the service, which is the subject of the denied Claim, is not a covered service under this because it does not meet the Plan's requirements as to medical necessity and appropriateness,

- health care setting, level of care or effectiveness of a covered service, or because the Plan determined the service to be Experimental/Investigational for a particular medical condition;
- with respect to denials based on the Experimental and Investigational nature of the service, whether Your provider has certified that: (1) standard health care services have not been effective, are not medically appropriate or that no alternative covered service is more beneficial than the service that is the subject of the denial; and (2) that the recommended service is likely to be more than available standard health care services, or that scientifically valid studies using accepted protocols demonstrate that the requested service requested is likely to be more beneficial to You than any available standard health care services;
- whether You have exhausted Highmark's internal appeal process, unless otherwise not required to exhaust that process; and
- whether You have provided all the information and any applicable forms required to process the external review request.

Within one (1) business day following completion of its preliminary review of the request, Highmark shall in writing notify You and the Department of its determination.

In the event that the external review request is not complete, the notification will describe the information or materials needed to complete the request.

In the event that the external review request is complete but not eligible for external review, notification by Highmark will include the reasons why the request is ineligible for external review. Highmark's determination that the request is not eligible for external review may be appealed to the Department.

Final Review and Notification

Within one (1) business day from receipt of the notification that the request is complete and eligible for external review, the Department shall assign an independent review organization (IRO) to conduct the external review and notify Highmark of the assignment. If the request relates to a determination that the treatment is Experimental or Investigational, within one (1) business day of receipt of the assignment notification, the IRO shall select one or more clinical reviewers to conduct the external review. The Department shall notify You that the request has been accepted and is eligible for external review. The notice will further state that any additional information which You may have in support of the request must be submitted, in writing, within fifteen (15) business days for a standard external review request, or within five (5) business days if the external review relates to an Experimental or Investigational service, following receipt of the notice.

Any additional information timely submitted by You and received by the assigned IRO will be forwarded to Highmark within one (1) business day of receipt. Upon receipt of the information, Highmark shall be permitted an opportunity to reconsider its prior decision regarding the Claim that was denied or the matter which is the subject of the external review request. Reconsideration by Highmark of its prior decision may not delay or terminate the external review. The external review may be terminated without a determination by the IRO only if Highmark reverses its prior decision and provides coverage or payment for the Claim that is the subject of the external review. Within one (1) business day of making the decision to reverse its prior determination, Highmark shall notify the Department, the assigned IRO and You, in writing, of its decision. Upon receipt of such notice, the assigned IRO shall terminate the external review.

The assigned IRO or clinical reviewer will review all information and documents that it timely received and make a decision on the external review request. Decisions or conclusions reached during Highmark's internal appeal process are not binding on the IRO or clinical reviewer. The assigned IRO shall provide written notice of the final external review decision to the Department, Highmark and You within forty-five (45) days from receipt by the IRO of the external review request. Written notice of the decision shall provide, among other information, a statement of the principal reasons for the decision including the rationale and standards relied upon by the IRO. Upon receipt of notice that Highmark's decision was reversed by the IRO, Highmark shall

within twenty-four (24) hours approve coverage of the service that was the subject of the external review request.

Expedited External Review

If Highmark's initial decision or the denial resulting from Highmark's internal appeal process involves:

- an Urgent Care Claim;
- an admission, availability of care, continued stay or service for which You received Emergency Care Services but have not been discharged from a facility; or
- a determination the service is Experimental or Investigational and, based on the written certification of the treating provider, would be significantly less effective if not promptly initiated,

You may request an expedited external review of Highmark's decision. An expedited external review may not be provided for retrospective adverse benefit determinations.

A request for an expedited external review must be submitted to the Department. Upon receipt of a request for an expedited external review, the Department shall, within twenty-four (24) hours, send a copy of the request to Highmark.

You may choose to request expedited external review at the same time of filing a request for expedited internal review of an adverse benefit determination. If the IRO determines that an expedited internal review is first required, the IRO must notify You within twenty-four (24) hours. Additionally, Highmark may agree to waive the expedited internal review exhaustion requirement.

Within twenty-four (24) hours of receipt from the Department of the request for expedited external review, Highmark will determine whether the request is timely, complete and eligible for external review. Within twenty-four (24) hours following completion of this preliminary review of the expedited external review request, Highmark shall notify the Department and You of its determination. Highmark's determination that the request is not eligible for expedited external review may be appealed to the Department.

Within twenty-four (24) hours from receipt of the notification that the request is complete and eligible for expedited external review, the Department shall assign an IRO to conduct the external review and notify Highmark of the assignment. Upon receipt of the notification of the IRO assignment, Highmark shall transmit documents and information considered in making the adverse benefit determination to the assigned IRO in an expeditious manner. Decisions or conclusions reached during Highmark's determination or Highmark's Internal Adverse Benefit Determination Process are not binding on the IRO. The assigned IRO will conduct the review and provide notice of its final external review decision as expeditiously as Your medical condition or circumstances require, but in no event more than seventy-two (72) hours following receipt by the IRO of the request for expedited external review. If notice of the decision by the IRO is not provided in writing, the IRO must provide within forty-eight (48) hours following initial notice of its final external review decision, written confirmation of that decision to Highmark, You, and the Department. Written notice of the decision shall provide, among other information, a statement of the principal reasons for the decision including the rationale and standards relied upon by the IRO. Upon receipt of notice that Highmark's decision was reversed by the IRO, Highmark shall within twenty-four (24) hours approve coverage of the service that was the subject of the expedited external review request.

Member Assistance Services

You may obtain assistance with Highmark's internal appeal and external review procedures as described herein by contacting the Pennsylvania Insurance Department Office of Consumer Services or such other applicable office of health insurance consumer assistance or ombudsman.

Autism Spectrum Disorders Expedited Review and Appeal Procedures

Upon denial, in whole or in part, of a Pre-Service Claim or Post-Service Claim for diagnostic assessment or Treatment of Autism Spectrum Disorders, there is an appeal procedure for expedited internal review which You may choose as an alternative to those procedures set forth above. In order to obtain an expedited review, You or Your authorized representative shall identify the particular Claim as one related to the diagnostic assessment or treatment of an autism spectrum disorder to the Member Service Department and request an expedited review which will be provided by Highmark. If, based on the information provided at the time the request is made, the Claim cannot be determined as one based on services for the diagnostic assessment or Treatment of Autism Spectrum Disorders, Highmark may request from You or the health care provider additional clinical information including the treatment plan described in the Autism Spectrum Disorders section of the Description of Benefits.

An appeal of a denial of a Claim for services for the diagnostic assessment or treatment of an autism spectrum disorder is subject to review by a Review Committee. The request to have the decision reviewed by the Review Committee may be communicated orally or be submitted in writing within 180 days from the date the denial of the Claim is received and may include any written information from You or the health care provider. The Review Committee shall be comprised of three employees of Highmark who were not involved or the subordinate of any individual that was previously involved in any decision to deny coverage or payment for the health care service. The Review Committee will hold an informal hearing to consider the appeal. When arranging the hearing, Highmark will notify You or the health care provider of the hearing procedures and rights at such hearing, including Your or the health care provider's right to be present at the review and to present a case. If You or the health care provider cannot appear in person at the review, Highmark shall provide You or the health care provider the opportunity to communicate with the Review Committee by telephone or other appropriate means.

Highmark shall conduct the expedited internal review and notify You or Your authorized representative of its decision as soon as possible but not later than 48 hours following the receipt of Your request for an expedited review. The notification to You and the health care provider shall include, among other items, the specific reason or reasons for the adverse decision including any clinical rationale, the procedure for obtaining an expedited external review and a statement regarding Your right to pursue right to arbitration.

Following the receipt of the expedited internal review decision, You may contact Highmark to request an expedited external review pursuant to the expedited external review procedure for Autism Spectrum Disorders established by the Pennsylvania Insurance Department.

Member Service

When You have questions about a Claim, benefits or coverage, our Member Service Representatives are here to help You. Just call Member Service at the toll-free number on Your member ID card or log in to Your Highmark member website at www.myhighmark.com. For TTY/TDD hearing impaired service, please dial 711 and the number on the back of Your ID card.

As a Highmark member, You have access to a wide range of readily available health education tools and support services.

Blues On Callsm - 24/7 Health Decision Support

Just call **1-888-BLUE-428 (1-888-258-3428)** to be connected to a specially trained wellness professional. You can talk to a Health Coach whenever You like, any time of the day, any day of the week.

Health Coaches are specially trained registered nurses, dietitians and respiratory therapists who can help You make more informed health care and self-care (when appropriate) decisions. They can assist with a health symptom assessment, provide health-related information and discuss Your treatment options. Please be assured that Your discussions with Your Health Coach are kept strictly confidential.

Help with common illnesses, injuries and questions

Health Coaches can address any health topic that concerns You:

- Everyday conditions, such as a rash, an earache or a sprain
- A recent diagnosis You have received
- A scheduled medical test
- Planned Surgery or other medical procedure
- Questions to ask Your doctor at Your next appointment
- How to care for a child or elder

You do not have to be ill to talk to a Health Coach. Call to learn about programs and other resources available to help You manage:

- Stress
- Personal nutrition
- Weight management
- Physical activities
- Insomnia
- Depression

Help with chronic conditions

If You have diabetes, asthma, congestive heart failure, chronic obstructive pulmonary disease or coronary artery disease, You need to manage Your condition every day in order to stay healthy and avoid hospital stays. That means keeping track of medications, tests, doctor appointments and Your diet. Your Blues On Call Health Coach can help You work more closely with Your doctor and get more involved in taking good care of yourself.

You can even establish a relationship with a specific Health Coach and schedule time to talk about Your concerns and conditions.

Highmark Website

As a Highmark member, You have a wealth of health information at Your fingertips. It is easy to access all Your online offerings. Whether You are looking for a health care provider or managing Your Claims...want to make informed health care decisions on treatment options or lead a healthier lifestyle, Highmark can help with online tools and resources.

Go to www.myhighmark.com. Then click on the Members tab and log in to Your home page to take advantage of all kinds of programs and resources to help You understand Your health status, including an online Wellness Profile. Then, take steps toward real health improvement.

Baby Blueprints®

If You Are Pregnant, Now Is the Time to Enroll in Baby Blueprints

If You are expecting a baby, this is an exciting time for You. It's also a time when You have many questions and concerns about Your health and Your developing baby's health.

To help You understand and manage every stage of pregnancy and childbirth, Highmark offers the Baby Blueprints Maternity Education and Support Program.

By enrolling in this free program, You will have access to online information on all aspects of pregnancy and childbirth. Baby Blueprints will also provide You with personal support from a women's health Specialist available to You throughout Your pregnancy.

Easy Enrollment

Just call toll-free at 1-866-918-5267. You can enroll at any time during Your pregnancy.

Value-Added Programs and Services

From time to time, Highmark offers members access to various lifestyle, health and/or value-added programs and services. Contact Your group or call Member Service at the toll-free number on Your member ID card for eligibility requirements and other information. Eligibility requirements for these programs and services are applied in a uniform, non-discriminatory manner to all members. Highmark reserves the right to modify or discontinue any such program at any time.

Travel Assistance Program

As a Highmark member, You have access to a Travel Assistance Program when You are traveling outside of Your home country or more than one hundred (100 hundred) miles from Your home. This Travel Assistance Program provides many medical assistance and travel assistance services to help You travel safely. In addition, this Travel Assistance Program provides You with valuable benefits such as emergency medical evacuation, medical repatriation, and return of mortal remains benefits that are required to visit or study in some countries. Contact Your school for additional information on the Travel Assistance Program.

Wellness Programs

Highmark may offer You the opportunity to participate in programs of health promotion and/or disease prevention. When offered, these programs will be available to You without regard to health status. Whether or not You decide to participate in these programs will not affect Your continued eligibility, benefits, premiums, or cost-sharing obligations under this plan.

At times, You may be offered rewards for Your participation in certain of these programs. Any reward provided in connection with these programs will not be offered or conditioned upon You satisfying a standard that is based on a health-related factor.

Highmark reserves the right to modify or discontinue any such program at any time.

Member Rights and Responsibilities

Your participation in Your health care program is vital to maintaining quality in Your program and services. Your importance to this process is reflected in the following statement of principles.

You have the right to:

1. Receive information about Highmark, its products and its services, its practitioners and providers, and Your rights and responsibilities.
2. Be treated with respect and recognition of Your dignity and right to privacy.
3. Participate with practitioners in decision making regarding Your health care. This includes the right to be informed of Your diagnosis and treatment plan in terms that You understand and participate in decisions about Your care.
4. Have a candid discussion of appropriate and/or medically necessary treatment options for Your condition(s), regardless of cost or benefit coverage. Highmark does not restrict the information shared between practitioners and patients and has policies in place, directing practitioners to openly communicate information with their patients regarding all treatment options regardless of benefit coverage.
5. Voice a complaint or file an appeal about Highmark or the care provided and receive a reply within a reasonable period of time.
6. Make recommendations regarding the Highmark Members' Rights and Responsibilities policies.

You have a responsibility to:

1. Supply to the extent possible, information that the organization needs in order to make care available to You, and that its practitioners and providers need in order to care for You.
2. Follow the plans and instructions for care that You have agreed on with Your practitioners.
3. Communicate openly with the physician You choose. Ask questions and make sure You understand the explanations and instructions You are given, and participate in developing mutually agreed upon treatment goals. Develop a relationship with Your doctor based on trust and cooperation.

How We Protect Your Right to Confidentiality

We have established policies and procedures to protect the privacy of our members' protected health information ("PHI") in all forms, including PHI given verbally, from unauthorized or improper use. Some of the ways we protect Your privacy include not discussing PHI outside of our offices, e.g., in hallways, elevators, as well as verifying Your identity before we discuss PHI with You over the phone. As permitted by law, we may use or disclose protected health information for treatment, payment and health care operations, such as: Claims management, routine audits, coordination of care, quality assessment and measurement, case management, utilization review, performance measurement, Member Service, credentialing, medical review and underwriting. With the use of measurement data, we are able to manage members' health care needs, even targeting certain individuals for quality improvement programs, such as health, wellness and disease management programs.

If we ever use Your protected health information for non-routine uses, we will ask You to give us Your permission by signing a special authorization form, except with regard to court orders and subpoenas.

You have the right to access the information Your doctor has been keeping in Your medical records, and any such request should be directed first to Your Network physician.

You benefit from the many safeguards we have in place to protect the use of data we maintain. This includes requiring our employees to sign statements in which they agree to protect Your confidentiality, using computer passwords to limit access to Your protected health information, and including confidentiality language in our contracts with physicians, hospitals, vendors and other health care providers.

Our Privacy Department reviews and approves policies regarding the handling of confidential information.

Recognizing that You have a right to privacy in all settings, we even inspect the privacy of examination rooms when we conduct on-site visits to physicians' offices. It is all part of safeguarding the confidentiality of Your protected health information.

Terms You Should Know

The following terms apply **only** if Your group provides coverage for this benefit. Depending on Your health care program not all terms may apply. Your Group Administrator can determine if You are eligible for this coverage. Please refer to the Summary of Benefits section of this Certificate.

Applied Behavioral Analysis - The design, implementation and evaluation of environmental modifications, using behavioral stimuli and consequences, to produce socially significant improvement in human behavior or to prevent loss of attained skill or function, including the use of direct observation, measurement and functional analysis of the relations between environment and behavior.

Approved Clinical Trial - A Phase I, Phase II, Phase III, or Phase IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other life-threatening disease or condition and that has been federally funded, authorized or approved by one of the following:

- a. The National Institutes of Health (NIH), including the National Cancer Institute (NCI);
- b. The United States Food and Drug Administration (FDA) in the form of an Investigational new drug (IND) exemption;
- c. The United States Department of Defense (DOD);
- d. The United States Department of Veterans Affairs (VA);
- e. The Centers for Disease Control and Prevention (CDC);
- f. The Agency for Healthcare Research and Quality (AHRQ);
- g. The Centers for Medicare and Medicaid Services (CMS);
- h. The Department of Energy; or
- i. A qualified non-governmental research entity identified in the guidelines issued by the National Institutes of Health for center support.

Highmark may, at its discretion, approve other clinical trials that do not satisfy the above criteria.

Artificial Insemination - A procedure, also known as intrauterine insemination (IUI) or intracervical/intravaginal insemination (ICI), by which sperm is directly deposited into the vagina, cervix or uterus to achieve fertilization and pregnancy.

Assisted Reproductive Technology - Includes all treatments or procedures that involve the in vitro (i.e., outside of the living body) handling of both human oocytes (eggs) and sperm, or embryos, for the purpose of establishing a pregnancy. This includes, but is not limited to, in vitro fertilization (IVF) and embryo transfer, gamete intra-fallopian transfer (GIFT), zygote intra-fallopian transfer (ZIFT), tubal embryo transfer (TET), peritoneal ovum sperm transfer, zona drilling, sperm microinjection, gamete and embryo cryopreservation (freezing), oocyte and embryo donation, and gestational surrogacy or carrier, but does not include Artificial Insemination in which sperm are placed directly into the vagina, cervix or uterus.

Autism Service Provider - A professional provider or a facility provider licensed or certified, where required, and performing within the scope of such license or certification providing treatment for Autism Spectrum Disorders, pursuant to a treatment plan, as provided herein.

Autism Spectrum Disorders - Any disorder defined as an autism spectrum disorder by the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders, or its successor.

Bariatric Surgery - An operation on the stomach and/or intestines intended to help promote weight loss including, but not limited to, vertical banded gastroplasty, gastric stapling, laparoscopic adjustable gastric banding, mini-gastric bypass, gastric bypass with Roux-en-Y, biliopancreatic diversion, biliopancreatic diversion with duodenal switch, long-limb gastric bypass, intestinal gastric bypass, or any other surgical procedure designed to restrict an individual's ability to assimilate food.

Behavior Specialist - An individual licensed or certified, where required, and performing within the scope of such licensure or certification, who designs, implements or evaluates a behavior modification intervention component of a treatment plan for the Treatment of Autism Spectrum Disorders, including those based on Applied Behavioral Analysis, to produce socially significant improvements in human behavior or to prevent loss of attained skill or function through skill acquisition and the reduction of problematic behavior.

Benefit Period - The specified period of time during which charges for Covered Services must be incurred in order to be eligible for payment by Your program. A charge shall be considered incurred on the date You receive the service or supply for which the charge is made.

Blues On Call (Health Education and Support Program) - A program administered by the Designated Agent through which You receive health education and support services, including assistance in the self-management of certain health conditions.

Board-Certified - A designation given to those physicians who, after meeting strict standards of knowledge and practices, are certified by the professional board representing their specialty.

Brand Drug - A recognized trade name Prescription Drug product, usually either the innovator product for new drugs still under patent protection or a more expensive product marketed under a brand name for multi-source drugs and noted as such in the pharmacy database used by Highmark.

Cardiac Rehabilitation - The physiological and psychological rehabilitation of patients with cardiac conditions through regulated exercise programs.

Chemotherapy - The treatment of malignant disease by chemical or biological antineoplastic agents.

Childhood Stuttering - A speech disorder characterized by repetition of sounds, syllables or words, prolongation of sounds and interruptions in speech developed between two and six years of age.

Claim - A request for Precertification, Preauthorization or prior approval of a covered service or for the payment or reimbursement of the charges or costs associated with a covered service. Claims include:

- **Pre-Service Claim** - A request for Precertification, Preauthorization or prior approval of a covered service which under the terms of Your coverage must be approved before You receive the covered service.
- **Urgent Care Claim** - A Pre-Service Claim which, if decided within the time periods established for making non-urgent care Pre-Service Claim decisions, could seriously jeopardize Your life, health or ability to regain maximum function or, in the opinion of a physician with knowledge of Your medical

condition, would subject You to severe pain that cannot be adequately managed without the service. Whether a request involves an Urgent Care Claim will be determined by Your attending physician or provider.

- **Post-Service Claim** - A request for payment or reimbursement of the charges or costs associated with a covered service that You have received.

Closely Related Service - A service subject to Precertification/certification that is closely related in purpose, diagnostic utility or designated health care billing code, and provided on the same date of a service for which Precertification/certification was obtained, such that a prudent provider, acting within the scope of the provider's license and expertise, may reasonably be expected to perform the service in conjunction with or instead of the original service for which Precertification was obtained as a result of minor differences in observed characteristics of the member or needs for diagnostic information not readily identifiable until the provider was performing the service for which Precertification was obtained. The term does not include an order for or administration of a Prescription Drug or any part of a series or course of treatments.

Collection Contact Lenses - Covered Contact Lenses available for a specified cost-share, as determined by the Plan.

Contact Lenses - Lenses made of various materials, either rigid or flexible, that fit over the cornea and may extend to the sclera of the eye in order to correct refractive errors.

Covered Medication- Prescription Drugs and Over-the-Counter Drugs which the Plan is contractually obligated to pay or provide as a benefit to You.

Covered Services - A service or supply specified by Your program which is eligible for payment when rendered by a provider.

Custodial Care - Care provided primarily for maintenance of the patient or which is designed essentially to assist the patient in meeting the activities of daily living and which is not primarily provided for its therapeutic value in the treatment of an illness, disease, bodily injury, or condition. Multiple non-skilled nursing services/non-skilled rehabilitation services in the aggregate do not constitute skilled nursing services/skilled rehabilitation services. Custodial Care includes, but is not limited to, help in walking, bathing, dressing, feeding, preparing special diets and supervising the administration of medications not requiring skilled nursing services/skilled rehabilitation services provided by trained and licensed medical personnel.

Designated Agent - An entity that has contracted, either directly or indirectly, with Your health care program to perform a function and/or service in the administration of this program. Such function and/or service may include, but is not limited to, medical management and provider referral.

Designated Telemedicine Provider - A Professional Provider, licensed where required and performing within the scope of such licensure, who has an agreement with a vendor.

Detoxification Services (Withdrawal Management Services) - Inpatient and Outpatient Services for the treatment of withdrawal from alcohol or drugs. Inpatient services must include twenty-four hour nursing care and physician oversight.

Diabetes Education Program - An outpatient program of self-management, training and education, including medical nutrition therapy, for the treatment of diabetes. Such outpatient program must be conducted under the supervision of a licensed health care professional with expertise in diabetes. Outpatient diabetes education services will be covered subject to Highmark's criteria. These criteria are based on the certification

programs for outpatient diabetes education developed by the American Diabetes Association (ADA) and the Pennsylvania Department of Health.

Diabetes Prevention Program - A 12-month program using curriculum approved by the Centers for Disease Control to deliver a prevention lifestyle intervention for those at high risk of developing type 2 diabetes. The program includes behavioral and motivational content focusing on moderate changes in both diet and physical activity.

Diabetes Prevention Provider - An entity that offers a Diabetes Prevention Program.

Dialysis Treatment - The treatment of acute renal failure or chronic irreversible renal insufficiency for removal of waste materials from the body through hemodialysis or peritoneal dialysis. Dialysis Treatment includes home dialysis.

Domestic Partner - (Please check with Your Group Administrator to see if the following is applicable.) A member of a Domestic Partnership consisting of two (2) partners, each of whom has registered with a Domestic Partner registry in effect in the municipality/governmental entity within which the Domestic Partner currently resides, or who meets the definition of a Domestic Partner as defined by the state or local government where the individual currently resides or meets all of the following:

- Is unmarried, at least eighteen (18) years of age, resides with the other partner and intend to continue to reside with the other partner for an indefinite period of time;
- Is not related to the other party by adoption or blood;
- Is the sole Domestic Partner of the other partner and has been a member of this Domestic Partnership for the last six (6) months;
- Agrees to be jointly responsible for the basic living expenses and welfare of the other partner; and
- Meets (or agrees to meet) the requirements of any applicable federal, state or local laws or ordinances for Domestic Partnerships which are currently enacted, or which may be enacted in the future.

Domestic Partnership - A voluntary relationship between two (2) Domestic Partners.

Emergency Care Services - The treatment of bodily injuries resulting from an accident, or following the sudden onset of a medical condition, or following, in the case of a chronic condition, a sudden and unexpected medical event that manifests itself by acute symptoms of sufficient severity or severe pain, such that a prudent layperson who possesses an average knowledge of health and medicine could reasonably expect the absence of immediate medical attention to result in:

- placing Your health or, with respect to a pregnant member, the health of the member or the unborn child in serious jeopardy;
- causing serious impairment to bodily functions; and/or
- causing serious dysfunction of any bodily organ or part

and for which care is sought as soon as possible after the medical condition becomes evident to You.

Exclusions - Services, supplies or charges that are not covered by Your program.

Experimental/Investigational - The use of any treatment, service, procedure, facility, equipment, drug, device or supply (intervention) which is not determined by Highmark to be medically effective for the condition being treated. Highmark will consider an intervention to be Experimental/Investigational if: the intervention does not have Food and Drug Administration (FDA) approval to be marketed for the specific relevant

indication(s); or, available scientific evidence does not permit conclusions concerning the effect of the intervention on health outcomes; or, the intervention is not proven to be as safe and as effective in achieving an outcome equal to or exceeding the outcome of alternative therapies; or, the intervention does not improve health outcomes; or, the intervention is not proven to be applicable outside the research setting. If an intervention, as defined above, is determined to be Experimental/Investigational at the time of the service, it will not receive retroactive coverage, even if it is found to be in accordance with the above criteria at a later date.

Explanation of Benefits (EOB) - This is the statement You will receive from Highmark after Your Claim is processed. It lists: the provider's charge, allowable amount, copayment, deductible and coinsurance amounts, if any, You are required to pay; total benefits payable; and total amount You owe.

Eyeglass Lenses - Glass or other transparent material having the ability to bend light predictably.

Family Deductible - A specified dollar amount of liability for Covered Services that must be incurred by members covered under one (1) family coverage before Highmark will assume liability for all or part of the remaining Covered Services incurred by any individual member under that family coverage and the point at which no further deductible amounts must be satisfied by any covered family member.

Formulary - A listing of Prescription Drugs and Over-the-Counter Drugs selected by the Plan based on an analysis of clinical efficacy, unique value, safety, and pharmacoeconomic impact. This listing is subject to periodic review and modification by the Plan or a designated committee of Physicians or pharmacists.

Generic Drug - A drug that is available from more than one manufacturing source and accepted by the FDA as a substitute for those products having the same active ingredients as a Brand Drug and listed in the FDA "Approved Drug Products with Therapeutic Equivalence Evaluations", otherwise known as the Orangebook, and noted as such in the pharmacy database used by Highmark.

Group Insured Contract - The agreement (including the Group Application, Plan's Acceptance and this Certificate) between Your school and Highmark.

Health Care Certificate (Certificate) - The document(s) that describe(s) Covered Services and other contractual terms affecting the payment of, or eligibility for, benefits. Health Care Certificate includes Summary of Benefits, Exhibits, and any amendatory riders or other amendments to such forms thereto.

Highmark Blue Shield Participating Facility Provider Network - All Highmark Blue Shield Participating Facility Providers, approved as a Network by the Pennsylvania Department of Health, that have entered into an agreement, either directly or indirectly, with Highmark to provide health care Services to Members.

Highmark Blue Shield Service Area - The geographic area, within Pennsylvania, in which Highmark Blue Shield operates as a hospital plan corporation consisting of the following counties in central Pennsylvania:

Adams	Franklin	Lehigh	Perry
Berks	Fulton	Mifflin	Schuylkill
Centre (part)	Juniata	Montour	Snyder
Columbia	Lancaster	Northampton	Union
Cumberland	Lebanon	Northumberland	York
Dauphin			

Highmark NE Participating Facility Provider - A facility provider, located in the Highmark Northeastern Pennsylvania Service Area, licensed where required and performing within the scope of such

licensure, that has an agreement, either directly or indirectly, with Highmark pertaining to payment for Covered Services rendered to You.

Highmark NE Participating Facility Provider Network - All Highmark NE Participating Facility Providers, approved as a Network by the Pennsylvania Department of Health, that have entered into an agreement, either directly or indirectly, with Highmark to provide health care Services to Members.

Highmark Northeastern Pennsylvania Service Area - The geographic area within northeastern Pennsylvania consisting of the following counties in Pennsylvania:

Bradford	Luzerne	Pike	Tioga
Carbon	Lycoming	Sullivan	Wayne
Clinton	Monroe	Susquehanna	Wyoming
Lackawanna			

Highmark Southeastern Pennsylvania Service Area - The geographic area within southeastern Pennsylvania consisting of the following counties in Pennsylvania:

Bucks	Chester	Delaware	Philadelphia	Montgomery
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Highmark Western Pennsylvania Service Area - The geographic area, within western Pennsylvania, consisting of the following counties in Pennsylvania:

Allegheny	Centre (part)	Forest	Mercer
Armstrong	Clarion	Greene	Potter
Beaver	Clearfield	Huntingdon	Somerset
Bedford	Crawford	Indiana	Venango
Blair	Elk	Jefferson	Warren
Butler	Erie	Lawrence	Washington
Cambria	Fayette	McKean	Westmoreland
Cameron			

Immediate Family - Your spouse, child, parent, brother or sister or persons who ordinarily reside in Your household.

In-Area - The geographic area covering Pennsylvania.

Infertility - An interruption, cessation, or disorder of body functions, systems, or organs of the reproductive tract which prevents an individual or couple from the conception of a child or the ability to carry a pregnancy to delivery after regular, unprotected sexual intercourse without medical intervention or as diagnosed by a licensed physician based on the individual's medical, sexual, and reproductive history, age, physical findings, and/or diagnostic testing.

Infusion Therapy - The treatment by the administration of Medically Necessary and Appropriate fluid or medication via a central or peripheral vein when performed, furnished and billed by a facility provider or ancillary provider in accordance with accepted medical practice.

Inpatient - A member who is a registered bed patient in a hospital or skilled nursing facility and for whom a room and board charge is made.

Intensive Outpatient Program - A time-limited, separate, and distinct outpatient program that includes individual therapy, family therapy, group therapy and medication management following an individualized treatment plan. Participation in an Intensive Outpatient Program may involve two (2) or more hours of programming a week. The program may be offered during the day or evening hours and can be a step-down from a higher level of care or a step-up to prevent the need for a higher level of care. The goals of an Intensive Outpatient Program are to prevent or reduce the need for inpatient hospitalization and to reduce or stabilize symptoms and functional impairment of a psychiatric or co-occurring substance use disorder. Medically necessary treatment is provided within a structured therapeutic milieu.

Keystone Health Plan West Network - All Keystone Health Plan West Providers approved as a Network by the Pennsylvania Department of Health that have entered into a Network agreement, either directly or indirectly, with Highmark to provide health care services to members under this Certificate.

Local PPO Network - All Providers who have entered into an agreement, either directly or indirectly, with any licensee of the Blue Cross Blue Shield Association located Out-of-Area pertaining to payment as a participant in that licensee's PPO Network for Covered Services rendered to a Member under this Certificate.

Maintenance Prescription Drug - A prescription drug prescribed for the control of a chronic, long-term condition and taken on a regular basis.

Maximum - The greatest amount payable by the program for Covered Services. This could be expressed in dollars, number of days or number of services for a specified period of time. There are two types of Maximums:

Program Maximum - The greatest amount payable by the program for all Covered Services.

Benefit Maximum - The greatest amount payable by the program for a specific covered service.

Medically Necessary and Appropriate (Medical Necessity and Appropriateness) - Services, medications or supplies that a provider, exercising prudent clinical judgment, would provide to a patient for the purpose of preventing, evaluating, diagnosing or treating an illness, injury, disease or its symptoms, and that are: (i) in accordance with generally accepted standards of medical practice; and (ii) clinically appropriate, in terms of type, frequency, extent, site and duration, and considered effective for the patient's illness, injury or disease; and (iii) not primarily for the convenience of the patient, physician, or other health care provider, and not more costly than an alternative service, sequence of services or site of service at least as likely to produce equivalent therapeutic or diagnostic results given the nature of the patient's diagnosis, treatment, illness, injury or disease, the severity of the patient's symptoms, or other clinical criteria.

Highmark reserves the right, utilizing the criteria set forth in this definition, to render the final determination as to whether a service, medication or supply is Medically Necessary and Appropriate. No benefits hereunder will be provided unless Highmark determines that the service, medication or supply is Medically Necessary and Appropriate.

Medically Necessary Contact Lenses - A Contact Lens covered only after cataract Surgery, corneal transplant Surgery, or other conditions such as, but not limited to, keratoconus or when adequate visual acuity is not attainable with eyeglasses but can be achieved through the use of Contact Lenses and which are Medically Necessary and Appropriate.

Medicare Eligible Expenses - Expenses of the kinds covered by Medicare, to the extent recognized as reasonable and Medically Necessary and Appropriate by Medicare. If this program provides for benefits not

covered by Medicare, Highmark reserves the right to determine whether such benefits are Medically Necessary and Appropriate.

Medication Synchronization - The coordination of prescription drug filling or refilling by a pharmacist or dispensing physician for a member taking two or more maintenance prescription drugs for the purpose of improving medication adherence.

Mental Illness - An emotional or mental disorder as found within the most current edition of the Diagnostic Statistical Manual of Mental Disorders.

Network - Depending on where You receive services, the Network is designated as one (1) of the following:

- When the Member receives Covered Services within the Highmark Western Pennsylvania Service Area, the designated Network for Professional Providers, Facility Providers and Ancillary Providers is the Keystone Health Plan West Network;
- When the Member receives Covered Services within the Highmark Northeastern Pennsylvania Service Area, the designated network for Professional Providers is the PremierBlue Shield Preferred Professional Provider Network and the designated Network for Facility Providers is the Local PPO Network. Also included are Ancillary Providers who have an agreement, directly or indirectly, with Highmark pertaining to payment for Covered Services rendered to a Member as a Network participant;
- When the Member receives Covered Services within the Highmark Blue Shield Service Area or the Highmark Southeastern Pennsylvania Service Area, the designated network for Professional Providers is the PremierBlue Shield Preferred Professional Provider Network and the designated Network for Facility Providers is the Highmark Blue Shield Participating Facility Provider Network. Also included are Ancillary Providers who have an agreement, directly or indirectly, with Highmark pertaining to payment for Covered Services rendered to a Member as a Network participant;
- When the Member receives Covered Services outside Pennsylvania, the designated Network for Professional Providers and Facility Providers is the Local PPO Network. Also included are Ancillary Providers who have an agreement, directly or indirectly, with Highmark pertaining to payment for Covered Services rendered to a Member as a Network participant; and
- Notwithstanding the above, when a Member receives Pediatric Dental Services, the Network is the United Concordia Advantage Provider Network. When a Member receives vision care services, the Network is the Davis Vision Network. When a Member receives Outpatient Prescription Drugs Services, the Network is designated by the Plan.

For the purposes of this definition, when a Member receives services from a Clinical Laboratory, the Member is deemed to receive Services at the site the specimen is collected from the Member.

Network Diabetes Prevention Provider - A Diabetes Prevention Provider that contracts with:

- a. Highmark to offer a diabetes prevention program based on a digital model; or
- b. Highmark or the local licensee of the Blue Cross Blue Shield Association to offer a Diabetes Prevention Program based on an in-person/onsite model.

Network Provider - An ancillary provider, professional provider or facility provider who has entered into an agreement, either directly or indirectly, with Highmark Blue Cross Blue Shield or with any licensee of the Blue

Cross Blue Shield Association located Out-of-Area, pertaining to payment as a participant in Your Network for Covered Services rendered to a member.

Network Service - A service, treatment or care that is provided by a Network Provider.

Non-Collection Contact Lenses - Contact Lenses that are covered up to a specified dollar limit. Members are responsible for paying the difference between the dollar limit and the Provider's billed charge.

Occupational Therapy - The treatment of a physically disabled person by means of constructive activities designed and adapted to promote the restoration of the person's ability to satisfactorily accomplish the ordinary tasks of daily living and those required by the person's particular occupational.

Office Based Opioid Treatment Program (OBOT) - An outpatient treatment program for the treatment of opioid use disorder. The program is also known as medication assisted treatment.

Opioid Treatment Program (OTP) - An outpatient treatment program for the treatment of severe opioid use disorder. The program consists of daily or several times weekly medication and counseling available to maintain stability for those with severe opioid use disorder.

Out-of-Area - The geographic area outside of Pennsylvania.

Out-of-Network Provider - A provider who does not have an agreement, either directly or indirectly, with Highmark pertaining to payment as a Network participant for Covered Services provided to a member.

Out-of-Network Service - A service, treatment or care that is provided by an out-of-network provider.

Outpatient Substance Abuse Treatment Facility - A Facility Provider which, for compensation from its patients, is primarily engaged in providing Detoxification Services (Withdrawal Management Services) and/or rehabilitative counseling Services for the treatment of substance abuse and diagnostic and therapeutic Services for the treatment of substance abuse on an Outpatient basis. This facility must also meet the minimum standards set by the Pennsylvania Department of Health, the Pennsylvania Office of Drug and Alcohol Programs, or another appropriate governmental agency.

Over-the-Counter Drug - A select non-prescription Brand or Generic Drug which is therapeutically similar to available federal legend products or such non-Prescription Drug that the Plan deems clinically appropriate.

Partial Hospitalization - The provision of medical, nursing, counseling or therapeutic Mental Health Care Services or Substance Abuse Services on a planned and regularly scheduled basis in a facility provider designed for a patient or client who would benefit from more intensive services than are generally offered through outpatient treatment but who does not require inpatient care.

Partial Hospitalization Program (PHP) - A time-limited, outpatient treatment program that is offered in the day or evening hours for a minimum of four (4) hours per day, three (3) days per week. A PHP is a less restrictive alternative to inpatient hospitalization for individuals presenting with acute symptoms of a severe psychiatric disorder who cannot be effectively or safely treated in a lower level of care, and would otherwise require inpatient treatment. The goals of a PHP are to prevent or reduce the need for inpatient hospitalization or re-hospitalization following discharge from inpatient treatment and to reduce or stabilize symptoms and functional impairment of a psychiatric or co-occurring substance use disorder. Medically necessary treatment is provided within a structured therapeutic milieu.

Participating Pharmacy Provider - A Pharmacy Provider that has an agreement, either directly or indirectly, with Highmark pertaining to the payment of Covered Medications or specific covered medical devices provided to the member. To the extent permitted by state and federal law, Participating Pharmacy Providers with the capability to provide certain immunizations as specified by Highmark, may also receive payment under the agreement for such immunizations and for the administration thereof, provided to members.

Physical Medicine - The treatment by physical means or modalities such as, but not limited to, mechanical stimulation, heat, cold, light, air, water, electricity, sound, massage, mobilization, and the use of therapeutic exercises and activities, and rehabilitative procedures, performed to relieve pain and restore level of function following disease, illness or injury.

Plan - Refers to Highmark, which is an independent licensee of the Blue Cross Blue Shield Association. Any reference to the Plan may also include its Designated Agent as defined herein and with whom the Plan has contracted, either directly or indirectly, to perform a function or service in the administration of this program.

Plan Allowance - The amount used to determine payment by Highmark for Covered Services provided to You and to determine Your liability. Plan Allowance is based on the type of provider who renders such services or as required by law.

The Plan Allowance for a Network Provider located In-Area is the contractual allowance for covered services rendered by a Network Provider in a specific geographic region. A listing of Network Providers is found in the Provider Directory.

The Plan Allowance for an Out-of-Network Provider located In-Area is based on an adjusted contractual allowance for like services rendered by a Network Provider in the same geographic region, or as required by law.

In the case of a provider located Out-of-Area that has an agreement with the local licensee of the Blue Cross Blue Shield Association, the Plan Allowance shall be determined based on prices received from local licensees of the Blue Cross Blue Shield Association in accordance with Highmark's participation in the Inter-Plan Arrangements section as provided herein.

In the case of a provider located Out-of-Area that does not have an agreement with the local licensee of the Blue Cross Blue Shield Association, the Plan Allowance shall be determined based on one of the following: an amount negotiated with the provider; a database; the Reference Price; or on prices received from local licensees of the Blue Cross Blue Shield Association in accordance with Highmark's participation in the Inter-Plan Arrangements section as provided herein.

The Plan Allowance for Vision Care Services is the contractual allowance for Covered Services rendered by a Davis Vision Network Provider.

The Plan Allowance for pediatric dental care services is the contractual allowance for Covered Services rendered by a United Concordia Advantage Provider Network Provider.

The Plan Allowance for an out-of-Network state-owned psychiatric hospital is what is required by law.

The Plan Allowance for a VA facility provider is what is required by law.

Plan Service Area - The geographic area consisting of the Highmark Western Pennsylvania Service Area.

Post-Refractive Products - Services and supplies consisting of, but not necessarily limited to: ordering lenses and frames (facial measurement, lens formula, and other specifications), the materials, verification of

the completed prescription upon return from the laboratory, and adjustment of the completed eyeglasses (e.g., refitting, realigning, readjusting and tightening), tints and special lens treatments.

Precertification (Preauthorization) - The process through which Medical Necessity and Appropriateness of inpatient admissions, services or place of services is determined by Highmark prior to or after an admission or the performance of a procedure or service.

Preferred Provider Organization (PPO) Program - A program that does not require the selection of a Primary Care Provider, but is based on a provider Network made up of physicians, hospitals and other health care facilities. Using this provider Network helps assure that You receive maximum coverage for eligible services.

PremierBlue Shield Preferred Professional Provider Network - All PremierBlue Shield Preferred Professional Providers approved as a Network by the Pennsylvania Department of Health, who have an agreement, either directly or indirectly, with the Plan to provide health care services to members.

Prescription Drug - Any drug or medication ordered by a professional provider by means of a valid prescription order, bearing the federal legend: "Caution: Federal law prohibits dispensing without a prescription" or a legend drug under applicable state law and dispensed by a licensed pharmacist. Also included are prescribed injectable insulin and other pharmacological agents used to control blood sugar, diabetic supplies, disposable insulin syringes, as well as compounded medications, consisting of the mixture of at least two (2) ingredients other than water, one of which must be a legend drug.

Preventive Schedule - The document provided to you by Highmark that details covered preventive Services. Highmark reviews and updates the Preventive Schedule periodically as required by law, the Blue Cross Blue Shield Association, and medical consultants. Accordingly, the frequency and eligibility of Services listed on the Preventive Schedule are subject to change.

Primary Care Provider (PCP) - A physician whose practice is limited to family practice, general practice, internal medicine or pediatrics, or a certified registered nurse practitioner each of whom has an agreement with Highmark pertaining to payment as a network participant and has specifically contracted with Highmark to: a) be designated as a PCP; b) supervise, coordinate and provide specific basic Medical Services to You; and c) maintain continuity of patient care.

Provider Directory - A listing of Network Providers, which is updated periodically. The Provider Directory contains a description of Network Providers, including contact information, areas of expertise and whether the Network Provider is accepting new patients. Your plan's Provider Directory can be accessed at the website appearing on the back of Your ID card or by calling the number on the back of Your ID Card.

Provider's Allowable Price - The amount at which a Participating Pharmacy Provider has agreed, either directly or indirectly, with the health plan to provide Covered Medications or specific medical devices to You under this program.

Pulmonary Therapy - Treatment for pulmonary disease that includes services such as therapeutic exercises, medication management, breathing retraining and bronchial hygiene training.

Radiation Therapy - The treatment of disease by X-ray, gamma ray, accelerated particles, mesons, neutrons, radium, or radioactive isotopes.

Reference Price - A percentage of the published rates allowed by the Centers for Medicare and Medicaid Services (CMS) for Medicare for the same or similar service within the geographic market. When a rate is not

published by CMS for the service, Claims will utilize pricing from the local Blue Cross/Blue Shield licensee or if no such price is available, then fifty percent (50%) off billed charges.

Residential Treatment Facility - A licensed psychiatric residential facility that provides medical monitoring and twenty-four (24) hour individualized treatment to a group of individuals. The treatment is provided by paid staff unrelated to the individual.

A residential treatment program must provide the following:

- a. Awake adult supervision twenty-four (24) hours per day;
- b. Clinical assessment at least once a day;
- c. Individual, group, or family therapy at least three (3) times per week;
- d. Medical history and physical examination of patient within six (6) months prior to admission or within thirty (30) days after admission;
- e. Review of patient's current medication(s) initiated within twenty-four (24) hours;
- f. Initiation of a multidisciplinary treatment plan within one (1) week;
- g. Nursing staff on-site or on-call twenty-four (24) hours per day;
- h. Parent training for patient's/guardians or family if return to family is expected;
- i. Discharge planning initiated within twenty-four (24) hours;
- j. Psychiatric evaluation/updated (initial within one business day, updates at least once a week);
- k. Psychosocial assessment and substance evaluation within forty-eight (48) hours;
- l. School or vocational program as per the clinical needs and/or age of the patient; and
- m. Toxicology screen, quantitative drug analysis, self-help, 12-step, or education group as needed.

Respiratory Therapy - The introduction of dry or moist gases into the lungs for treatment purposes.

Routine Patient Costs - Costs associated with Covered Services furnished when participating in an Approved Clinical Trial and that Highmark has determined are Medically Necessary and Appropriate. Such costs do not include:

- the costs of Investigational drugs or devices themselves;
- the costs of non-health services required by You when receiving treatments or interventions in the course of participating in an Approved Clinical Trial (e.g., transportation, lodging, meals and other travel expenses);
- items or services provided solely to satisfy data collection and analysis needs and that are not used in the direct clinical management of You; and
- a service clearly inconsistent with widely accepted and established standards of care for a particular diagnosis.

Specialist - A physician, other than a Primary Care Provider, whose practice is limited to a particular branch of medicine or surgery.

Specialty Pharmacy Provider - A Pharmacy Provider, nationally accredited by an independent third party and performing within the scope of its license that has an agreement, either directly or indirectly, with Highmark pertaining to the payment and dispensing of Specialty Drugs.

Specialty Prescription Drugs - Selected Prescription Drugs which are either listed as a specialty drug on the medical assistance fee-for-service specialty pharmacy drug list; or have a cost that meets or exceeds the high-cost drug threshold set by the Centers for Medicare and Medicaid Services and which meet three or more of the following criteria:

- i. require specialized product handling or administration by a Pharmacy Provider;
- ii. requires specialized clinical care, including, but not limited to, frequent dosing adjustments, clinical monitoring or expanded patient service, intensive patient counseling and ongoing clinical support, such as individualized disease or therapy management to support patient outcomes;
- iii. is prescribed for a Member with a rare medical condition, complex or chronic medical condition or life-threatening medical condition; or
- iv. has a limited or exclusive distribution and is not typically stocked or dispensed by a retail Pharmacy Provider.

Speech Therapy - the treatment for the correction of a speech impairment resulting from disease, surgery, injury, congenital and developmental anomalies, or previous therapeutic processes.

Telemedicine Service - A real time interaction between a member and a Designated Telemedicine Provider that is available on-demand 24 hours a day, 7 days a week, 365 days a year and is conducted by means of telephonic or audio and video telecommunications system, for the purpose of providing immediate, one-on-one access to a clinical consultation for the diagnosis and treatment of non-emergency medical conditions which are serious or acute but pose no immediate threat to life and health but which require medical attention within 24 hours.

Totally Disabled (or Total Disability) - A condition resulting from illness or injury as a result of which, and as certified by a physician, for an initial period of twenty-four (24) months, You are continuously unable to perform all of the substantial and material duties of Your regular occupation. However: (i) after 24 months of continuous disability, "Totally Disabled" (or Total Disability) means Your inability to perform all of the substantial and material duties of any occupation for which You are reasonably suited by education, training or experience; (ii) during the entire period of Total Disability, You may not be engaged in any activity whatsoever for wage or profit and must be under the regular care and attendance of a physician, other than Your Immediate Family. If You do not usually engage in any occupation for wages or profits, "Totally Disabled" (or Total Disability) means You are substantially unable to engage in the normal activities of an individual of the same age and sex.

Total Maximum Out-of-Pocket - The Total Maximum Out-of-Pocket, as mandated by the federal government, is **the most You have to pay for covered Network Services in a Benefit Period**. After You spend this amount on deductibles, copayments, and coinsurance for Network care and services, Your program pays 100% of the costs of covered Network Services. See How Your Benefits are Applied and the Summary of

Benefits for the Total Maximum Out-of-Pocket applicable to You. The Total Maximum Out-of-Pocket does not include out-of-network cost-sharing or amounts in excess of the Plan Allowance.

Urgent Care Center - A formally structured hospital-based or freestanding full-service, walk-in health care clinic, outside of a hospital-based emergency room, that is open twelve hours a day, Monday through Friday and eight hours a day on Saturdays and Sundays, that primarily treats patients who have an injury or illness that requires immediate care, but is not serious enough to warrant a Visit to an emergency room. An Urgent Care Center can also provide the same services as a family physician or Primary Care Provider, such as treatment of minor illnesses and injuries, physicals, x-rays and immunizations.

Virtual Visit Provider Originating Site - An Outpatient Facility Provider or Professional Provider's medical site where a real-time office Visit with a Professional Provider at a remote location is conducted.

Visit - An interaction between You and a professional provider for the purpose of providing Covered Services. This may include seeking advice for the purpose of determining what medical examinations, procedures, or treatment if any, are appropriate for Your condition. A Visit may be performed in-person or via telephone, internet or other electronic communication.

You or Your - Refers to individuals who are covered under the program.

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PPO Blue and Blues On Call are service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield companies.

Baby Blueprints, BlueCard, Blue Cross, Blue Shield and the Cross and Shield symbols are registered service marks of the Blue Cross Blue Shield Association.

The Blue Cross Blue Shield Association is an independent company that does not provide Highmark Blue Cross Blue Shield products and services.

Express Scripts is a registered trademark of Express Scripts Holding Company.

You are hereby notified, Your health care benefit program is between the Group, on behalf of itself and its students and Highmark Blue Cross Blue Shield. Highmark Blue Cross Blue Shield is an independent corporation operating under licenses from the Blue Cross and Blue Shield Association ("the Association"), which is a national association of independent Blue Cross and Blue Shield companies throughout the United States. Although all of these independent Blue Cross and Blue Shield companies operate from a license with the Association, each of them is a separate and distinct operation. The Association allows Highmark Blue Cross Blue Shield to use the familiar Blue Cross and Blue Shield words and symbols in certain portions of Pennsylvania. Highmark Blue Cross Blue Shield shall be liable to the Group, on behalf of itself and its students, for any Highmark Blue Cross Blue Shield obligations under Your health care benefit program.

Carnegie Mellon University Student Health Plan – Medical

Member Service 1-800-241-5704

www.highmark.com

On the chart below, you'll see what your plan pays for specific services. You may be responsible for a facility fee, clinic charge or similar fee or charge (in addition to any professional fees) if your office visit or service is provided at a location that qualifies as a hospital department or a satellite building of a hospital.

105665-04

Benefit	Network	Out-of-Network
General Provisions		
Benefit Period ⁽¹⁾	Contract Year	
Deductible (per benefit period)		
Individual	None	\$250
Family	None	\$500
Plan Payment Level – based on the plan allowance	100%	80% after deductible
Out-of-Pocket Limit.		
Individual	None	\$4,000
Family	None	\$8,000
Total Maximum Out-of-Pocket ⁽²⁾ (Includes deductible, coinsurance, copays, prescription drug cost sharing and other qualified medical expenses, Network only. Once met, the plan pays 100% of covered services for the rest of the benefit period.)		
Individual	\$5,000	Not Applicable
Family	\$10,000	Not Applicable
Outpatient Medical Care Services		
Retail Clinic Visits (including Virtual Visits)	100% after \$25 copayment	80% after deductible
Primary Care Provider Visits (including Virtual Visits)	100% after \$25 copayment	80% after deductible
Specialist Visits (including Virtual Visits)	100% after \$25 copayment	80% after deductible
Virtual Visit Provider Originating Site Fee	100%	80% after deductible
Urgent Care Center Visits	100% after \$25 copayment (Copayment does not apply to visits for the treatment of Mental Health or Substance Abuse)	80% after deductible
On-Demand Telemedicine Services ⁽³⁾ (Well360 Virtual Health – 24/7 Urgent Care)	100% after \$20 copayment	Not Covered
Preventive Care Services ⁽⁴⁾		
Routine Physical exams (Adult & Pediatric)	100%	Not Covered
Adult immunizations	100%	80% after deductible
Breast Cancer Screening (including BRCA-Related Genetic Counseling and Genetic Testing)	100%	80% after deductible
Colorectal cancer screenings	100%	80% after deductible
Diabetes Prevention Program	100%	Not Covered
Routine gynecological exam and Pap Smear	100%	80% after deductible
Routine Screening tests and procedures	100%	80% after deductible
Tobacco Use Counseling and Interventions	100%	80% after deductible
Well-Women Coverage	100%	80% after deductible
Pediatric immunizations	100%	80% no deductible
Pediatric Vision ⁽⁵⁾		
Exam	100%	Not Covered
Frames	100%	Not Covered
Lenses	100%	Not Covered
Pediatric Dental ⁽⁵⁾		
Routine Exam, X-rays, Cleanings, Consultations, Fluoride Treatments, Palliative Treatment (emergency), Sealants and Space Maintainers	100%	Not Covered
Other Pediatric Dental Services ⁽⁶⁾	50% no deductible	Not Covered
Emergency Room and Ambulance Services		
Emergency Room Services	100% after \$125 copayment (waived if admitted)	
Ambulance – Emergency ⁽¹¹⁾	100%	
Ambulance – Non-Emergency ⁽¹¹⁾	100%	80% after deductible
Hospital and Medical/Surgical Services (including maternity) ⁽¹⁰⁾		
Hospital Inpatient ⁽⁷⁾	100% after \$150 Copayment per Inpatient Admission	80% after deductible
Inpatient Medical Care Services	100%	80% after deductible
Hospital Outpatient	100%	80% after deductible
Maternity Services ⁽⁶⁾	100%	80% after deductible
Surgical Services	100%	80% after deductible

Therapy, Habilitative and Rehabilitative Services		
Physical Therapy	100%	80% after deductible
	Limit: 30 visits/benefit period each for Habilitative and Rehabilitative (Limits do not apply to services prescribed for the treatment of Mental Health or Substance Abuse)	
Speech Therapy	100%	80% after deductible
	Limit: 30 visits/benefit period each for Habilitative and Rehabilitative (Limits do not apply to services prescribed for the treatment of Mental Health or Substance Abuse)	
Occupational Therapy	100%	80% after deductible
	Limit: 30 visits/benefit period each for Habilitative and Rehabilitative (Limits do not apply to services prescribed for the treatment of Mental Health or Substance Abuse)	
Spinal Manipulations (chiropractic services)	100%	80% after deductible
	Limit: 25 visits/benefit period	
Cardiac Rehabilitation	Cardiac Rehabilitation does not include Services provided for Habilitative purposes	
Home Infusion and Suite Infusion Therapy	100%	80% after deductible
Other Therapy Services (Chemotherapy, Dialysis, Infusion Therapy, Pulmonary Therapy, Radiation Therapy, Respiratory Therapy)	100%	80% after deductible
Mental Health/Substance Abuse Services		
Inpatient ⁽⁷⁾	100%	80% after deductible
Outpatient (includes Virtual Behavioral Health Services)	100%	80% after deductible
Other Services		
Allergy Extracts and Injections	100%	80% after deductible
Anesthesia for Non-Covered Dental Procedures(Limited) and Dental Services to Accidental Injury	100%	80% after deductible
Artificial Insemination	100%	80% after deductible
Autism Spectrum Disorders Applied Behavioral Analysis ⁽¹²⁾	100%	80% after deductible
Diabetes Treatment Equipment and Supplies Diabetes Education Program	100%	80% after deductible
Diagnostic Services <i>Advanced Imaging (CT, CTA, MRI, MRA, PET scan, PTE/CT scan, etc.)</i>	100% after \$40 copayment (Copayment does not apply to services prescribed for the treatment of Mental Health or Substance Abuse)	80% after deductible
<i>Basic Diagnostic Services (standard imaging, diagnostic medical, lab/pathology, allergy testing)</i>	100% after \$25 copayment (Copayment does not apply to services prescribed for the treatment of Mental Health or Substance Abuse)	80% after deductible
Durable Medical Equipment, Orthotic Devices and Prosthetic Appliances	100%	80% after deductible
Enteral Foods	100% deductible does not apply	80% deductible does not apply
Home Health Care	100%	80% after deductible
Hospice	100%	80% after deductible
	Respite Care is limited to 7 days every six (6) consecutive months	
Private Duty Nursing	100%	80% after deductible
	Limit: 240 hours/benefit period	
Skilled Nursing Facility Services	100%	80% after deductible
Therapeutic Injections	100%	80% after deductible
Transplant Services	100%	80% after deductible
Abortion Services	Your plan includes coverage for elective and medically necessary abortion services. Covered services will be covered according to the benefit category to which they belong (e.g. outpatient surgery, hospital inpatient, diagnostic services).	
Gender Affirmation	You have access to the AHN Center for Inclusion Health – a medical center committed to offering outstanding healthcare to transgender people in a convenient and compassionate way. Call 412-779-4671 to speak with the program manager or request an appointment	
Coverage Outside of the United States	Coverage for medical services provided outside of the United States is the same as coverage for medical services provided inside the United States. In most cases you will need to pay up front and submit a claim for reimbursement. To learn more, visit www.globalcore.com . Prescription drugs are not covered when dispensed outside the United States	
Travel Assistance Services	Your plan includes a package of Travel Assistance Services to help you when you are traveling outside of your home country or more than 100 miles from your home. This package includes emergency medical evacuation, medical repatriation, return of mortal remains and many other benefits. The maximum benefit per trip is \$500,000. See your Travel Assistance Program Brochure for more details	
Prescription Drugs		

This is not intended as a contract of benefits. It is designed purely as a reference of the many benefits available under your program.

NOTICE OF PRIVACY PRACTICES

Highmark Inc.



Your Information. Your Rights. Our Responsibilities.

THIS NOTICE DESCRIBES HOW HEALTH AND FINANCIAL INFORMATION ABOUT YOU MAY BE USED AND SHARED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. **PLEASE REVIEW IT CAREFULLY.**

Our responsibilities

At Highmark Inc., including its wholly-owned health plan subsidiaries and affiliates (Highmark), we value your privacy. When it comes to managing your information, we are required by law to maintain the privacy and security of your health and non-public personal (financial) information and to provide you with notice of your rights and our duties to keep your information safe and confidential. This Notice of Privacy Practices ("Notice") combines two required privacy notices:

- Health Insurance Portability and Accountability Act (HIPAA) notice of privacy practices
- Gramm Leach Bliley Act (GLBA) privacy notice

In the normal course of doing business, we collect information as necessary to provide you with health insurance products, help manage the treatment you receive, pay for your health services, and to run our business. The information we collect is called Protected Health Information ("PHI"). PHI is health and financial information that identifies you, or could be used to identify you, and was created or received by a health care provider, a health plan, a health care clearinghouse, or vendor performing activities on behalf of one of these organizations, or your employer (if a group health plan), and is related to one of the following:

- Your past, present, or future physical or mental health or condition;
- Providing you with health care; and,
- The past, present, or future payment for providing you with health care.

This Notice describes our privacy practices, which includes how we use, disclose (share), collect, manage, and protect your PHI and other non-public personal information. This Notice applies to all electronic and paper records we create, obtain, or maintain about you as a member, as well as all forms of communication (oral, written, and electronic) of this information. This Notice does not apply to Highmark in the context of being an employer.

How we protect your privacy

We understand the importance of protecting the confidentiality of your information. We restrict access to your PHI and personal information to those employees, agents, consultants, and health care providers who need to know the information to provide products or services. We maintain physical, electronic, and procedural safeguards that comply with state and federal regulations to protect personal information against unauthorized use, access, and disclosure. We will let you know promptly if a breach occurs that may have compromised the privacy or security of your PHI or non-public personal information.

How we use and share your information

We use and share PHI and other non-public personal information we collect only as necessary to deliver products and services to our members, to operate our business, or to comply with legal requirements. For example, we may use your PHI and non-public personal information internally to manage enrollment, process claims, or audit our operations. We share PHI and non-public personal information with our affiliated companies and non-affiliated third parties, as permitted

by law, who assist us in administering our programs, coordinating care, and delivering products and services to our members. We may also share PHI and non-public personal information with other third-party service providers that cooperate with us to jointly promote or administer health insurance products or services. Our contracts with all such service providers require them to protect the confidentiality of our members' information.

Please be advised that once information is shared with a third party other than a health care provider, health plan, or other person subject to federal privacy laws – for example, if you fill out an authorization form directing us to share your PHI with a life insurance carrier – the information may no longer be subject to privacy and security protections, and the recipient may use or share that information for other purposes.

Uses of PHI without your authorization.

We have the right to collect, use, and share your PHI, if needed, without your written authorization while providing your health benefits. We have listed a few examples of how we use your information without authorization.

- **Help manage the health care you receive:** To manage the health care you receive, we can use your PHI and share it with health care professionals that are treating you. For example, a doctor sends us information about your diagnosis and treatment plan so we can arrange additional services or assess the quality of your care.
- **Pay for your health services:** We may use and share your PHI as we pay for your health services. For example, we share information about you with your health care provider to coordinate payment for your particular treatment.
- **Run our business:** We may use and share your PHI to run our business and contact you when necessary. For example, we use information about you to develop and enhance products and services offered to our members, and we may share your information among our subsidiaries and affiliated entities for purposes permitted by applicable law.
- **Administer your benefits:** We may share your PHI with your group health plan administrator to perform administrative functions for the benefit plan in which you participate. For example, your employer contracts with us to administer health coverage, and we provide your employer's plan administrator with certain information to explain the premiums we charge, or to enroll or disenroll members in the benefit plan.

We may collect, use, and share your information in other ways without your authorization. We must meet certain conditions in the law before we can share your information for these purposes. The following are some of those examples.

- **As required by law:** We may share your PHI if federal or state law requires the use or disclosure. For example, we must share your PHI with the U.S. Department of Health and Human Services if they want to see that we are following federal privacy laws.
- **Help with public health and safety issues:** We can share your PHI for certain situations such as:
 - Preventing or controlling disease, injury, or disability;
 - Reporting abuse, neglect, or domestic violence;
 - Helping with product recalls;
 - Reporting adverse reactions to medications;
 - Preventing or reducing a serious threat to anyone's health or safety.
- **Respond to lawsuits and legal actions:** We may share your PHI in response to certain legal requests. For example, we may share your PHI in response to a court order, administrative order, or subpoena that complies with applicable law.
- **Respond to requests from coroners, medical examiners, funeral directors, and organ donation agencies:** We may share PHI with a coroner or medical examiner to identify deceased persons and the cause of death. If necessary, we will share PHI with funeral directors. Further, we may share PHI with organizations that handle organ, eye, or tissue donation and transplantation.
- **Do research:** We can use or share your information for health research purposes, subject to certain criteria.

- **Address workers' compensation, law enforcement, health oversight activities, and other government requests:** We can use or share your PHI when needed:
 - For workers' compensation claims;
 - For law enforcement purposes or with a law enforcement official;
 - With health oversight agencies for activities authorized by law;
 - For special government functions such as military, national security, and presidential protective services.
- **Cookies and Online Services:** We may collect information obtained when you visit and utilize Highmark websites (including the Highmark Member Portal or other online benefit sites) or mobile device applications. Through the use of cookies, pixels, and other digital tracking technologies, we may collect and share information about your use of these digital services, pursuant to applicable laws, to operate our business and improve our product and service offerings.
- **Underwriting Purposes:** We may use or disclose PHI for underwriting purposes, but we are prohibited from pricing your coverage or denying you coverage based on genetic information.
- **Business Associates:** We may contract with outside entities that perform business services for us that may require them to use or access your PHI. These entities are called business associates. We will have a written contract in place with the business associate requiring protection of the privacy and security of your health information. For example, we may share your PHI with a business associate to analyze your use of our websites and mobile device applications including, but not limited to, access times, pages viewed, etc. We may also use your PHI to develop, operate, and improve machine learning and other artificial intelligence solutions, for example, to support transcription of customer service calls or claims processing. You should review our Digital Privacy Policy (available on our website) and any applicable Terms of Use for supplemental details regarding our online services, the information we collect, and the terms associated with a particular website or application.
- **Health Information Exchange (HIE):** We may participate in certain Health Information Exchanges (HIEs), which may be an opt-in or opt-out model. An HIE is a secure electronic data sharing network which allows us to share health information electronically with other healthcare entities, such as insurers, health systems, hospitals, and physicians participating in your care for the purposes of treatment, payment, and healthcare operations. The health information we may share includes your claims, medical history, diagnosis, notes, test results, current medications, allergies, immunizations, and other vital information needed for your care. All providers who participate in an HIE have agreed to privacy and security rules to protect your health information from unauthorized access, use or disclosure.

You cannot choose to have only certain providers access your information. If you do not want your health information to be accessed through an HIE, you may choose not to participate or "opt-out" where applicable. Even if you opt-out, this will not prevent your health information from being shared in other ways as authorized or allowed by law for purposes such as managing your health care, paying claims for services you received, or administering your benefits.
- **Organized Health Care Arrangement (OHCA):** Highmark and its affiliated system of healthcare providers, Allegheny Health Network (AHN), participate in an OHCA to conduct analysis for quality assessment and improvement activities, utilization review and related activities to facilitate more effective and efficient health care services for our members and patients. Individual PHI may be accessed, used and/or disclosed as necessary to carry out treatment, payment, or health care operations relating to the OHCA.
- **Inmates.** If you are an inmate of a correctional institution, we may share your PHI with the correctional institution to provide you with health care, or to protect your health and safety or the health and safety of others.

Uses of PHI that require your authorization. Sometimes we are required to obtain your written authorization for the use and disclosure of your PHI. For example, we would need your authorization:

- To use your PHI for certain marketing purposes;
- To sell your information;

- To share your substance use disorder counseling notes; and
- To share your psychotherapy notes.

Withdrawal. We will not use or share your information other than as described in this Notice, or as permitted or required by applicable law, unless you tell us we can in writing. You may change your mind at any time by letting us know in writing. Any change or withdrawal of authorization will be effective for future uses and disclosures of PHI. It will not impact use of information or disclosures that we have already made while your previous authorization was in effect.

Compliance with State and Federal laws. We are required to comply with federal and state laws when they offer greater privacy protection for certain types of PHI. Where such laws apply, we will follow the stricter laws related to the use and sharing of sensitive PHI, such as:

- Genetic information;
- HIV/AIDS testing, diagnosis, or treatment;
- Venereal or communicable disease testing, diagnosis, or treatment;
- Alcohol or drug abuse prevention, treatment, and referral;
- Psychotherapy notes.

Your personal information

We may also collect, use, and share other non-public personal information to administer our health and benefit programs. Personal information identifies you and may include such items as your name, address, telephone number, date of birth and Social Security number, or it may relate to health care services or premium payment history. We collect your personal information either directly from you or from others such as doctors, hospitals, or other insurers, as applicable. In some cases, we may also share your personal information with third parties and without your authorization as permitted or required by law. If sharing your personal information for a specific reason requires us to give you a chance to opt-out, we will give you that opportunity.

Your choices

For certain health information, you can tell us your choices about what we share. We may use and share your information in the situations described below but you have the right to limit or object to sharing information for these reasons.

- Under certain circumstances, we may share your PHI with your family or close friends that you have identified as being involved in your health care or payment for your health care, unless you tell us not to do so. If you are unable to provide us permission, then we may provide the information we determine is in your best interest based on our professional judgement.
- We may share your information in a disaster relief situation.
- We may use or share your name, address, phone number, and the dates you received services to contact you to support our fundraising efforts, consistent with applicable laws.

Your individual rights

When it comes to your health information, you have certain rights. The following is a description of those rights. Any request must be in writing and signed by you or your authorized representative. You can obtain more information about how to submit your request by calling the Customer Service phone number on the back of your identification card. You may also request more information or submit your request in writing to the contact listed at the end of this Notice.

- **Get a copy of your health and claims records:** You can ask to review or receive copies of your health and claims records that we have about you in a designated record set. We will provide a copy or summary of your health and claims records. We may charge a reasonable cost-based fee.

- **Get a list of those with whom we have shared information:** You can ask for a list (an “accounting”) of the times we have shared your PHI that are for reasons other than treatment, payment, health care operations, or those which you authorized. You may request the date range you want to review; however, this is limited to 6 years before the date of your request.
- **Ask us to limit what we use or share:** You can ask us not to use or share certain health information about you for treatment, payment, or our operations. We are not required to agree to your request, and we may say “no” if it is not consistent with the law, our policies, or our business operations.
- **Request confidential communications:** You can ask us to contact you in a specific way, or at a different address, if you believe that sharing your PHI could place you in danger. For example, you may ask that we contact you only at your work address or your work email.
- **Ask us to correct or amend health and claims records:** You can ask us to correct, or amend, your health and claims records if you believe they are incorrect or incomplete. Your request must explain why you believe the information needs to be corrected. We may say “no” to your request, but we will tell you why in writing.
- **Choose someone to act for you:** If you have given someone medical power of attorney or if someone is your legal guardian or other authorized representative, that person can exercise your rights and make choices about your health information. We will make sure the person has this authority and can act for you before we take any action.
- **Get a paper copy of this Notice:** You can ask for a paper copy of this Notice, even if you have agreed to receive the Notice electronically.

Changes to the terms of this Notice

On an ongoing basis, it may become necessary to revise the terms of this Notice. Any changes will apply to all information we have about you. If the Notice significantly changes, the new Notice will be available upon request, on our website, and we will mail a copy to you in our annual mailing.

Complaints

If you want more information about our privacy practices or are concerned that we may have violated your privacy rights, you can complain to us using the following contact information:

Privacy Operations
 120 Fifth Avenue Place, Suite 2114
 Pittsburgh, PA 15222
 Toll free: 1.800.985.2050

HighmarkHealthPrivacy@highmarkhealth.org

You may also file a complaint with the U.S. Department of Health and Human Services by using the following contact information:

U.S. Department of Health and Human Services
 Office for Civil Rights
 200 Independence Avenue, S.W.
 Washington D.C. 20201
 Toll free: 1.877.696.6775
www.hhs.gov/ocr/privacy/hipaa/complaints.

We support your right to protect the privacy of your PHI. We will not retaliate in any way if you choose to file a complaint with us or with the U.S. Department of Health and Human Services.

Effective date

We must follow the privacy practices described in this Notice while it is in effect. This Notice is revised and effective as of September 2025 and will remain in effect unless we replace it.

ADDITIONAL PROVISIONS: PRIVACY PRACTICES RELATED TO SUBSTANCE USE DISORDER (SUD) RECORDS

These additional provisions to this Notice apply only to federally regulated SUD records. Your SUD records will be protected by federal and state privacy laws. Unless specifically indicated in these additional provisions, your SUD records will have the same protections and you will have the same rights as described elsewhere in this Notice. The following provisions identify added protections for SUD records, as required by law.

When we can use and share your SUD records

For PHI collected by a SUD program governed by federal regulations, your consent will be obtained for all future uses or disclosures for treatment, payment, and healthcare operations before sharing such information consistent with applicable privacy laws. We may also obtain your consent to disclose SUD records to prevent multiple enrollments in withdrawal management or maintenance treatment programs, or to persons within the criminal justice system who have made participation in the substance use disorder program a condition of the disposition of any criminal proceedings against you or of your parole, or other release from custody, provided the disclosure is permitted by applicable privacy laws. In most cases, your consent is obtained for this when you begin treatment with a program covered under federal regulations. Except as described in these additional provisions, any other uses or disclosures of your SUD records will require your written consent.

Records that we share with your consent to a third party regulated by federal privacy laws may be further disclosed, without your written consent, by the third party, to the extent permitted by federal privacy laws.

We may use and share SUD records without your consent for the following reasons when all conditions required by federal law are met: medical emergencies, scientific research, management audits, financial audits, program evaluation, and disclosures to public health authorities when the health records are de-identified.

Prohibition on sharing records in civil, criminal, administrative or legislative proceedings

We will not use or share your SUD records (or provide testimony based on such information) in any civil, criminal, administrative, or legislative proceedings against you, unless you have provided your written consent, or a special type of court order has been obtained and you have had the opportunity to object.

Opt-out for fundraising

We will only use or share records to fundraise for the benefit of a SUD treatment program if you are first provided with an option to elect not to receive fundraising communications.

You can request to no longer receive fundraising communications following your participation in a SUD program, even if you initially permitted us to send such communications.

Disclosures:

*Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage Inc., Highmark Benefits Group Inc., First Priority Health, First Priority Life, Highmark Wholecare, or Highmark Senior Health Company.

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company, Highmark Wholecare, or Highmark Senior Health Company.

PA: Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.

Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield or Highmark Health Options.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Health Insurance Company, Highmark Health Options, or Highmark Senior Solutions Company. **Visit <https://www.highmarkbcbswv.com/networkaccessplan> to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.**

Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield.

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

