Coverage Period: 09/01/2025 - 08/31/2026

Coverage for: Individual/Family | Plan Type: HMO

TRS HMO Fully Insured - West Texas: Blue Essentials HMO Plan



of Texas

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, call 1-877-299-2377 or at https://policy-srv.box.com/s/r6osdtrb5ffxykmtgb6qrtemeyhxv7ff.

For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at www.healthcare.gov/sbc-glossary/ or call 1-855-756-4448 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$950 Individual / \$2,850 Family	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u> ?	Yes. In-Network preventive care and services that charge a copayment are covered before you meet your deductible.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <u>www.healthcare.gov/coverage/preventive-care-benefits/</u> .
Are there other deductibles for specific services?	Yes. \$150 Individual <u>prescription drug</u> <u>deductible</u> . There are no other specific <u>deductibles</u> .	You must pay all of the costs for these services up to the specific deductible amount before this plan begins to pay for these services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	\$7,450 Individual / \$14,900 Family	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit?</u>	<u>Premiums, balance-billing</u> charges, and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See www.bcbstx.com or call 1-800-810-2583 for a list of network providers .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	Yes.	This <u>plan</u> will pay some or all of the costs to see a <u>specialist</u> for covered services but only if you have a <u>referral</u> before you see the <u>specialist</u> .

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

		What You Will Pay			
	Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
		Primary care visit to treat an injury or illness	\$20 <u>copayment</u> /visit; <u>deductible</u> does not apply	Not Covered	None
	If you visit a health care provider's office or	Specialist visit	\$70 copayment/visit; deductible does not apply	Not Covered	Referral required.
	clinic	Preventive care/screening/ immunization	No Charge; deductible does not apply	Not Covered	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.
	If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None
		Imaging (CT/PET scans, MRIs)	\$250 <u>copayment</u> /visit plus 25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://policy-srv.box.com/s/r6osdtrb5ffxykmtgb6qrtemeyhxv7ff

		What You Will Pay		
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Preferred generic drugs	\$5 retail/\$12.50 mail order copayment/prescription after deductible	Not Covered	Prescription drug deductible: \$150 Individual Retail covers a 30-day supply. With
	Non-preferred generic drugs	50% <u>coinsurance</u> after <u>deductible</u>	Not Covered	appropriate prescription, up to a 90-day supply is available. Mail order covers a 90-day supply.
If you need drugs to treat your illness or	Preferred brand drugs	30% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Payment of the difference between the cost of a brand name drug and a generic may be required if a generic drug is available.
condition More information about prescription drug coverage is available at www.bcbstx.com	Non-preferred brand drugs	50% <u>coinsurance</u> after <u>deductible</u>	Not Covered	The <u>cost-sharing</u> for insulin included in the drug list will not exceed \$25 per prescription for a 30-day supply, regardless of the amount or type of insulin needed to fill the prescription.
	Preferred specialty drugs	15% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Specialty drugs must be obtained from In-Network specialty pharmacy provider.
	Non-preferred specialty drugs	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Specialty drugs are limited to a 30-day supply except for certain FDA-designated dosing regimens. Mail order is not covered.
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None
surgery	Physician/surgeon fees	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None

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		What You Will Pay		
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need immediate medical attention	Emergency room care	Facility Charges: \$500 copayment/visit plus 25% coinsurance after deductible ER Physician Charges: 25% coinsurance after deductible	Facility Charges: \$500 copayment/visit plus 25% coinsurance after deductible ER Physician Charges: 25% coinsurance after deductible	Emergency room copayment waived if admitted.
	Emergency medical transportation	25% <u>coinsurance</u> after <u>deductible</u>	25% <u>coinsurance</u> after <u>deductible</u>	Ground and air transportation covered.
	Urgent care	\$50 <u>copayment</u> /visit; <u>deductible</u> does not apply	Not Covered	You may have to pay for services that are not covered by the visit fee. For an example, see "If you have a test" on page 2.
If you have a hospital	Facility fee (e.g., hospital room)	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None
stay	Physician/surgeon fees	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None
If you need mental health, behavioral health, or substance	Outpatient services	\$20 copayment/office visit; deductible does not apply 25% coinsurance after deductible for other outpatient services	Not Covered	Certain services must be preauthorized; refer to your benefit booklet* for details.
abuse services	Inpatient services	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://policy-srv.box.com/s/r6osdtrb5ffxykmtgb6qrtemeyhxv7ff

	What You Will Pay			
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you are pregnant	Office visits	\$20 copayment PCP initial visit/ \$70 copayment SPC initial visit; deductible does not apply	Not Covered	Copayment applies to first prenatal visit (per pregnancy). Cost sharing does not apply for preventive services. Depending on the type of services, a copayment, coinsurance, or deductible may apply. Maternity care may include tests
	Childbirth/delivery professional services	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	and service described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery facility services	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://policy-srv.box.com/s/r6osdtrb5ffxykmtgb6qrtemeyhxv7ff

		What You			
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Home health care	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Preauthorization is required.	
	Rehabilitation services	\$20 copayment PCP/ \$70 copayment SPC; deductible does not apply 25% coinsurance after deductible for other outpatient services and inpatient services	Not Covered	None	
If you need help recovering or have other special health needs	Habilitation services	\$20 copayment PCP/ \$70 copayment SPC; deductible does not apply 25% coinsurance after deductible for other outpatient services and inpatient services	Not Covered		
	Skilled nursing care	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Limited to 60 days per calendar year. <u>Preauthorization</u> is required.	
	Durable medical equipment	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None	
	Hospice services	25% <u>coinsurance</u> after <u>deductible</u>	Not Covered	None	
If your child needs	Children's eye exam	\$20 <u>copayment</u> PCP/ \$70 <u>copayment</u> SPC; <u>deductible</u> does not apply	Not Covered	None	
dental or eye care	Children's glasses	Not Covered	Not Covered	None	
	Children's dental check-up	Not Covered	Not Covered	None	

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://policy-srv.box.com/s/r6osdtrb5ffxykmtgb6qrtemeyhxv7ff

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Acupuncture
- Bariatric surgery
- Long-term care

- Non-emergency care when traveling outside the U.S.
- Private-duty nursing

- Routine foot care
- Weight loss programs

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

- Chiropractic care
- Cosmetic surgery (limited coverage)
- Dental care (Adult, limited coverage)
- Hearing aids (1 per ear per 36-month period)
- Infertility treatment (diagnosis of infertility covered; invitro not covered.)
- Routine eye care (Adult)

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: For group health coverage contact the plan, Blue Cross and Blue Shield of Texas at 1-877-299-2377 or visit www.bcbstx.com. For group health coverage subject to ERISA, contact the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. For non-federal governmental group health plans, contact Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov. Church plans are not covered by the Federal COBRA continuation coverage rules. If the coverage is insured, individuals should contact their State insurance regulator regarding their possible rights to continuation coverage under State law. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: For group health coverage subject to ERISA: Blue Cross and Blue Shield of Texas at 1-877-299-2377 or visit www.bcbstx.com, the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform, and the Texas Department of Insurance, Consumer Protection at 1-800-252-3439 or www.tdi.texas.gov. For non-federal governmental group health plans and church plans that are group health plans, Blue Cross and Blue Shield of Texas at 1-877-299-2377 or www.bcbstx.com or contact the Texas Department of Insurance, Consumer Protection at 1-800-252-3439 or www.tdi.texas.gov. Additionally, a consumer assistance program can help you file your appeal. Contact the Texas Department of Insurance's Consumer Health Assistance Program at 1-800-252-3439 or visit www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/tx.html.

Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

Does this plan meet the Minimum Value Standards? Yes

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-877-299-2377.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-877-299-2377.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-877-299-2377.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-877-299-2377.

To see examples of how this <u>plan</u> might cover costs for a sample medical situation, see the next section.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost-sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of <u>in-network</u> pre-natal care and a hospital delivery)

■ The <u>plan's</u> overall <u>deductible</u>	\$950
Specialist copayment	\$70
■ Hospital (facility) coinsurance	25%
Other coinsurance	25%

This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

Total Example Cost	\$12,700	
In this example, Peg would pay:		
<u>Cost Sharing</u>		
<u>Deductibles</u> *	\$1,000	
Copayments	\$400	
Coinsurance	\$2,800	
What isn't covered		
Limits or exclusions	\$60	
The total Peg would pay is	\$4,260	

Managing Joe's Type 2 Diabetes

(a year of routine <u>in-network</u> care of a well-controlled condition)

■ The <u>plan's</u> overall <u>deductible</u>	\$950
Specialist copayment	\$70
■ Hospital (facility) coinsurance	25%
Other <u>coinsurance</u>	25%

This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Total Example Cost

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

Total Example Cost	\$5,000		
In this example, Joe would pay:			
<u>Cost Sharing</u>			
<u>Deductibles</u> *	\$1,100		
Copayments	\$700		
Coinsurance	\$0		
What isn't covered			
Limits or exclusions	\$20		
The total Joe would pay is	\$1,820		

Mia's Simple Fracture

(<u>in-network</u> emergency room visit and follow up care)

■ The plan's overall deductible	\$950
Specialist copayment	\$70
■ Hospital (facility) coinsurance	25%
Other coinsurance	25%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

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

Rehabilitation services (physical therapy)

Total Example Cost	\$2,800
In this example, Mia would pay:	
Cost Sharing	
<u>Deductibles</u> *	\$1,000
Copayments	\$800
Coinsurance	\$200
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$2,000

^{*}Note: This plan has other deductibles for specific services included in this coverage example. See "Are there other deductibles for specific services?" row above.

Health care coverage is important for everyone.

If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984. We provide free communication aids and services for anyone with a disability or who needs language assistance.

We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a grievance.

Office of Civil Rights Coordinator Phone: 855-664-7270 (voicemail) 300 E. Randolph St., 35th Floor TTY/TDD: 855-661-6965

Chicago, IL 60601 Fax: 855-661-6960

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services Phone: 800-368-1019 200 Independence Avenue SW TTY/TDD: 800-537-7697

Room 509F, HHH Building 1019 Complaint Portal: https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf

Washington, DC 20201 Complaint Forms: https://www.hhs.gov/civil-rights/filing-a-

complaint/complaint-process/index.html

	To receive language or communication assistance free of charge, please call us at 855-710-6984.
Español	Llámenos al 855-710-6984 para recibir asistencia lingüística o comunicación en otros formatos sin costo.
العربية	لتلقى المساعدة اللغوية أي التواصل مجانًا، برجي الاتصال بنا على الرقم 6984-710-855.
繁體中文	如欲獲得免費語言或溝通協助,語撥了855-710-6984與我們聯絡。
Français	Pour bénéficier gratuitement d'une assistance linguistique ou d'une aide à la communication, veuillez nous appeler au 855-710-6984.
Deutsch	Um kostenlose Sprach- oder Kommunikationshilfe zu erhalten, rufen Sie uns bitte unter 855-710-6984 an.
ગુજરાતી	ભાષા અથવા સંચાર સહાય મફતમાં મેળવવા માટે, કૃપા કરીને અમને 855-710-6984 પર કૉલ કરો.
हिंदी	निःशुल्क भाषा या संचार सहायता प्राप्त करने के लिए, कृपया हमें 855-710-6984 पर कॉल करें।
Italiano	Per assistenza gratuita alla lingua o alla comunicazione, chiami il numero 855-710-6984.
한국머	언어 또는 의사소통 지원을 무료로 받으려면 855-710-6984번으로 전화해 주세요.
Navajo	Niná: Doo bilagáana bizaad dinits'á'góó, shá ata' hodooni nínízingo, t'áájíík'eh bee náhaz'á. 1-866-560-4042 jj' hodíilni.
فارسى	براى دريائت كمك زيائي يا ارتباطي رايگان، لطفاً با شماره 6984-710-855 نماس بگيريد.
Polski	Aby uzyskać bezpłatną pomoc językową lub komunikacyjną, prosimy o kontakt pod numerem 855-710-6984.
Русский	Чтобы бесплатно воспользоваться услугами перевода или получить помощь при общении, звоните нам по телефону 855-710-6984.
Tagalog	Para makatanggap ng tulong sa wika o komunikasyon nang walang bayad, pakitawagan kami sa 855-710-6984.
اردو	مفت میں زیان یا مواصلت کی مدد موصول کرنے کے لیے، براہ کرم ہمیں 6984-710-855 پر کال کریں۔
Tiếng Việt	Để được hỗ trợ ngôn ngữ hoặc giao tiếp miễn phí, vui lòng gọi cho chúng tôi theo số 855-710-6984.