HMSA Plan

www.hmsa.com/employer/postal

Customer service (1-800-776-4672)

hmsa

An Independent Licensee of the Blue Cross and Blue Shield Association

2027

A Health Maintenance Organization (High and Standard Option) and a Point of Service Product

This Plan's health coverage qualifies as minimum essential coverage and meets the minimum value standard for the benefits it provides. See page 9 for details. This Plan is accredited. See page 15.

Serving: All of Hawaii

Enrollment in this Plan is limited. You must live or work in our Geographic service area to enroll. See page 18 for requirements.

Only Postal Employees and Annuitants may enroll in this Plan.

IMPORTANT
- Rates: Back Cover
- Changes for 2027: Page 18
- Summary of Benefits: Page 134

Enrollment codes for this Plan:

M6A High Option – Self Only
M6C High Option – Self Plus One
M6B High Option – Self and Family
M6D Standard Option – Self Only
M6F Standard Option – Self Plus One
M6E Standard Option - Self and Family

PSHB

Authorized for distribution by the:

United States
Office of Personnel Management

Healthcare and Insurance
http://www.opm.gov/insure

RI 73-916

Important Notice for Medicare-eligible Active Employees from the HMSA Plan About Our Prescription Drug Coverage and Medicare

The Office of Personnel Management (OPM) has determined that the HMSA Plan's prescription drug coverage for active employees meets the Centers for Medicare & Medicaid Services (CMS) requirements to be considered Creditable Coverage. This means active employees and their covered family members do not need to enroll in an open market Medicare Part D plan and pay extra for prescription drug coverage. If you decide to enroll in Medicare Part D later, you will not have to pay a penalty for late enrollment as long as you keep your PSHB coverage as an active employee.

However, if you (as an active employee and your covered Medicare Part D-eligible family members) choose to enroll in an open market Medicare Part D plan, you can keep your PSHB coverage and your PSHB Plan will coordinate benefits with Medicare.

Please be advised

If you lose or drop your PSHB coverage and go 63 days or longer without prescription drug coverage that is at least as good as Medicare's prescription drug coverage, your monthly Medicare Part D premium will go up at least 1 percent per month for every month that you did not have that coverage. For example, if you go 19 months without Medicare Part D prescription drug coverage, your premium will always be at least 19 percent higher than what many other people pay. You will have to pay this higher premium as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the next Annual Coordinated Election Period (October 15 through December 7) to enroll in Medicare Part D.

Medicare's Low Income Benefits

For people with limited income and resources, extra help paying for a Medicare prescription drug plan is available. Information regarding this program is available through the Social Security Administration (SSA) online at www. socialsecurity.gov, or call the SSA at (1-800-772-1213), (TTY: 1-800-325-0778).

Additional Premium for Medicare's High Income Members
Income-Related Monthly Adjustment Amount (IRMAA)

The Medicare Income-Related Monthly Adjustment Amount (IRMAA) is an amount you may pay in addition to your PSHB premium to enroll in and maintain Medicare prescription drug coverage. **This additional premium is assessed only to those with higher incomes and is adjusted based on the income reported on your IRS tax return**. You do not make any IRMAA payments to your PSHB Plan. Refer to the Part D-IRMAA section of the Medicare website: https ://www. medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans to see if you would be subject to this additional premium.

You can get more information about open market Medicare prescription drug plans and the coverage offered in your area from these places:

- Visit www. medicare.gov for personalized help.
- Call 1-800-MEDICARE (1-800-633-4227), (TTY: 1-877-486-2048).

Table of Contents

Table of Contents 1
Introduction 4
Plain Language 4
Stop Healthcare Fraud! 4
Discrimination is Against the Law 6
Preventing Medical Mistakes 6
PSHB Facts 8
Coverage information 8
- No pre-existing condition limitation 8
- Minimum essential coverage (MEC) 8
- Minimum value standard 8
- Where you can get information about enrolling in the PSHB Program 8
- Enrollment types available for you and your family 8
- Family Member Coverage 9
- Children's Equity Act 10
- When benefits and premiums start 11
- When you retire 11
- When PSHB coverage ends 11
- Upon divorce 11
- Temporary Continuation of Coverage (TCC) 12
- Converting to individual coverage 12
- Health Insurance Marketplace 13

Section 1. How This Plan Works 14
We have Open Access benefits 14
We have Point of Service (POS) benefits 14
How we pay providers 14
Nonparticipating Providers Outside of Hawaii 15
Dental Providers Outside of Hawaii 16
Your rights and responsibilities 16
Your medical and claims records are confidential 17
Service Area 17
Section 2. Changes for 2027 18
Section 3. How You Get Care 20
Identification cards 20
Where you get covered care 20
Balance Billing Protection 20
- Plan providers 20
- Non-Plan Providers 21
- Plan facilities 21

What you must do to get covered care 21
- Primary care 21
- Specialty care 21
- Hospital care 21
- If you are hospitalized when your enrollment begins 22

You need prior Plan approval for certain services 22
- Inpatient hospital admission 22

- Other services 22
How to request precertification for an admission or get prior authorization for Other services 23
- Non-urgent care claims 23
- Urgent care claims 23
- Concurrent care claims 24
What happens when you do not follow the precertification rules when using non-network facilities 24
Circumstances beyond our control 24
If you disagree with our pre-service claim decision 24
- To reconsider a non-urgent care claim 24
- To reconsider an urgent care claim 25
- To file an appeal with OPM 25

Section 4. Your Cost for Covered Services 26
Cost-sharing 26
Copayments 26
Deductible 26
Eligible Charges 27
Coinsurance 27
Differences between our Plan allowance and the bill 27
Your catastrophic protection out-of-pocket maximum 27
Carryover 28
When Government facilities bill us 28
Important Notice About Surprise Billing – Know Your Rights 28

Section 5. High and Standard Option Benefits 30
Section 5. High and Standard Option Benefits Overview 32
Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals 33
Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals 55
Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services 64
Section 5(d). Emergency Services/Accidents 68
Section 5(e). Mental Health and Substance Use Disorder Benefits 72
Section 5(f). Prescription Drug Benefits 75
Section 5(f)(a). EGWP PDP Prescription Drug Benefits 87
Section 5(g). Dental Benefits 101
Section 5(h). Wellness and Other Special Features 104
Section 5(i). Point of Service Benefits 107
Non-PSHB Benefits Available to Plan Members 109
- Limited Health Benefit Insurance 109
- HMSA Individual Plans 109

Section 6. General Exclusions – Services, Drugs and Supplies We Do not Cover 110
Section 7. Filing a Claim for Covered Services 111
Section 8. The Disputed Claims Process 114
Section 8(a). Medicare PDP EGWP Disputed Claims Process 117
Section 9. Coordinating Benefits with Medicare and Other Coverage 119
When you have other health coverage 119
- TRICARE and CHAMPVA 119
- Workers' Compensation 119
- Medicaid 120

When other Government agencies are responsible for your care 120
When others are responsible for injuries 120
When you have Federal Employees Dental and Vision Insurance Plan (FEDVIP) coverage 122

Clinical trials 122
When you have Medicare 123
- The Original Medicare Plan (Part A or Part B) 123
- Tell us about your Medicare coverage 125
- Medicare Advantage (Part C) 125
- Medicare prescription drug coverage (Part D) 125
- Medicare Prescription Drug Plan (PDP) Drug Plan Employer Group Waiver Plan (EGWP) 126

Section 10. Definitions of Terms We Use in This Brochure 129
Index 133
Summary of Benefits for the High Option of the HMSA Plan - 2027 134
Summary of Benefits for the Standard Option of the HMSA Plan - 2027 136
2027 Rate Information for Hawai‘i Medical Service Association Plan 142

Introduction

This brochure describes the benefits of HMSA Plan under contract (CS 1058 PS) between Hawai‘i Medical Service Association (HMSA), an independent licensee of the Blue Cross and Blue Shield Association, as a legal entity, and the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits (FEHB) law, as amended by the Postal Service Reform Act, which created the Postal Service Health Benefits (PSHB) Program. Customer service may be reached at 1-800-776-4672 for neighbor islands, and 1-808-948-6499 for Oahu or through our website: www. hmsa.com/employer/postal. If you are deaf, hearing impaired or speech impaired, you can contact our Customer Service at 1-808-948-6499, TTY 711. If you need ASL providers see our website at www. hmsa.com/employer/postal. The address for HMSA Plan's administrative offices is:

Hawai‘i Medical Service Association
818 Keeaumoku Street
Honolulu, Hawaii 96814

This brochure is the official statement of benefits. No verbal statement can modify or otherwise affect the benefits, limitations, and exclusions of this brochure. It is your responsibility to be informed about your health benefits.

If you are enrolled in this Plan, you are entitled to the benefits described in this brochure. If you are enrolled in Self Plus One or Self and Family coverage, each eligible family member is also entitled to these benefits. If you are a Postal Service annuitant and you are eligible for Medicare Part D, or a covered Medicare Part D-eligible family member of a Postal Service annuitant, your prescription drug benefits are provided under our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP). You do not have a right to benefits that were available before January 1, 2027, under the FEHB Program unless those benefits are also shown in this PSHB Plan brochure.

OPM negotiates benefits and rates for each plan annually. Benefits are effective January 1, 2027 and changes are summarized in Section 2. Rates are shown at the end of this brochure.

Plain Language

All (PSHB) brochures are written in plain language to make them easy to understand. Here are some examples:

- Except for necessary technical terms, we use common words. For instance, "you" means the enrollee and each covered family member, "we" means HMSA Plan.
- We limit acronyms to ones you know. OPM is the United States Office of Personnel Management. The FEHB Program is the Federal Employees Health Benefits Program administered by OPM and established under 5 U.S.C. chapter 89. The PSHB Program is the Postal Service Health Benefits Program established within the FEHB Program under 5 U.S.C. section 8903c. PSHB Plan means a health benefits plan offered under the PSHB Program. PSHB means Postal Service Health Benefits. If we use others, we tell you what they mean.
- Our brochure and other PSHB Plans' brochures have the same format and similar descriptions to help you compare plans.

Stop Healthcare Fraud!

Fraud increases the cost of healthcare for everyone and increases your Postal Service Health Benefits Program premium.

OPM's Office of the Inspector General investigates all allegations of fraud, waste, and abuse in the PSHB Program regardless of the agency that employs you or from which you retired.

Protect Yourself From Fraud – Here are some things that you can do to prevent fraud:

- Do not give your plan identification (ID) number over the phone or to people you do not know, except for your healthcare providers, authorized health benefits plan, or OPM representative.
- Let only the appropriate medical professionals review your medical record or recommend services.

- Avoid using healthcare providers who say that an item or service is not usually covered, but they know how to bill us to get it paid.
- Carefully review explanations of benefits (EOBs) statements that you receive from us.
- Periodically review your claim history for accuracy to ensure we have not been billed for services you did not receive.
- Do not ask your doctor to make false entries on certificates, bills, or records in order to get us to pay for an item or service.
- If you suspect that a provider has charged you for services you did not receive, billed you twice for the same service, or misrepresented any information, do the following:
  - Call the provider and ask for an explanation. There may be an error.
  - If the provider does not resolve the matter, call us at 1-808-948-5166 and explain the situation.
  - If we do not resolve the issue:

CALL - THE HEALTHCARE FRAUD HOTLINE
877-499-7295
OR go to www. opm.gov/our-inspector-general/hotline-to-report-fraud-waste-or-abuse/complaint-form/

The online reporting form is the desired method of reporting fraud in order to ensure accuracy, and a quicker response time.

You can also write to:
United States Office of Personnel Management
Office of the Inspector General Fraud Hotline
1900 E Street NW Room 6400
Washington, DC 20415-1100

- Do not maintain as a family member on your policy:
  - Your former spouse after a divorce decree or annulment is final (even if a court order stipulates otherwise)
  - Your child age 26 or over (unless they are disabled and incapable of self-support prior to age 26).

A carrier may request that an enrollee verify the eligibility of any or all family members listed as covered under the enrollee's PSHB enrollment.

- If you have any questions about the eligibility of a family member, check with your personnel office if you are employed, with your retirement office (such as OPM) if you are retired, or with the National Finance Center if you are enrolled under Temporary Continuation of Coverage (TCC).
- Fraud or intentional misrepresentation of material fact is prohibited under the Plan. You can be prosecuted for fraud and your agency may take action against you. Examples of fraud include, falsifying a claim to obtain PSHB benefits, trying to or obtaining service or coverage for yourself or for someone else who is not eligible for coverage, or enrolling in the Plan when you are no longer eligible.
- If your enrollment continues after you are no longer eligible for coverage (i.e. you have separated from Federal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed by your provider for services received. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member is no longer eligible to use your health insurance coverage.

Discrimination is Against the Law

We comply with applicable Federal nondiscrimination laws and do not discriminate on the basis of race, color, national origin, age, disability, religion, sex (pregnancy, or genetic information). We do not exclude people or treat them differently because of race, color, national origin, age, disability, religion, sex (pregnancy, or genetic information).

The health benefits described in this brochure are consistent with applicable laws prohibiting discrimination. All coverage decisions will be based on nondiscriminatory standards and criteria. An individual's protected trait or traits will not be used to deny health benefits for items, supplies, or services that are otherwise covered and determined to be medically necessary.

Preventing Medical Mistakes

Medical mistakes continue to be a significant cause of preventable deaths within the United States. While death is the most tragic outcome, medical mistakes cause other problems such as permanent disabilities, extended hospital stays, longer recoveries, and even additional treatments. Medical mistakes and their consequences also add significantly to the overall cost of healthcare. Hospitals and healthcare providers are being held accountable for the quality of care and reduction in medical mistakes by their accrediting bodies. You can also improve the quality and safety of your own healthcare and that of your family members by learning more about and understanding your risks. Take these simple steps:

- Ask questions if you have doubts or concerns.
- Ask questions and make sure you understand the answers.
- Choose a doctor with whom you feel comfortable talking.
- Take a relative or friend with you to help you take notes, ask questions and understand answers.

1. Keep and bring a list of all the medications you take.

- Bring the actual medication or give your doctor and pharmacist a list of all the medications and dosage that you take, including non-prescription (over-the-counter) medications and nutritional supplements.
- Tell your doctor and pharmacist about any drug, food, and other allergies you have, such as to latex.
- Ask about any risks or side effects of the medication and what to avoid while taking it. Be sure to write down what your doctor or pharmacist says.
- Make sure your medication is what the doctor ordered. Ask the pharmacist about your medication if it looks different than you expected.
- Read the label and patient package insert when you get your medication, including all warnings and instructions.
- Know how to use your medication. Especially note the times and conditions when your medication should and should not be taken.
- Contact your doctor or pharmacist if you have any questions.
- Understanding both the generic and brand names for all of your medication(s) is important. This helps ensure you do not receive double dosing from taking both a generic and a brand of the same medication. It also helps you avoid taking a medication to which you are allergic.

2. Get the results of any test or procedure.

- Ask when and how you will get the results of tests or procedures. Will it be in person, by phone, mail, through the Plan or Provider's portal?
- Don't assume the results are fine if you do not get them when expected. Contact your healthcare provider and ask for your results.
- Ask what the results mean for your care.

3. Talk to your doctor about which hospital or clinic is best for your health needs.

- Ask your doctor about which hospital or clinic has the best care and results for your condition if you have more than one hospital or clinic to choose from to get the healthcare you need.
- Be sure you understand the instructions you get about follow-up care when you leave the hospital or clinic.

4. Make sure you understand what will happen if you need surgery.

- Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.
- Ask your doctor, "Who will manage my care when I am in the hospital?"
- Ask your surgeon:
  - "Exactly what will you be doing?"
  - "About how long will it take?"
  - "What will happen after surgery?"
  - "How can I expect to feel during recovery?"
- Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications or nutritional supplements you are taking.

Patient Safety Links

For more information on patient safety, please visit:

- www. jointcommission.org/speakup.aspx. The Joint Commission's Speak Up™ patient safety program.
- www. jointcommission.org/topics/patient_safety.aspx. The Joint Commission helps healthcare organizations to improve the quality and safety of the care they deliver.
- www. ahrq.gov/patients-consumers/. The Agency for Healthcare Research and Quality makes available a wide-ranging list of topics not only to inform consumers about patient safety but to help choose quality healthcare providers and improve the quality of care you receive.
- https://psnet.ahrq.gov/issue/national-patient-safety-foundation. The National Patient Safety Foundation has information on how to ensure safer healthcare for you and your family.
- www. bemedwise.org/. The National Council on Patient Information and Education is dedicated to improving communication about the safe, appropriate use of medication.
- www. leapfroggroup.org. The Leapfrog Group is active in promoting safe practices in hospital care.
- www. ahqa.org. The American Health Quality Association represents organizations and healthcare professionals working to improve patient safety.

Preventable Healthcare Acquired Conditions ("Never Events")

When you enter the hospital for treatment of one medical problem, you do not expect to leave with additional injuries, infections or other serious conditions that occur during the course of your stay. Although some of these complications may not be avoidable, patients do suffer from injuries or illnesses that could have been prevented if the hospital had taken proper precautions. Errors in medical care that are clearly identifiable, preventable and serious in their consequences for patients, can indicate a significant problem in the safety and credibility of a healthcare facility. These conditions and errors are sometimes called "Never Events" or "Serious Reportable Events".

We have a benefit payment policy that encourages hospitals to reduce the likelihood of hospital-acquired conditions such as certain infections, severe bedsores, and fractures, and to reduce medical errors that should never happen. When such an event occurs, neither you nor your PSHB Plan will incur costs to correct the medical error.

You will not be billed for inpatient services related to treatment of specific hospital acquired conditions or for inpatient services needed to correct never events, if you use HMSA's preferred providers. This policy helps to protect you from preventable medical errors and improve the quality of care you receive.

PSHB Facts

Coverage information

No pre-existing condition limitation	We will not refuse to cover the treatment of a condition you had before you enrolled in this Plan solely because you had the condition before you enrolled.
Minimum essential coverage (MEC)	Coverage under this Plan qualifies as minimum essential coverage. Please visit the Internal Revenue Service (IRS) website at www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision for more information on the individual requirement for MEC.
Minimum value standard	Our health coverage meets the minimum value standard of 60% established by the ACA. This means that we provide benefits to cover at least 60% of the total allowed costs of essential health benefits. The 60% standard is an actuarial value; your specific out-of-pocket costs are determined as explained in this brochure.
Where you can get information about enrolling in the PSHB Program	See www://health-benefits.opm.gov/ for enrollment information as well as: • Information on the PSHB Program and plans available to you - Enrollment contact information phone (844) 451-1261, https://health-benefits.opm.gov/PSHB. • A health plan comparison tool Note: Contact the USPS for information on how to enroll in a PSHB Program Plan through the PSHB System. Also, your employing or retirement office can answer your questions, give you other plans' brochures and other materials you need to make an informed decision about your PSHB coverage. These materials tell you: • When you may change your enrollment • How you can cover your family members • What happens when you transfer to another Federal agency, go on leave without pay, enter military service, or retire • What happens when your enrollment ends • When the next Open Season for enrollment begins We do not determine who is eligible for coverage. You will be responsible for making changes to your enrollment status through the PSHB System. In some cases, your employing or retirement office may need to submit documentation. For information on your premium deductions, you must also contact your employing or retirement office. Once enrolled in your PSHB Program Plan, you should make any enrollment changes in the PSHB System located at https://health-benefits.opm.gov. If you are unable to access your PSHB account online contact your employing office at 877-477-3273 or retirement office at 888-767-6738. If you have questions about your benefit coverage contact us directly.
Enrollment types available for you and your family	Self Only coverage is only for the enrollee. Self Plus One coverage is for the enrollee and one eligible family member. Self and Family coverage is for the enrollee and one or more eligible family members. Family members include your spouse and your children under age 26, including any foster children authorized for coverage by your employing agency or retirement office. Under certain circumstances, you may also continue coverage for a disabled child 26 years of age or older who is incapable of self-support.

If you have a Self Only enrollment, you may change to a Self Plus One or Self and Family enrollment if you marry, give birth, or add a child to your family. You may change your enrollment 31 days before to 60 days after that event. The Self Plus One or Self and Family enrollment begins on the first day of the pay period in which the child is born or becomes an eligible family member.

You enroll in a PSHB Program Plan and make enrollment changes in the PSHB System located at www.health-benefits.opm.gov If you are unable to access your PSHB account online contact your employing office at 877-477-3273 or retirement office at 888-767-6738. When you change to Self Plus One or Self and Family because you marry, the change is effective on the first day of the pay period that begins after your employing office receives your enrollment request. Benefits will not be available to your spouse until you are married. A carrier may request that an enrollee verify the eligibility of any or all family members listed as covered under the enrollee's PSHB enrollment.

Use the PSHB System if you want to change from Self Only to Self Plus One or Self and Family, and to add or remove a family member.

Your employing or retirement office will not notify you when a family member is no longer eligible to receive benefits. Please, report changes in family member status, including your marriage, divorce, annulment, or when your child reaches age 26 through the PSHB System. We will send written notice to you 60 days before we proactively disenroll your child on midnight of their 26th birthday unless your child is eligible for continued coverage because they are incapable of self-support due to a physical or mental disability that began before age 26.

If you or one of your family members is enrolled in one PSHB Plan, you or they cannot be enrolled in or covered as a family member by another enrollee in another PSHB or FEHB Plan.

If you have a qualifying life event (QLE) - such as marriage, divorce, or the birth of a child - outside of the Federal Benefits Open Season, you may be eligible to enroll in the PSHB Program, change your enrollment, or cancel coverage using the PSHB System. For a complete list of QLEs, visit the PSHB website at www.opm.gov/healthcare-insurance/life-events. If you need assistance, please contact your employing agency, personnel/payroll office, or retirement office.

Family Member Coverage

Family members covered under your Self and Family enrollment are your spouse (including your spouse by a valid common-law marriage from a state that recognizes common-law marriages) and children as described in the chart below. A Self Plus One enrollment covers you and your spouse, or one other eligible family member, as described below.

Natural children, adopted children, and stepchildren
Coverage: Natural children, adopted children, and stepchildren are covered until their 26th birthday.

Foster children
Coverage: Foster children are eligible for coverage until their 26th birthday if you provide documentation of your regular and substantial support of the child and sign a certification stating that your foster child meets all the requirements. Contact your human resources office or retirement system for additional information.

Children incapable of self-support
Coverage: Children who are incapable of self-support because of a mental or physical disability that began before age 26 are eligible to continue coverage. Contact your human resources office or retirement system for additional information.

Married children
Coverage: Married children (but NOT their spouse or their own children) are covered until their 26th birthday.

Children with or eligible for employer-provided health insurance
Coverage: Children who are eligible for or have their own employer-provided health insurance are covered until their 26th birthday.

Newborns of covered children are insured only for routine nursery care during the covered portion of the mother's maternity stay.

You can find additional information at www.opm.gov/healthcare-insurance.

Children's Equity Act

OPM implements the Federal Employees Health Benefits Children's Equity Act of 2000. This law mandates that you be enrolled for Self Plus One or Self and Family coverage in the PSHB Program if you are an employee subject to a court or administrative order requiring you to provide health benefits for your child(ren).

If this law applies to you, you must enroll in Self Plus One or Self and Family coverage in a health plan that provides full benefits in the area where your children live or provide documentation to your employing office that you have obtained other health benefits coverage for your children. If you do not do so, your employing office will enroll you involuntarily as follows:

- If you have no PSHB coverage, your employing office will enroll you for Self Plus One or Self and Family coverage, as appropriate, in the lowest-cost nationwide plan option as determined by OPM;
- If you have a Self Only enrollment in a fee-for-service plan or in an HMO that serves the area where your children live, your employing office will change your enrollment to Self Plus One or Self and Family, as appropriate, in the same option of the same plan; or
- If you are enrolled in an HMO that does not serve the area where the children live, your employing office will change your enrollment to Self Plus One or Self and Family, as appropriate, in the lowest-cost nationwide plan option as determined by OPM.

As long as the court/administrative order is in effect, and you have at least one child identified in the order who is still eligible under the PSHB Program, you cannot cancel your enrollment, change to Self Only, or change to a plan that does not serve the area in which your children live, unless you provide documentation that you have other coverage for the children.

If the court/administrative order is still in effect when you retire, and you have at least one child still eligible for PSHB coverage, you must continue your PSHB coverage into retirement (if eligible) and cannot cancel your coverage, change to Self Only, or change to a plan that does not serve the area in which your children live as long as the court/administrative order is in effect. Similarly, you cannot change to Self Plus One if the court/administrative order identifies more than one child. Contact your employing office for further information.

For annuitants who are required to be enrolled in Medicare Part B as a condition to continue PSHB coverage in retirement: If you enroll in Medicare Part B and continue PSHB coverage in retirement, the child equity law applies to you and you cannot cancel your coverage, change to Self Only, or change to a plan that does not serve the area in which your child(ren) live as long as the court/administrative order is in effect. You cannot be compelled to enroll or remain enrolled in Medicare Part B to maintain your PSHB enrollment as a condition to satisfy a court/administrative order. However, if you do

not enroll (or remain enrolled) in Medicare Part B as required to continue your PSHB coverage in retirement (notwithstanding an existing court/administrative order), you will not be able to continue your PSHB coverage in retirement.

Medicare Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP)

Our PDP EGWP is only available to Postal Service annuitants who are Medicare Part D-eligible, enrolled in this plan and their covered Medicare Part D-eligible covered family members. Our PDP EGWP is not an open market Medicare Part D Plan. If you are an active Postal Service employee, or covered family member, and become eligible to enroll in Medicare Part D, you are not eligible to enroll in our PDP EGWP. Please contact CMS for assistance at 800-MEDICARE (800-633-4227) or the Plan at 808-948-6171 or 1-800-782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

When benefits and premiums start

The benefits in this brochure are effective January 1. If you joined this Plan during Open Season, your coverage and premiums begin on January 1. If you joined at any other time during the year, your employing or retirement office will tell you the effective date of coverage.

If your enrollment continues after you are no longer eligible for coverage (i.e. you have separated from Federal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed for services received directly from your provider. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member are no longer eligible to use your health insurance coverage.

When you retire

When you retire, you can usually stay in the PSHB Program. Generally, you must have been enrolled in the FEHB and/or PSHB Program for the last five years of your Federal service. If you do not meet this requirement, you may be eligible for other forms of coverage, such as Temporary Continuation of Coverage (TCC).

When you lose benefits

When PSHB coverage ends

You will receive an additional 31 days of coverage, for no additional premium, when:

- Your enrollment ends, unless you cancel your enrollment; or
- You are a family member no longer eligible for coverage.

Any person covered under the 31 day extension of coverage who is confined in a hospital or other institution for care or treatment on the 31st day of the temporary extension is entitled to continuation of the benefits of the Plan during the continuance of the confinement but not beyond the 60th day after the end of the 31 day temporary extension.

If you are eligible for coverage under spouse equity, you are only eligible to enroll in the FEHB Program. If you are not eligible for coverage under spouse equity and you are otherwise eligible for Temporary Continuation of Coverage (TCC), then you could enroll in TCC under the PSHB Program.

Upon divorce

If you are an enrollee and your divorce or annulment is final, your ex-spouse cannot remain covered as a family member under your Self Plus One or Self and Family enrollment. You **must** enter the date of the divorce or annulment and remove your ex-spouse in the PSHB System. We may ask for a copy of the divorce decree as proof. If you need to change your enrollment type, you must use the PSHB System. A change will not automatically be made.

If you were married to an enrollee and your divorce or annulment is final, you may not remain covered as a family member under your former spouse's enrollment. This is the case even when the court has ordered your former spouse to provide health coverage for you. However, you may be eligible for your own coverage under the spouse equity law or Temporary Continuation of Coverage (TCC). Former spouses eligible for coverage under the spouse equity law are not eligible to enroll in the PSHB Program. However, former spouses eligible for coverage under the spouse equity law may enroll in the FEHB Program. (Former Spouses seeking but not yet adjudicated as eligible for Spouse Equity may be entitled to TCC under a PSHB Plan in the interim).

Former spouses not meeting the spouse equity requirements may be eligible for TCC under the PSHB Program provided you otherwise meet the eligibility requirements for TCC. If you are recently divorced or are anticipating a divorce, contact your ex-spouse's employing or retirement office to get information about your coverage choices. You can also visit OPM's website at https://www.opm.gov/healthcare-insurance/life-events/memy-family/im-separated-or-im-getting-divorced/#url=Health. We may request that you verify the eligibility of any or all family members listed as covered under the enrollee's PSHB enrollment.

Medicare PDP EGWP

When a Postal Service annuitant who is Medicare Part D-eligible or their covered Medicare-eligible family member opts out of or disenrolls from our PDP EGWP, they will not have our prescription drug coverage under this Plan. If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty. Contact us for additional information at 808-948-6174 or 1-800- 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

Temporary Continuation of Coverage (TCC)

If you leave Federal service, or if you lose coverage because you no longer qualify as a family member, you may be eligible for Temporary Continuation of Coverage (TCC). For example, you can receive TCC if you are not able to continue your PSHB enrollment after you retire, if you lose your Federal job, or if you are a covered child and you turn 26.

You may not elect TCC if you are fired from your Federal job due to gross misconduct.

Enrolling in TCC. Get the RI 79-27, which describes TCC, from your employing or retirement office or from www.opm.gov/healthcare-insurance . It explains what you have to do to enroll.

Alternatively, you can buy coverage through the Health Insurance Marketplace where, depending on your income, you could be eligible for tax credit that lowers your monthly premiums. Visit www.HealthCare.gov to compare plans and see what your premium, deductible, and out-of-pocket costs would be before you make a decision to enroll. Finally, if you qualify for coverage under another group health plan (such as your spouse's plan), you may be able to enroll in that plan, as long as you apply within 30 days of losing PSHB Program coverage.

Converting to individual coverage

You may convert to a non-PSHB individual policy if:

- Your coverage under TCC or the spouse equity law ends (If you canceled your coverage or did not pay your premium, you cannot convert);
- You decided not to receive coverage under TCC or the spouse equity law; or
- You are not eligible for coverage under TCC or the spouse equity law.

If you leave Federal service, your employing office will notify you of your right to convert**.** You must contact us in writing within 31 days after you receive this notice**.** However, if you are a family member who is losing coverage, the employing or retirement office will not notify you. You must contact us in writing within 31 days after you are no longer eligible for coverage.

Your benefits and rates will differ from those under the PSHB Program; however, you will not have to answer questions about your health, a waiting period will not be imposed, and your coverage will not be limited due to pre-existing conditions. When you contact us we will assist you in obtaining information about health benefits coverage inside or outside the Affordable Care Act's Health Insurance Marketplace in your state. For assistance in finding coverage, please contact us at 1-808-948-5555, Option 2, or visit our website atwww.hmsa.com.

Health Insurance Marketplace

If you would like to purchase health insurance through the ACA's Health Insurance Marketplace, please visit www.HealthCare.gov. This is a website provided by the U.S. Department of Health and Human Services that provides up-to-date information on the Marketplace.

Section 1. How This Plan Works

This Plan is a health maintenance organization (HMO). OPM requires that PSHB Plans be accredited to validate that plan operations and/or care management meet nationally recognized standards. HMSA holds the following accreditation: National Committee for Quality Assurance. To learn more about this Plan's accreditation, please visit the following website www. ncqa.org. We encourage you to see specific physicians, hospitals, and other providers that contract with us. These Plan providers coordinate your healthcare services. We are solely responsible for the selection of these providers in your area. Contact us for a copy of our most recent provider directory.

HMOs emphasize preventive care such as routine office visits, physical exams, well-baby care, and immunizations, in addition to treatment for illness and injury. Our providers follow generally accepted medical practice when prescribing any course of treatment.

When you receive services from Plan providers, you will not have to submit claim forms or pay bills. You pay only the copayments and coinsurance described in this brochure. When you receive services from non-Plan providers, you may have to submit claim forms.

You should join an HMO because you prefer the plan's benefits, not because a particular provider is available. You cannot change plans because a provider leaves our Plan. We cannot guarantee that any one physician, hospital, or other provider will be available and/or remain under contract with us.

We have Open Access benefits

Our HMO offers Open Access benefits. This means you can receive covered services from a participating provider without a required referral from your primary care provider or by another participating provider in the network.

We have Point of Service (POS) benefits

Our HMO offers Point-of-Service (POS) benefits. This means you can receive covered services from a non-participating provider. However, out-of-network benefits may have higher out-of-pocket costs than our in-network benefits.

How we pay providers

We have over 3,500 Plan doctors, dentists, and other healthcare providers in Hawaii who agree to keep their charges for covered services below our eligible charge guidelines. When you go to a Plan provider, you will only be responsible for your cost-sharing (copayments, coinsurance, and non-covered services and supplies).

You may go to a non-Plan provider, however, the Plan pays a reduced benefit for certain services from non-Plan providers. You may have to file a claim with us. We will then pay our benefits to you and you must pay the provider. In addition, because non-Plan providers are not under contract to limit their charges, you are responsible for any charges in excess of eligible charges.

Medical Care Outside of Hawaii (BlueCard® Program)

We have a variety of relationships with other Blue Cross and/or Blue Shield Licensees. Generally, these relationships are called "Inter-Plan Arrangements." These Inter-Plan Arrangements work based on rules and procedures issued by the Blue Cross Blue Shield Association ("Association"). Whenever you access healthcare services outside of Hawaii, the claim for those services may be processed through one of these Inter-Plan Arrangements. The Inter-Plan Arrangements are described below.

When you receive care outside of Hawaii, you will receive it from healthcare providers that have a contractual agreement (i. e., are "participating providers") with the local Blue Cross and/or Blue Shield Licensee in that geographic area ("Host Blue"). Some providers ("non-participating providers") don't contract with the Host Blue. Our payment practices in both instances are described below.

Inter-Plan Arrangements

Eligibility – Claim Types

All claim types are eligible to be processed through Inter-Plan Arrangements, as described above, except for all dental benefits (except when paid as medical claims/benefits), and those prescription drug benefits or vision benefits that may be administered by a third party contracted by us to provide the specific service or services.

BlueCard® Participating Medical Program

Under the BlueCard® Program, when you receive covered medical services within the geographic area served by a Host Blue, HMSA will remain responsible for doing what we agreed to in the contract. However, the Host Blue is responsible for contracting with and generally handling all interactions with its participating providers.

When you receive covered medical services outside our service area and the claim is processed through the BlueCard Program, the amount you pay for covered medical services is calculated based on the lower of:

- The billed covered charges for your covered services; or
- The negotiated price that the Host Blue makes available to HMSA.

Often, this "negotiated price" will be a simple discount that reflects an actual price that the Host Blue pays to your healthcare provider. Sometimes, it is an estimated price that takes into account special arrangements with your healthcare provider or provider group that may include types of settlements, incentive payments, and/or other credits or charges. Occasionally, it may be an average price, based on a discount that results in expected average savings for similar types of healthcare providers after taking into account the same types of transactions as with an estimated price.

Estimated pricing and average pricing also take into account adjustments to correct for over – or underestimation of past pricing, as noted above. However, such adjustments will not affect the price HMSA has used for your claim because they will not be applied after a claim has already been paid.

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

Federal or state laws or regulations may require a surcharge, tax or other fee that applies to accounts. If applicable, we will include any such surcharge, tax or other fee as part of the claim charge passed on to you.

Nonparticipating Providers Outside of Hawaii

When covered healthcare services are provided outside of our service area by non-participating providers, the amount you pay for such services will normally be based on either the Host Blue's non-participating provider local payment or the pricing arrangements required by applicable state law. In these situations, you may be responsible for the difference between the amount that the non-participating provider bills and the payment we will make for the covered healthcare services as set forth in this paragraph. Federal or state law, as applicable, will govern payments for out-of-network emergency services, air ambulance, and certain non-emergent services provided by nonparticipating providers in participating facilities.

In certain situations, we may use other payment methods, such as billed covered charges, the payment we would make if the healthcare services had been obtained within our service area, or a special negotiated payment, to determine the amount we will pay for services provided by non-participating providers. In these situations, you may be liable for the difference between the amount that the non- participating provider bills and the payment we will make for covered healthcare services as set forth in this paragraph.

Benefit payments for covered emergency services provided by nonparticipating providers are a "reasonable amount" as defined by federal law.

Blue Cross Blue Shield Global® Core

If you are outside the United States, the Commonwealth of Puerto Rico, and the U.S. Virgin Islands (hereinafter "BlueCard service area"), you may be able to take advantage of Blue Cross Blue Shield Global Core when accessing covered medical services. Blue Cross Blue Shield Global Core is unlike the BlueCard Program available in the BlueCard services area in certain ways. For instance, although Blue Cross Blue Shield Global Core assists you with accessing a network of inpatient, outpatient and professional providers, the network is not served by a Host Blue. As such, when you receive care from providers outside the BlueCard service area, you will typically have to pay the providers and submit the claims yourself

to obtain reimbursement for these services. If you need medical assistance services (including locating a doctor or hospital) outside the BlueCard service area, you should call the Blue Cross Blue Shield Global Core Service Center at 1-800-810-BLUE (1-800-810-2583) or call collect at 1-804-673-1177, 24 hours a day, seven days a week. An assistance coordinator, working with a medical professional, can arrange a physician appointment or hospitalization, if necessary.

- Inpatient Services

In most cases, if you contact the Blue Cross Blue Shield Global Core Service Center for assistance, hospitals will not require you to pay for covered inpatient services, except for your deductible and copayment. In such cases, the hospital will submit your claims to the service center to begin claims processing. However, if you paid in full at the time of service, you must submit a claim to receive reimbursement for covered medical services.

- Outpatient Services

Physicians, urgent care centers and other outpatient providers located outside the BlueCard service area will typically require you to pay in full at the time of service. You must submit a claim to obtain reimbursement for covered medical services.

- Submitting a Blue Cross Blue Shield Global Core Claim

When you pay for covered medical services outside the BlueCard service area, you must submit a claim to obtain reimbursement. For institutional and professional claims, you should complete a Blue Cross Blue Shield Global Core claim form and send the claim form with the provider's itemized bill(s) to the service center (the address is on the form) to initiate claims processing. Following the instructions on the claim form will help ensure timely processing of your claim. The claim form is available from HMSA, the service center or online at www. bcbsglobalcore.com. If you need assistance with your claim submission, you should call the service center at (1-800-810-2583) or call collect at 1-804-673-1177, 24 hours a day, seven days a week.

Dental Providers Outside of Hawaii

You can receive Plan dental benefits when you see a dental provider for covered services outside of Hawaii. To find a participating dentist, please visit our website at www. hmsa.com/employer/postal.

Your rights and responsibilities

OPM requires that all PSHB plans provide certain information to their PSHB members. You may get information about us, our networks, our providers, and our facilities. OPM's PSHB website (www. opm.gov/healthcare-insurance/) lists the specific types of information that we must make available to you. Some of the required information is listed below.

- We are currently in compliance with state licensing requirements
- We are in our 87th year of continuous service to the people of Hawaii
- We were founded in 1938 as a non-profit mutual benefit society

You are also entitled to a wide range of consumer protections and have specific responsibilities as a member of this Plan. You can view the complete list of these rights and responsibilities by visiting our website at www. hmsa.com/employer/postal. You can also contact us to request that we mail a copy to you.

If you want more information about us, call 808-948-6499, or write to P.O. Box 860, Honolulu, HI 96808. You may also visit our website at www. hmsa.com/employer/postal.

By law, you have the right to access your protected health information (PHI). For more information regarding access to PHI, visit our website, HMSA Plan at www. hmsa.com/employer/postal to obtain our Notice of Privacy Practices. You can also contact us to request that we mail you a copy of that Notice.

Your medical and claims records are confidential

We will keep your medical and claims records confidential. Please note that we may disclose your medical and claims information (including your prescription drug utilization) to any of your treating physicians or dispensing pharmacies or to administer this Plan.

Service Area

To enroll in this Plan, you must live in our service area. This is where our providers practice. Our service area is the islands of Hawaii, Kauai, Maui, Oahu, Molokai and Lanai.

If you or a covered family member permanently move outside of our service area, you must enroll in another health plan. If your covered family members live out of the area temporarily (for example, if your child goes to college in another state), you may remain in the Plan or you can consider enrolling in a fee-for-service plan or an HMO that has agreements with affiliates in other areas. If you or a family member move, you do not have to wait until Open Season to change plans. Contact your employing or retirement office.

Section 2. Changes for 2027

Do not rely only on these change descriptions; this Section is not an official statement of benefits. For that, go to Section 5. Benefits. Also, we edited and clarified language throughout the brochure; any language change not shown here is a clarification that does not change benefits.

Changes to High Option only

- Your share of the premium will increase for Self Only, Self Plus One, and Self and Family. See 2027 Rate Information for Hawaii Medical Service Association Plan, back cover.
- The Plan will increase Urgent Care cost share to $20 from $15. See Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals, page 33.
- For Plan Pharmacy: The Plan will increase the copayment for Tier 4 (Preferred Specialty) medications to $160 from $120 for a 30-day supply. See Section 5(f). Prescription Drug Benefits, page 78.
- For Plan Pharmacy: The Plan will increase the copayment for Tier 5 (Non-Preferred Specialty) medications to $320 from $250 for a 30-day supply. See Section 5(f). Prescription Drug Benefits, page 78.
- For Plan Pharmacy: The Plan will increase the copayment for Preferred Brand diabetic supplies to $35 from $7 for a 30-day supply. For Non-Plan Pharmacy: the Plan will increase the coinsurance for Preferred Brand diabetic supplies to $35 plus 20% of the remaining eligible charges and any difference between our eligible charge and the actual charge. See Section 5(f). Prescription Drug Benefits, page 78.

Changes to Standard Option only

- Your share of the premium rate will stay the same for Self-Only, Self Plus One, and Self and Family. See 2027 Rate Information for Hawaii Medical Service Association Plan, back cover.
- The Plan will increase Urgent Care cost share to $25 from $20. See Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals, page 33.
- For Plan Pharmacy: the Plan will increase the coinsurance for Tier 3 (Other Brand) to 45% of the eligible charge (up to $600) (deductible applies) for a 30-day supply from 40% of the eligible charge (up to $600) (deductible applies). See Section 5(f). Prescription Drug Benefits, page 77.
- For Plan Pharmacy: The Plan will increase the cost share for Tier 4 (Preferred Specialty) medications to 30% of eligible charge (up to $300) (deductible applies) from $200 (deductible applies) for a 30-day supply. See Section 5(f). Prescription Drug Benefits, page 78.
- For Plan Pharmacy: The Plan will increase the cost share for Tier 5 (Non-Preferred Specialty) medications to 45% of eligible charge (up to $1,200) (deductible applies) from 40% of eligible charge (up to $1,200) (deductible applies) for a 30-day supply. See Section 5(f). Prescription Drug Benefits, page 78.
- The Plan will increase the Mail Order Program cost share for Other Brand Name Drugs to 45% of eligible charge (up to $1,200) (deductible applies) for up to 90-day supply from 40% of eligible charge (up to $1,200) (deductible applies) for up to a 90-day supply. See Section 5(f). Prescription Drug Benefits, page 81.
- The Plan will increase the Mail Order Program cost share for Other Brand Name Insulin to 45% of eligible charge (up to $1,200) (deductible applies) for up to a 90-day supply from 40% of eligible charge (up to $600) (deductible applies) for up to a 90-day supply. See Section 5(f). Prescription Drug Benefits, page 81.

Changes to both High and Standard Option

- PDP EGWP Only: The Plan will add a separate $700 Part D calendar year deductible on your Medicare Prescription Drug Plan. Your drug plan includes secondary coverage that offers an enhanced benefit of a $0 calendar year deductible for drugs that are covered on both the primary and secondary plans. You may be subject to deductible cost for any drug not covered on your secondary plan. See Section 4. Your Cost for Covered Services, page 26 and Section 5(f)(a). PDP EGWP Prescription Drug Benefits, page 86.
- PDP EGWP Only: The Plan will increase your TrOOP amount for 2027 will increase to $2,400 from $2,100. See Section 4. Your Cost for Covered Services, page 28 and Section 5(f)(a). PDP EGWP Prescription Drug Benefits, page 89.
- PDP EGWP Only: The Plan clarifies that there are two formularies for your Medicare Prescription Drug Plan. See Section 5(f)(a). PDP EGWP Prescription Drug Benefits, page 87.
- PDP EGWP Only: The Plan clarifies how your primary and secondary plans work together. See Section 5(f)(a). PDP EGWP Prescription Drug Benefits, pages 87.
- The Plan will change the refill threshold to 75% from 66%. See Section 5(f). Prescription Drug Benefits, page 75.
- The Plan will remove separate listings for Diabetic Supplies, Mail Order Drug Program: Preferred Brand Name Diabetic Supplies, and Mail Order Drug Program: Other Brand Name Diabetic Supplies and consolidate the benefit under Section 5 (f). Prescription Drug Benefits, page 78.
- The Plan will add the CVS Weight Management Program that is a structured lifestyle program that includes coaching, behavioral support, and clinical monitoring at no cost to eligible PSHB members. See Section 5(h). Wellness and Other Special Features, page 101.
- The Plan added a description of the Postal Plan Digital Diabetes Management Program that is currently available at no cost to eligible PSHB members. See Section 5(h). Wellness and Other Special Features, page 103.
- The Plan added a description of the Healthy Living program that is currently available at no cost to eligible PSHB members. See Section 5(h). Wellness and Other Special Features, page 103.

Section 3. How You Get Care

Identification cards

We will send you an identification (ID) card when you enroll. You should carry your ID card with you at all times. You must show it whenever you receive services from a Plan provider, or fill a prescription at a Plan pharmacy. Until you receive your ID card, use your copy of the PSHB System enrollment confirmation. Note: If you are enrolled in our Medicare Part D PDP EGWP, you may receive a second ID card for your prescription drug benefits.

If you do not receive your ID card within 30 days after the effective date of your enrollment, or if you need replacement cards, call us at 808-948-6499 or write to us at P. O. Box 860, Honolulu, HI 96808. You may also request replacement cards through our website at www.hmsa.com/employer/postal.

Where you get covered care

You get care from "Plan providers" and "Plan facilities." You will only pay copayments, deductibles, and/or coinsurance, if you use our point-of-service program, you can also get care from non-Plan providers but it will cost you more. If you use our Open Access program you can receive covered services from a participating provider without a required referral from your primary care provider or by another participating provider in the network.

To determine if a provider is recognized, we look at many factors including licensure, professional history, and type of practice. All Plan providers and some non-Plan providers are recognized. To find out if your physician is a participating provider, refer to your HMSA Directory of Participating Providers. If you need a copy, call us and we will send one to you or visit www.hmsa.com/employer/postal.

Balance Billing Protection

PSHB Carriers must have clauses in their in-network (participating) provider agreements. These clauses provide that, for a service that is a covered benefit in the plan brochure or for services determined not medically necessary, the in-network provider agrees to hold the covered individual harmless (and may not bill) for the difference between the billed charge and the in-network contracted amount. If an in-network provider bills you for covered services over your normal cost share (deductible, copay, co-insurance) contact your Carrier to enforce the terms of its provider contract.

Plan providers

Plan providers are physicians and other healthcare professionals in our service area that we contract with to provide covered services to our members. Services by Plan Providers are covered when acting within the scope of their license or certification under applicable state law. We credential Plan providers according to national standards.

Benefits are provided under this Plan for the services of covered providers, in accordance with Section 2706(a) of the Public Health Service Act. Coverage of practitioners is not determined by your state's designation as a medically underserved area.

We list Plan providers in the provider directory, which we update periodically. The list is also on our website www.hmsa.com/employer/postal/member-resources.

Benefits described in this brochure are available to all members meeting medical necessity guidelines regardless of race, color, national origin, age, disability, religion, sex, pregnancy, or genetic information.

This Plan provides Care Coordinators for complex conditions and can be reached at 808-440-7190 for Oahu and 855-329-5461 for neighbor islands for assistance.

You can receive Plan dental benefits when you see a dental provider for covered services outside of Hawaii. To find a participating dentist, please visit our website at www.hmsa.com/employer/postal/member-resources.

Non-Plan Providers

Non-Plan providers are physicians and other healthcare professionals who are not under contract with this Plan.

For out-of-state services under this Plan, non-Plan provider benefits are applied for covered services rendered by non-BlueCard® PPO providers, even if they participate in other Blue Cross and/or Blue Shield programs.

Plan facilities

Plan facilities are hospitals and other facilities in our service area that we contract with to provide covered services to our members. We list these in the provider directory, which we update periodically. The list is also on our website at www.hmsa.com/employer/postal.

What you must do to get covered care

You are encouraged to coordinate your care with a primary care provider who will provide or arrange most of your healthcare.

Primary care

Your primary care provider can be a family practitioner, internist, obstetrician/gynecologist or pediatrician. Your primary care provider will provide most of your healthcare, or can refer you to see a specialist.

Specialty care

You have direct access to Plan specialists when needed. However, you may wish to coordinate your specialty care with your primary care provider, who can help you arrange for the specialty care service you will need.

Here are some other things you should know about specialty care:

- Your primary care provider or specialist may create your treatment plan. The physician may have to get an authorization or approval from us beforehand. If you are seeing a specialist when you enroll in our Plan, you are encouraged to coordinate your specialty care with your primary care provider. If they decide to refer you to a specialist, ask if you can see your current specialist.
- If you are seeing a specialist and your specialist leaves the Plan, talk to your primary care provider, who will arrange for you to see another specialist. If you decide to continue seeing your specialist, you will pay a copayment/coinsurance plus the difference between the eligible charge and the specialist's billed charge.
- You may continue seeing your specialist for up to 90 days if you are undergoing treatment for a chronic or disabling condition and you lose access to your specialist because:
  - we terminate our contract with your specialist for other than cause,
  - we drop out of the PSHB Program and you enroll in another PSHB Plan (or become covered as a family member under a FEHB enrollment), or
  - we reduce our service area and you enroll in another PSHB Plan;

Contact us at 808-948-6499 on Oahu or (1-800-776-4672) toll free from the Neighbor Islands, or if we drop out of the PSHB Program, contact your new plan.

If you are in the second or third trimester of pregnancy and you lose access to your specialist based on the above circumstances, you can continue to see your specialist until the end of your postpartum care, even if it is beyond the 90 days.

> Note: If you lose access to your specialist because you changed your carrier or plan option enrollment, contact your new plan.

Hospital care

Your Plan primary care provider or specialist will make necessary hospital arrangements and supervise your care. This includes admission to an extended care or other type of facility.

If you are hospitalized when your enrollment begins

We pay for covered services from the effective date of your enrollment. However, if you changed from another PSHB Plan to us, your former plan will pay for the hospital stay until:

- you are discharged, not merely moved to an alternative care center;
- the day your benefits from your former plan run out; or
- the 92nd day after you become a member of this Plan, whichever happens first.

These provisions apply only to the benefits of the hospitalized person. If your plan terminates participation in the PSHB Program in whole or in part, or if OPM orders an enrollment change, this continuation of coverage provision does not apply. In such cases, the hospitalized family member's benefits under the new plan begin on the effective date of enrollment.

Maternity care

You do not need to obtain prior approval for your vaginal delivery and precertification for extended stays for you or your baby. You may remain in the hospital up to 48 hours after a vaginal delivery and 96 hours after a cesarean delivery. Your physician will extend your inpatient stay if medically necessary.

Note: When a newborn requires definitive treatment during or after the mother's hospital stay, the newborn is considered a patient in their own right. If the newborn is eligible for coverage, regular medical or surgical benefits apply rather than maternity benefits.

You need prior Plan approval for certain services

Since we do not have a primary care provider requirement and we allow you to use non-Plan providers, you or your physician will need to obtain our prior approval before you receive certain services. The pre-service claim approval process for services is detailed in this Section. A pre-service claim is any claim, in whole or in part, that requires approval from us in advance of obtaining medical care or services. In other words, a pre-service claim for benefits (1) requires precertification or prior approval and (2) will result in a denial or reduction of benefits if you do not obtain precertification or prior approval.

Inpatient hospital admission

We do not require precertification prior to your hospital admission, however, we do require prior approval for other services.

Other services

Your primary care provider has authority to refer you for most services. For certain services, however, your physician must obtain prior approval from us. Before giving approval, we check if the service is covered and medically necessary for your condition. A few common examples of things you must obtain prior authorization for:

Lab, X-ray and Other Diagnostic Tests such as genetic testing, polysomnography and sleep studies, computed tomography (CT), and functional MRI.

Surgeries such as organ and tissue transplants, bariatric surgery, and varicose veins treatment.

Treatment Therapies such as applied behavior analysis, physical, occupational and speech therapies, chiropractic services, in vitro fertilization, growth hormone therapy, home IV therapy, habilitative services and devices, drugs such as oral chemotherapy agents, infusibles and injectables, new drug to market (specialty medical drugs), and off-label drug use.

Durable Medical Equipment and Orthotics and Prosthetic Devices such as wheelchairs and external insulin pumps.

This list of services requiring prior approval may change periodically. To ensure your treatment or procedure is covered, call us at 808-948-6499 or visit our website at www.hmsa.com/employer/postal.

How to request precertification for an admission or get prior authorization for Other services

If you are under the care of:

- An HMSA participating physician or contracting physician, they will:
  - Obtain prior approval for you; and
  - Accept any penalties for failure to obtain prior approval.
- You are responsible for obtaining prior approval when receiving services from a BlueCard® PPO, BlueCard® Plan provider or a non-Plan provider. Please contact our Medical Management Department at 808-948-6464 on Oahu, or (1-800-344-6122) toll free from the Neighbor Islands. You may also contact our Medical Management Department by fax at 808-944-5611.

You will need to provide the following information:

- enrollee's name and Plan identification number;
- patient's name, birth date, identification number and phone number;
- reason for hospitalization, proposed treatment, or surgery;
- name and phone number of admitting physician;
- name of hospital or facility;
- number of days requested for hospital stay; and
- clinical information.

If you do not receive prior approval and receive any of the services described in Section 3 *You need prior Plan approval for certain services – Other services*, benefits may be denied.

Non-urgent care claims

We will make our decision within 15 days of receipt of the pre-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you of the need for an extension of time before the end of the original 15-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.

If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information.

Urgent care claims

If you have an urgent care claim (i.e., when waiting for the regular time limit for your medical care or treatment 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 this care or treatment), we will expedite our review and notify you of our decision within 72 hours. If you request that we review your claim as an urgent care claim, we will review the documentation you provide and decide whether or not it is an urgent care claim by applying the judgment of a prudent layperson that possesses an average knowledge of health and medicine.

If you fail to provide sufficient information, we will contact you within 24 hours after we receive the claim to let you know what information we need to complete our review of the claim. You will then have up to 48 hours to provide the required information. We will make our decision on the claim within 48 hours of (1) the time we received the additional information or (2) the end of the time frame, whichever is earlier.

We may provide our decision orally within these time frames, but we will follow up with written or electronic notification within three days of oral notification.

You may request that your urgent care claim on appeal be reviewed simultaneously by us and OPM. Please let us know that you would like a simultaneous review of your urgent care claim by OPM either in writing at the time you appeal our initial decision, or by calling us at (1-800-344-6122) for neighbor island, and 808-948-6464 for Oahu. You may also call OPM's Postal Service Insurance Operations (PSIO) at (1-202-936-0002) between 8 a.m. and 5 p.m. Eastern Time to ask for the simultaneous review. We will cooperate with OPM so they can quickly review your claim on appeal. In addition, if you did not indicate that your claim was a claim for urgent care, call us at (1-800-344-6122) for neighbor island, and 808-948-6464 for Oahu. If it is determined that your claim is an urgent care claim, we will expedite our review (if we have not yet responded to your claim).

Concurrent care claims

A concurrent care claim involves care provided over time or over a number of treatments. We will treat any reduction or termination of our pre-approved course of treatment before the end of the approved period of time or number of treatments as an appealable decision. This does not include reduction or termination due to benefit changes or if your enrollment ends. If we believe a reduction or termination is warranted, we will allow you sufficient time to appeal and obtain a decision from us before the reduction or termination takes effect.

If you request an extension of an ongoing course of treatment at least 24 hours prior to the expiration of the approved time period and this is also an urgent care claim, we will make a decision within 24 hours after we receive the claim.

What happens when you do not follow the precertification rules when using non-network facilities

Failure to obtain prior approval may result in a denial of benefits if the services or devices do not meet HMSA's payment determination criteria.

Circumstances beyond our control

Under certain extraordinary circumstances, such as natural disasters, we may have to delay your services or we may be unable to provide them. In that case, we will make all reasonable efforts to provide you with the necessary care.

If you disagree with our pre-service claim decision

If you have a **pre-service claim** and you do not agree with our decision regarding prior approval of a transplant or other services, you may request a review in accord with the procedures detailed below. If your claim is in reference to a contraceptive, call Customer service at 1-800-776-4672 for neighbor islands, and 808-948-6499 for Oahu.

If you have already received the service, supply, or treatment, then you have a **post-service claim** and must follow the entire disputed claims process detailed in Section 8.

To reconsider a non-urgent care claim

Within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

In the case of a pre-service claim and subject to a request for additional information, we have 30 days from the date we receive your written request for reconsideration to

1. Arrange for the healthcare provider to give you the care or grant your request for prior approval for a service, drug, or supply; or
2. Ask you or your provider for more information.
   You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.

   If we do not receive the information within 60 days, we will decide within 30 days of the date the information was due. We will base our decision on the information we already have. We will write to you with our decision.

3. Write to you and maintain our denial.

To reconsider an urgent care claim

In the case of an appeal of a pre-service urgent care claim, within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

Unless we request additional information, we will notify you of our decision within 72 hours after receipt of your reconsideration request. We will expedite the review process, which allows oral or written requests for appeals and the exchange of information by phone, electronic mail, facsimile, or other expeditious methods.

To file an appeal with OPM

After we reconsider your **pre-service claim**, if you do not agree with our decision, you may ask OPM to review it by following Step 3 of the disputed claims process detailed in Section 8 of this brochure.

Note: If you are enrolled in our Medicare PDP EGWP and do not agree with our benefit coverage decision you have the right to appeal. See Section 8(a) for information about the PDP EGWP appeal process.

Section 4. Your Cost for Covered Services

This is what you will pay out-of-pocket for covered care:

Cost-sharing

Cost-sharing is the general term used to refer to your out-of-pocket costs (e.g., coinsurance/copayments) for the covered care you receive.

Except as otherwise stated in this Brochure:

- When you get multiple services from the same provider on the same day, you owe one fixed dollar copayment if fixed dollar copayments are applicable to the services you get.
- You owe all coinsurances that are a percentage of eligible charge if eligible charge percentage coinsurances are applicable to the services you get.
- If you get some services with fixed dollar copayments and some with coinsurances that are a percentage of eligible charge, you owe one fixed dollar copayment and all coinsurances based on a percentage of eligible charge.
- If you get services from more than one provider on the same day, more than one cost-share may apply.

Copayments

A copayment is a fixed amount of money you pay to the provider, facility, pharmacy, etc., when you receive certain services.

Example: When you use your Plan pharmacy, you pay a copayment of $7 for generic drugs.

Deductible

A deductible is a fixed expense you must incur for certain covered services and supplies before we start paying benefits for them per calendar year.

The difference between the actual charge and the eligible charge that you pay when you receive service from a non-Plan provider does not apply to your deductible.

We do not have a deductible under the High Option.

- The calendar year deductible is $150 per person under the Standard Option. Under a Self Only enrollment, the deductible is considered satisfied and benefits are payable for you when your covered expenses applied to the calendar year deductible for your enrollment reach $150 under Standard Option. Under Self Plus One enrollment, the deductible is considered satisfied and benefits are payable for you and one other eligible family member when the combined covered expenses applied to the calendar year deductible for your enrollment reach $300 under Standard Option. Under a Self and Family enrollment, the deductible is considered satisfied and benefits are payable for all family members when the combined covered expenses applied to the calendar year deductible for family members reach $300 under Standard Option.

Note: If you are enrolled in either the High Option or Standard Option, and HMSA's Medicare Prescription Drug plan, you have a separate $700 Part D calendar year deductible on your Medicare Prescription Drug plan. Your drug plan includes secondary coverage that offers and enhanced benefit of a $0 calendar year deductible for drugs that are covered on both the primary and secondary plans. You may be subject to deductible cost for any drug not covered on your secondary plan.

Note: If you are enrolled in both the Standard Option and HMSA's Medicare Prescription Drug plan, copayments for your prescription drugs do not apply toward meeting the calendar year deductible.

Note: If you change PSHB Plans during Open Season, the effective date of your new PSHB Plan is January 1 of the next year, and a new deductible starts on January 1. If you change plans at another time during the year, you must begin a new deductible under your new plan.

If you change options in this Plan during the year, we will credit the amount of covered expenses already applied toward the deductible of your old option to the deductible of your new option.

Eligible Charges

For most medical services, we calculate our payment and your copayment/coinsurance based on eligible charges. The eligible charge is the lower of either the provider's actual charge or the amount we established as the *maximum allowable fee*.

For participating facilities, we calculate our payment based on the *maximum allowable fee*. Your coinsurance is based on the lower of the facility's actual charge or the *maximum allowable fee*. Your coinsurance and our payment will equal the *maximum allowable fee*.

Non-Plan providers are not under contract to limit their charges to our eligible charges. You are responsible for any charges in excess of eligible charges.

Exception: For certain services that may be subject to the No Surprises Act of 2021, your cost-share may be different based on the requirements of the law.

Coinsurance

Coinsurance is the percentage of our allowance that you must pay for your care.

Example: When you receive an X-ray, you pay a coinsurance of 20% for Plan providers.

Differences between our Plan allowance and the bill

You should also see section Important Notice About Surprise Billing – Know Your Rights below that describes your protections against surprise billing under the No Surprises Act.

Your catastrophic protection out-of-pocket maximum

High Option:

After your (deductible, copayments and coinsurance) reaches the out-of-pocket maximum you do not have to pay any more for covered services, with the exception of certain cost sharing for the services below which do not count toward your catastrophic protection out-of-pocket maximum.

Self only $3,000 in network

Self Plus One $3,000 per person

Self and Family $9,000

Your out-of-pocket maximum may differ if you changed plans at Open Season.

Coinsurance/copayments for the following services do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay coinsurance/copayments for these services even after you have met the out-of-pocket maximum:

- Adult Dental Care (19 years of age and older)
- Adult Vision Care (19 years of age and older)

Standard Option:

After your (deductible, copayments and coinsurance) reaches the out-of-pocket maximum you do not have to pay any more for covered services, with the exception of certain cost sharing for the services below which do not count toward your catastrophic protection out-of-pocket maximum.

Self Only $5,000 in network

Self Plus One $5,000 per person

Self and Family $10,000

Your out-of-pocket maximum may differ if you changed plans at Open Season.

Coinsurance for Adult Vision Care do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay coinsurance even after you have met the out-of-pocket maximum.

The following amounts do not count toward meeting your catastrophic protection out-of-pocket maximum and you must continue to be responsible for the amounts below even after you have met the out-of-pocket maximum under the high and standard options.

- Payment for services subject to a maximum once you reach the maximum.
- The difference between the actual charge and the eligible charge that you pay when you receive service from a non-Plan provider.
- Payments for non-covered services.
- Any amounts you owe in addition to your coinsurance/copayment for covered services.

Be sure to keep accurate records of your coinsurance/copayments. We will also keep records of your coinsurance/copayments and track your catastrophic protection out-of-pocket maximum.

For members enrolled in our Plan's associated MA-PD or PDP EGWP, we are required to accumulate all members' actual out-of-pocket costs for Medicare-covered drugs, services and supplies toward the PSHB catastrophic maximum(s), unless specifically excluded below.

If you are enrolled in our Medicare Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP), the prescription drug true out-of-pocket cost (TrOOP) is $2,400. After this is met, we pay 100% of all eligible covered prescription drug benefits.

Carryover

If you changed to this PSHB Plan during open season from a plan with a catastrophic protection benefit the effective date of the change is January 1, and covered expenses that apply to this plan's catastrophic protection benefit starts on January 1.

Note: If you change PSHB Plans during Open Season the effective date of your new PSHB Plan is January 1 of the next year, and a new catastrophic protection accumulation starts on January 1. If you change plans at another time during the year, you must begin a new catastrophic protection accumulation under your new plan.

Note: If you change options in this Plan during the year, we will credit the amount of covered expenses already accumulated toward the catastrophic out-of-pocket limit of your old option to the catastrophic protection limit of your new option.

When Government facilities bill us

Facilities of the Department of Veterans Affairs, the Department of Defense and the Indian Health Services are entitled to seek reimbursement from us for certain services and supplies they provide to you or a family member. They may not seek more than their governing laws allow. You may be responsible to pay for certain services and charges. Contact the government facility directly for more information.

Important Notice About Surprise Billing – Know Your Rights

The No Surprises Act (NSA) is a federal law that provides you with protections against "surprise billing" and "balance billing" for out-of-network emergency services; out-of-network non-emergency services provided with respect to a visit to a participating health care facility; and out-of-network air ambulance services.

A surprise bill is an unexpected bill you receive for:

- emergency care – when you have little or no say in the facility or provider from whom you receive care, or for

- non-emergency services furnished by nonparticipating providers with respect to patient visits to participating health care facilities, or for
- air ambulance services furnished by nonparticipating providers of air ambulance services.

Balance billing happens when you receive a bill from the nonparticipating provider, facility, or air ambulance service for the difference between the nonparticipating provider's charge and the amount payable by your health plan.

Your health plan must comply with the NSA protections that hold you harmless from surprise bills.

For specific information on surprise billing, the rights and protections you have, and your responsibilities go to www.hmsa.com/employer/postal or contact the health plan at 808-948-6499.

Per section 2799A-5(c) of the PHS Act, section 9820(c) of the Internal Revenue Code, section 720(c) of the Employee Retirement Income Security Act -

Visit our website www.hmsa.com/employer/postal for information in plain language on:

1. the restrictions on balance billing in certain circumstances,

2. the requirements described under Code section 9816, ERISA section 716, and PHS Act section 2799A-1, and

3. if you believe that a provider or facility has violated the restrictions against balance billing, please contact the Hawaii State Insurance Commissioner.

Section 5. High and Standard Option Benefits

Page 129 and page 130 are benefits summary for each option. See Section 2 for how our benefits changed this year. The Summary of Benefits is a benefit summary for each option. Make sure that you review the benefits that are available under the option in which you are enrolled.

Section 5. High and Standard Option Benefits Overview 32
Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals 33
- Diagnostic and treatment services 33
- Telehealth services 34
- Lab, X-ray and other diagnostic tests 34
- Preventive care, adult 35
- Preventive care, children 38
- Maternity care 40
- Family planning 41
- Infertility services 43
- Allergy care 44
- Treatment therapies 45
- Physical and occupational therapies 47
- Pulmonary rehabilitation 47
- Speech therapy 48
- Hearing services (testing, treatment, and supplies) 48
- Vision services (testing, treatment, and supplies) 49
- Foot care 49
- Orthopedic and prosthetic devices 49
- Durable medical equipment (DME) 51
- Home health services 53
- Chiropractic 53
- Alternative treatments 53
- Educational classes and programs 54

Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals 55
- Surgical procedures 55
- Reconstructive surgery 56
- Oral and maxillofacial surgery 57
- Organ/tissue transplants 58
- Anesthesia 63

Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services 64
- Inpatient hospital 64
- Outpatient hospital or ambulatory surgical center 65
- Extended care benefits/Skilled nursing care facility benefits 67
- Hospice care 67
- Ambulance 67

Section 5(d). Emergency Services/Accidents 68
- Emergency within our service area 68
- Emergency outside our service area 69
- Ambulance 70

Section 5(e). Mental Health and Substance Use Disorder Benefits 72
- Mental health and substance use disorder benefits 72

Section 5(f). Prescription Drug Benefits 75

Covered medications and supplies....78
Preventive care medications....85
Section 5(f)(a). EGWP PDP Prescription Drug Benefits....87
Covered medications and supplies....91
Preventive medications....98
Section 5(g). Dental Benefits....101
Accidental injury benefit....101
Dental benefits....101
Section 5(h). Wellness and Other Special Features....104
Section 5(i). Point of Service Benefits....107
Point of Service (POS) Benefits....107
Non-PSHB Benefits Available to Plan Members....109
Limited Health Benefit Insurance....109
HMSA Individual Plans....109
Summary of Benefits for the High Option of the HMSA Plan - 2027....134
Summary of Benefits for the Standard Option of the HMSA Plan - 2027....136

Section 5. High and Standard Option Benefits Overview

This Plan offers both a High and Standard Option. Both benefit packages are described in Section 5. Make sure that you review the benefits that are available under the option in which you are enrolled.

The High and Standard Option Section 5 is divided into subsections. Please read Important things you should keep in mind at the beginning of the subsections. Also, read the general exclusions in Section 6; they apply to the benefits in the following subsections. To obtain claim forms, claims filing advice, or more information about our benefits, contact us at 808-948-6499 or on our website at www. hmsa.com/postal.

Each option offers unique features.

- **High Option**
  - $15 copayment per office visit to a Primary Care Provider.
  - $15 copayment per office visit to a Specialist.
  - $200 copayment per inpatient admission.
- **Standard Option**
  - $20 copayment per office visit to a Primary Care Provider.
  - $20 copayment per office visit to a Specialist.
  - 30% coinsurance per inpatient admission.

Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- Prior Approval is required for certain services, supplies, and drugs. Please refer to the information shown in Section 3 to be sure which services, supplies, and drugs require prior approval.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.
- The coverage and cost-sharing listed below are for services provided by physicians and other health care professionals for your medical care. See Section 5(c) for cost-sharing associated with the facility (i.e., hospital, surgical center, etc.).

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Diagnostic and treatment services	**High Option**	**Standard Option**
Professional services of physicians • In physician's office • During a hospital stay • Extended Care Facility • Initial examination of a newborn child • Medical consultations – inpatient and outpatient • At home	Plan Provider $15 copayment per visit Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider $20 copayment per visit (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• In an urgent care center	Plan Provider $20 copayment per visit Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider $25 copayment per visit (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Advance care planning visit	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Benefit Description	You pay	
Telehealth services	**High Option**	**Standard Option**
• Telehealth physician visits Note: • Telehealth services are covered in accordance with HMSA's medical policy for telehealth services.	Plan Provider $15 copayment Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider $20 copayment (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Screening Services – U.S. Preventive Services Task Force (USPSTF) A and B. For a complete list of screenings go to the website at https ://www. uspreventiveservicestaskforce.org	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Online Care Note: Covered, when provided by HMSA Online Care at www. hmsa.com. You must be at least 18 years old. A member who is a dependent minor is covered when accompanied by an adult member. Care is available for 10 minute sessions which may be extended up to 5 additional minutes. Each session is limited to a total of 15 minutes.	Plan Provider Nothing Non-Plan Provider All charges	Plan Provider Nothing Non-Plan Provider All charges
Lab, X-ray and other diagnostic tests	**High Option**	**Standard Option**
Tests, such as: • Blood tests • Urinalysis • Non-routine Pap test • Pathology • Pre-surgical lab	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• X-ray • Non-routine mammogram • CT Scan • MRI • Ultrasound • Electrocardiogram and EEG • Pre-surgical diagnostic testing	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Outpatient thoracic electric bioimpedance in an outpatient setting which includes a physician's office.*	*All charges*	*All charges*

Benefit Description	You pay	
Preventive care, adult	**High Option**	**Standard Option**
• Routine Physical Exam – one per calendar year **The following services are also covered when performed in conjunction with a covered routine physical exam:** • Vision test • Hearing test Note: • For vision and hearing tests not performed in conjunction with a routine physical exam, see Section 5(a) *Hearing services (testing, treatment, and supplies)* and *Vision services (testing, treatment, and supplies).* • Any procedure, injections, diagnostic service, laboratory, or X-ray service done in conjunction with a routine examination and is not included in the preventive recommended listing of services will be subject to the applicable member copayments, coinsurance, and deductible. • To build your personalized list of preventive services go to https://health.gov/myhealthfinder. • The following preventive services are covered at the time interval recommended at each of the links below.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• U.S. Preventive Services Task Force (USPSTF) A and B recommended screenings such as cancer, osteoporosis, depression, diabetes, high blood pressure, total blood cholesterol, HIV, and colorectal cancer. For a complete list of screenings go to the website at https ://www. uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Individual counseling on prevention and reducing health risks	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Preventive care benefits for women such as Pap smears, gonorrhea prophylactic medication to protect newborns, annual counseling for sexually transmitted infections, contraceptive methods, and screening for interpersonal and domestic violence. For a complete list of preventive care benefits for women please visit the Health and Human Services (HHS) website at https ://www. hrsa.gov/womens-guidelines. • To build your personalized list of preventive services go to https://health.gov/myhealthfinder.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Preventive care, adult - continued on next page

Benefit Description	You pay	
Preventive care, adult (cont.)	**High Option**	**Standard Option**
Routine screenings include: • Routine mammogram – covered for women age 40 and older, one every calendar year. Note: A screening at any age may be received more often if the member has a history of breast cancer or if the member's parent or sibling had a history of breast cancer.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Routine use of adult immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) and adopted by the Centers for Disease Control and Prevention (CDC) are covered. A recommendation is considered to be for routine use if it is listed on the Immunization Schedules of the Centers for Disease Control and Prevention. For the current immunization schedule, visit https ://www. cdc.gov/vaccines/imz-schedules/index.html. For a complete list of immunizations covered, please refer to HMSA's medical policy for immunizations. • Standard immunizations • Immunizations for high risk conditions • Travel immunizations Note: There shall be no duplication or coordination of benefits for immunizations covered by the benefits described in this section and any other section of this Brochure. For immunizations for which coverage is available under both this section and *Section 5(f) Prescription Drugs Benefits* or *5(f)(a) PDP EGWP Prescription Drug Benefits*, the benefits under *Section 5 (f) Prescription Drugs Benefits* or *5(f)(a) PDP EGWP Prescription Drug Benefits* apply when the immunization is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Immunizations that are covered under Section *5 (f) Prescription Drugs Benefits* or *5(f)(a) PDP EGWP Prescription Drug Benefits* will not be covered under this section. For all other immunizations for which coverage is available under this section and Section 5(f) Prescription Drugs Benefits or *5(f)(a) PDP EGWP Prescription Drug Benefits*, the benefits under this section shall apply.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Obesity counseling, screening and referral for those persons at or above the USPSTF obesity prevention risk factor level, to intensive nutrition and behavioral weight-loss therapy, counseling, or family centered programs under the USPSTF A and B recommendations are covered as part of prevention and treatment of obesity as follows: • Intensive nutrition and behavioral weight-loss counseling therapy.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Preventive care, adult - continued on next page

Benefit Description	You pay	
Preventive care, adult (cont.)	**High Option**	**Standard Option**
• Family centered programs when medically identified to support obesity prevention and management. Note: Counseling services require Plan approval after 26 visits every 12 months. See Section 3 You need prior Plan approval for certain services – Other services. • For participants below the USPSTF obesity prevention risk factor level, see section *5(a) Treatment Therapies, Medical Nutrition Therapy.* • When anti-obesity medication is prescribed see Section 5(f) or 5(f)(a), if applicable. • When Bariatric or Metabolic surgical treatment or intervention is indicated for severe obesity see Section 5(b).	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Colorectal Cancer Screenings are covered in accord with HMSA's Preventive Services Guidelines for: - Fecal occult blood test - Sigmoidoscopy screening - Colonoscopy screening	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Urinalysis – one per calendar year • Chlamydial infection screening • Gonorrhea infection screening • TB Test	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Double contrast barium enema (DCBE) – once every five years, age 50 and above	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Routine screenings include: • Routine Prostate Specific Antigen (PSA) test – one annually for men age 50 and older	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Preventive care, adult - continued on next page

Benefit Description	You pay	
Preventive care, adult (cont.)	**High Option**	**Standard Option**
Not covered: • *Physical exams required for obtaining or continuing employment or insurance, attending schools or camp, athletic exams, or travel.* • *Immunizations, boosters, and medications for travel or work-related exposure.* *Note: Physical examinations that are needed by a third party and are coincidentally performed as part of a routine annual physical examination are covered.*	*All charges*	*All charges*
Preventive care, children	**High Option**	**Standard Option**
• Well-child visits, examinations, and immunizations as described in the Bright Future Guidelines provided by the American Academy of Pediatrics. For a complete list of the American Academy of Pediatrics Bright Futures Guidelines go to https://brightfutures.aap.org. For preventive immunizations see guidance below. • Routine use of children's immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) and adopted by the Centers for Disease Control and Prevention (CDC) are covered. A recommendation is considered to be for routine use if it is listed on the Immunization Schedules of the Centers for Disease Control and Prevention. For the current immunization schedule, https ://www. cdc.gov/vaccines/imz-schedules/index.html/.For a complete list of immunizations covered, please refer to HMSA's medical policy for immunizations. • You may also find a complete list of U.S. Preventive Services Task Force (USPSTF) A and B recommendations online at https ://www. uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations Note: • For vision and hearing tests not performed in conjunction with a routine physical exam, see Section 5(a) Hearing services (testing, treatment, and supplies) and Vision services (testing, treatment, and supplies). • Any procedure, injection, diagnostic service, laboratory, or X-ray service done in conjunction with a routine examination and is not included in the preventive recommended listing of services will be subject to the applicable member copayments, coinsurance, and deductible.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Preventive care, children - continued on next page

Benefit Description	You pay	
Preventive care, children (cont.)	**High Option**	**Standard Option**
• There shall be no duplication or coordination of benefits for immunizations covered by the benefits in this section and any other section of this Brochure. For immunizations for which coverage is available under both this section and Section 5(f) Prescription Drugs Benefits or 5(f)(a) PDP EGWP Prescription Drugs Benefits, the benefits under Section 5(f) Prescription Drugs Benefits or 5(f)(a) PDP EGWP Prescription Drugs Benefits, apply when the immunization is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Immunizations that are covered under Section 5(f) Prescription Drugs Benefits or 5(f)(a) PDP EGWP Prescription Drugs Benefits, will not be covered under this section. For all other immunizations for which coverage is available under this section and Section 5(f) Prescription Drugs Benefits or 5(f)(a) PDP EGWP Prescription Drugs Benefits, the benefits under this section shall apply. • To build your personalized list of preventive services go to https://health.gov/myhealthfinder	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Obesity counseling, screening and referral for those persons at or above the USPSTF obesity prevention risk factor level, to intensive nutrition and behavioral weight-loss therapy, counseling, or family centered programs under the USPSTF A and B recommendations are covered as part of prevention and treatment of obesity as follows: • Intensive nutrition and behavioral weight-loss counseling therapy, Note: Counseling services require Plan approval after 26 visits every 12 months. See Section 3 *You need prior Plan approval for certain services – Other services*. • Family centered programs when medically identified to support obesity prevention and management by an in-network provider. Note: Counseling services require Plan approval after 26 visits every 12 months. See Section 3 *You need prior Plan approval for certain services – Other services*. • For participants below the USPSTF obesity prevention risk factor level, see section 5(a) *Treatment Therapies, Medical Nutrition Therapy.* • When anti-obesity medication is prescribed. See Section 5(f) and 5(f)(a). • When Bariatric or Metabolic surgical treatment or intervention is indicated for severe obesity see Section 5(b).	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Preventive care, children - continued on next page

Benefit Description	You pay	
Preventive care, children (cont.)	**High Option**	**Standard Option**
Laboratory tests: • Three urinalysis through age five • As recommended by Bright Futures/American Academy of Pediatrics through age 21 Note: Additional tests for children ages six and older, see Section 5(a) *Preventive care, adult.*	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Maternity care	**High Option**	**Standard Option**
Complete maternity (obstetrical) care, includes physician or certified nurse-midwife services for routine: • Prenatal and Postpartum care • Screening for gestational diabetes • Delivery • Screening and counseling for prenatal and postpartum depression • Breastfeeding and lactation support, supplies, and counseling for each birth Notes: As part of your coverage, you have access to in-network, Certified Professional Midwives (CPM) (in states where licensed), Certified Nurse Midwives (CNM), Certified Midwives (CM) (in states where licensed) within the state of Hawaii, home nurse visits and board-certified lactation specialists during the prenatal and post-partum period. You do not need to precertify your vaginal delivery; see Section 3 for other circumstances, such as extended stays for you or your baby. You may remain in the hospital up to 48 hours after a vaginal delivery and 96 hours after a cesarean delivery. We will cover an extended stay if medically necessary, We cover routine nursery care of the newborn child during the covered portion of the mother's maternity stay. We will cover other care of an infant who requires non-routine treatment only if we cover the infant under a Self Plus One or Self and Family enrollment. We pay hospitalization and surgeon services for non-maternity care the same as for illness and injury. Hospital services are covered under Section 5(c) and Surgical benefits Section 5(b).	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Maternity care - continued on next page

Benefit Description	You pay	
Maternity care (cont.)	**High Option**	**Standard Option**
Note: When a newborn requires definitive treatment during or after the mother's hospital stay, the newborn is considered a patient in their own right. If the newborn is eligible for coverage, regular medical or surgical benefits apply rather than maternity benefits. In addition, circumcision is covered at the same rate as for regular medical or surgical benefits.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Breastfeeding and lactation support, supplies and counseling for each birth • Breast pumps - Purchase of one device including attachments are covered when purchased from a provider that provides medical equipment and supplies. • Rental of a hospital-grade breast pump is covered if an infant is unable to nurse directly on the breast due to a medical condition, such as prematurity, congenital anomaly and/or an infant is hospitalized. Note: Hospital-grade rental breast pumps require prior approval. See Section 3 *You need prior Plan approval for certain services – Other services.*	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: Routine sonograms to determine fetal age, size, or sex.	*All charges*	*All charges*
Family planning	**High Option**	**Standard Option**
Contraceptive counseling on an annual basis	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
A range of voluntary family planning services, without cost sharing that includes at least one form of contraception in each of the categories in the HRSA supported guidelines. This list includes: • Voluntary female sterilization • Surgically implanted contraceptives • Injectable contraceptive drugs (such as Depo-Provera) • Intrauterine devices (IUDs) • Diaphragms Note: • See additional Family Planning and Prescription drug coverage in Section 5(f) or 5(f)(a), if applicable.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Family planning - continued on next page

Benefit Description	You pay	
Family planning (cont.)	**High Option**	**Standard Option**
Note: Your plan offers some type of voluntary female sterilization surgery coverage at no cost to members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any type of voluntary female sterilization surgery that is not already available without cost sharing can be accessed through the contraceptive exceptions process described below. If you have a problem receiving surgical contraception, a surgical contraception exception process is available. You or your provider may submit a request by completing the HMSA Plan for Postal Service Employees and Annuitants Surgical Contraception Exception Form available at https ://www. hmsa.com/employer/postal/ under the More resources section. The request should include all information requested on the form, including member information, provider information, procedure requested, and any other relevant clinical information necessary for HMSA to make a determination. This exception process does not require you to first use the PSHB disputed-claims process. Once HMSA receives sufficient information to make a determination, HMSA will respond within 24 hours or by the next business day. If you have problems obtaining contraceptives coverage or other reproductive healthcare from this plan, you can contact contraception@opm.gov. Once we have been contacted with exception request information sufficient for us to make a determination, you will receive a response within 24 hours or the next business day. Contraceptive exception requests are not subject to Section 8. The Disputed Claims Process. If you have difficulty accessing contraceptive coverage or other reproductive healthcare, you can contact contraception@opm.gov.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Voluntary male sterilization.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Genetic Testing and Genetic Counseling Note: • Genetic testing and genetic counseling is covered only when you meet our criteria.	Plan Provider Nothing	Plan Provider Nothing

Family planning - continued on next page

Benefit Description	You pay	
Family planning (cont.)	**High Option**	**Standard Option**
• Genetic testing and genetic counseling require prior approval. See Section 3 *You need prior Plan approval for certain services - Other services.*	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Reversal of voluntary surgical sterilization* • *Genetic counseling, except as identified on the U.S. Preventive Services Task Force list of Grade A and B recommendations and as identified in the Family planning section*	*All charges*	*All charges*
Infertility services	**High Option**	**Standard Option**
Infertility is the failure to achieve a successful pregnancy after regular, unprotected intercourse or artificial insemination for 12 months or more (6 months for individuals over age 35). Infertility may also be established through an evaluation based on medical history and diagnostic testing. Diagnosis and treatment of infertility specific to: • Artificial insemination (AI): - Intravaginal insemination (IVI) - Intracervical insemination (ICI) - Intrauterine insemination (IUI) Note: Coverage determination for follicle stimulating hormones and luteinizing hormones are outlined in our Artificial Insemination medical policy on our website: www. hmsa.com/employer/postal. • Assisted Reproductive Technology Procedures: - Gamete Intra-Fallopian Transfer (GIFT) - Zygote Intra-Fallopian Transfer (ZIFT) • In Vitro Fertilization (IVF) Note: Coverage is limited to a one time only benefit per plan option for one outpatient in vitro procedure in accord with our criteria and in compliance with Hawaii law. Go to our website www. hmsa.com/employer/postal for the link to our medical policy. • Injectable fertility drugs Note: - We cover oral fertility drugs under the prescription drug benefit. See Section 5(f) or 5(f)(a), if applicable. - We cover 3 cycles of IVF drugs per year.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Infertility services - continued on next page

Benefit Description	You pay	
Infertility services (cont.)	**High Option**	**Standard Option**
Fertility preservation for iatrogenic infertility: • Procurement of sperm or eggs including medical, surgical, and pharmacy claims associated with retrieval; • Cryopreservation of sperm and mature oocytes; and Cryopreservation storage costs for a minimum of one year. Note: There are no dollar limits.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Services and supplies related to ART procedures except In Vitro Fertilization, GIFT and ZIFT* • *Services of a surrogate* • *Cost of donor sperm* • *Cost of donor egg* • *Any donor-related services, including but not limited to collection, storage, and processing of donor eggs and sperm except for iatrogenic infertility or medical and surgical gender transition.* • *Cryopreservation of oocytes, semen, and embryos for non-iatrogenic infertility or medical and surgical gender transition.*	*All charges*	*All charges*
Allergy care	**High Option**	**Standard Option**
• Testing and treatment • Allergy injections • Treatment materials	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Allergy serum	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: Provocative food testing.	*All charges*	*All charges*

Benefit Description	You pay	
Treatment therapies	**High Option**	**Standard Option**
• Chemotherapy and radiation therapy Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed under Organ/Tissue Transplants starting on page 54. • Respiratory and inhalation therapy • Outpatient cardiac rehabilitation or intensive cardiac rehabilitation following a qualifying event Note: Coverage for outpatient cardiac rehabilitation and intensive cardiac rehabilitation are in accord with HMSA's medical policies for cardiac rehabilitation in the outpatient setting. Note: Coverage is limited to one cardiac rehabilitation or intensive cardiac rehabilitation program per qualifying event. Note: • Cardiac rehab - Up to 36 sessions per rolling year. • Intensive cardiac rehab - Up to 72 sessions per rolling year. • Dialysis – hemodialysis and peritoneal dialysis • Intravenous (IV)/Infusion Therapy – Home IV and antibiotic therapy and Intravenous nutrient solutions for primary diet • Outpatient medical drugs and supplies self-administered under the supervision of a provider or when a provider is required to administer medication or biological therapeutics and biopharmaceuticals • Specialty Medical Drugs – Outpatient drugs and supplies self-administered under the supervision of a provider or when a provider is required to administer medication or biological therapeutics and biopharmaceuticals • Specialty Self-Injectables Note: For Specialty inhaled drugs and specialty oral drugs, see Section 5(f) *Prescription Drug Benefits*. Note: Home IV Therapy, some medical drugs, and some injections require prior approval. See Section 3 *You need prior Plan approval for certain services - Other services.* • Medical foods and low-protein modified food products for the treatment of inborn errors of metabolism in accord with Hawaii Law and Plan guidelines. • Growth hormone therapy (GHT)	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Treatment therapies - continued on next page

Benefit Description	You pay	
Treatment therapies (cont.)	**High Option**	**Standard Option**
Note: We only cover GHT when we prior approve the treatment. We will ask you to submit information that establishes that the GHT is medically necessary. Ask us to authorize GHT before you begin treatment. We will only cover GHT services and related services and supplies that we determine are medically necessary. See Section 3 *You need prior Plan approval for certain services - Other services.* Note: Drugs must be FDA approved. See Section 3 *You need prior Plan approval for certain services - Other services.* • Applied Behavior Analysis (ABA) Therapy Note: Applied Behavior Analysis Therapy requires prior approval, see Section 3 Y*ou need prior Plan approval for certain services - Other services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Medical Nutrition Therapy Medical Nutrition Therapy for medical conditions such as: • Chronic Kidney Disease • Eating Disorders Note: • Participants must meet HMSA's eligibility criteria and guidelines. • Eating disorders must be diagnosed by a qualified provider. • Medical Nutrition Therapy must be rendered by a qualified provider. A qualified provider is a recognized provider practicing within the scope of their license. • For USPSTF nutrition counseling, see section 5(a) *Preventive care, adult, Screening Services.*	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not Covered • *Biofeedback and other forms of self-care or self-help training and any related diagnostic testing.* • *Recreational Therapy not limited to:* - *wilderness therapy,* - *outdoor skills programs and* - *any other services provided in conjunction or related to (or as part of) those programs.*	*All charges*	*All charges*

Benefit Description	You pay	
Physical and occupational therapies	**High Option**	**Standard Option**
Physical and occupational therapies are covered: • When the therapy is provided by a qualified provider of physical and occupational therapy services. A qualified provider is one who is licensed appropriately, performs within the scope of their license and is recognized by HMSA. • In accord with HMSA's medical policies for habilitative services and devices and for rehabilitative services and devices. Note: • Prior approval is required for physical and occupational therapy subject to HMSA's criteria. Plan providers obtain approval for you, non-Plan providers do not. See Section 3 *You need prior Plan approval for certain services - Other services.* • Rehabilitation is the process of evaluation, treatment and education for the purpose of improving or restoring skills and functions lost or impaired due to illness or injury. • Rehabilitative services and devices are healthcare services that assist an individual in improving or restoring skills and functions of daily living that have been lost or impaired due to illness or injury. • Habilitation is the process of evaluation, treatment and education for the purpose of developing, improving and maintaining skills and function that the individual has not previously possessed or did not fully develop. • Habilitative services and devices are healthcare services that assist an individual in partially or fully acquiring skills and functions of daily living.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Maintenance therapy: Maintenance therapy is treatment provided to maintain function or prevent regression after treatment goals have been met or when no further functional improvement is expected.* • *Exercise programs, except as offered through an HMSA program. See Section 5(a) Pulmonary rehabilitation.*	*All charges*	*All charges*
Pulmonary rehabilitation	**High Option**	**Standard Option**
Pulmonary rehabilitation is a multidisciplinary approach to reducing symptoms and improving quality of life in patients with compromised lung function. • Benefits are not provided for maintenance programs. • Participants must meet HMSA's eligibility criteria and guidelines.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Pulmonary rehabilitation - continued on next page

Benefit Description	You pay	
Pulmonary rehabilitation (cont.)	**High Option**	**Standard Option**
Note: These services require prior approval. See Section 3 *You need prior Plan approval for certain services - Other services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Speech therapy	**High Option**	**Standard Option**
Speech therapy services include: • Speech/language therapy • Swallow/feeding therapy • Aural rehabilitation therapy • Augmentative/alternative communication therapy We only cover therapy: • When rendered by and requires the judgment and skills of a speech language pathologist certified as competent (CCC-SLP) by the American Speech-Language Hearing Association (ASHA). Prior approval is required for speech therapy subject to HMSA's criteria. Plan providers obtain approval for you, non-Plan providers do not. See Section 3 *You need prior Plan approval for certain services - Other services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Hearing services (testing, treatment, and supplies)	**High Option**	**Standard Option**
Hearing testing performed in conjunction with a physical exam for children up to age 22. See Section 5(a) *Preventive care, children.*	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Hearing aids and Diagnostic hearing tests. See Section 5 (a) *Orthopedic and prosthetic devices.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Benefit Description	You pay	
Vision services (testing, treatment, and supplies)	**High Option**	**Standard Option**
• Eyeglasses or contact lenses for certain medical conditions limited to one pair of eyeglasses, replacement lenses, or contact lenses (or equivalent supply of disposable contact lenses) per incident. • Annual vision exam and eye refraction Note: • For vision tests performed in conjunction with a routine physical exam, see Section 5(a) *Preventive care, adult and children.* For information on your out-of-pocket maximum, see Section 4 *Your Cost for Covered Services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Eyeglasses or contact lenses, except as shown above* • *Eye exercises and orthoptics* • *Radial keratotomy and other refractive surgery* • *Contact lens fitting*	*All charges*	*All charges*
Foot care	**High Option**	**Standard Option**
Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Cutting, trimming or removal of corns, calluses, or the free edge of toenails, and similar routine treatment of conditions of the foot, except as stated above* • *Treatment of weak, strained or flat feet or bunions or spurs; and of any instability, imbalance or subluxation of the foot (except for surgical treatment)*	*All charges*	*All charges*
Orthopedic and prosthetic devices	**High Option**	**Standard Option**
• Artificial limbs and eyes • Externally worn breast prostheses and surgical bras, including necessary replacements following a mastectomy • Hearing Aids, limited to: - one per ear every 60 months - Repair or replacements require prior approval. See Section 3 *You need prior Plan approval for certain services – Other services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Orthopedic and prosthetic devices - continued on next page

Benefit Description	You pay	
Orthopedic and prosthetic devices (cont.)	**High Option**	**Standard Option**
• Hearing aid evaluation Note: For hearing tests performed in conjunction with a routine physical exam, see Section 5(a) *Preventive care, adult and children.* • Diagnostic hearing test • Prosthetic devices, such as artificial limbs and lenses following cataract removal • Orthopedic devices, such as braces • Spinal orthoses Note: Spinal orthoses requires prior approval, see Section 3 *You need prior Plan approval for services – Other services.* • Orthodontic services for the treatment of orofacial anomalies. Note: Orthodontic services requires prior approval, see Section 3 *You need prior Plan approval for certain services - Other services.* • Gradient Compression Garments - Must be prescribed by a provider and meet HMSA criteria • Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants and batteries, and surgically implanted breast implant following mastectomy Note: See Section 5(b) for coverage of the surgery to insert the device.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Nonstandard or deluxe hearing aids and hearing aid features* • *All other hearing tests* • *Fitting and Adjustments of hearing aids* • *Hearing aid batteries, except cochlear implant batteries* • *Orthopedic and corrective shoes, podiatric shoes, arch supports, heel pads and heel cups* • *Orthotics and prosthetics primarily for participation in sports or leisure activities* • *Foot orthotics, except under the following conditions:* - *Foot orthotics for persons with specific diabetic conditions per Medicare guidelines;* - *Foot orthotics for persons with partial foot amputations;*	*All charges*	*All charges*

Orthopedic and prosthetic devices - continued on next page

Benefit Description	You pay	
Orthopedic and prosthetic devices (cont.)	**High Option**	**Standard Option**
- *Foot orthotics that are an integral part of a leg brace and are necessary for the proper functioning of the brace; and* - *Rehabilitative foot orthotics that are prescribed as part of post-surgical or post-traumatic casting care.* • *Corsets, trusses, elastic stockings, support hose, and other supportive devices* • *Microprocessor-controlled/computer-controlled and myoelectric components for lower and upper limb prosthetics and orthotic devices* • *Services or supplies related to the treatment and or prevention of baldness or hair loss regardless of condition. This includes hair transplants and topical medications.*	*All charges*	*All charges*
Durable medical equipment (DME)	**High Option**	**Standard Option**
We cover rental or purchase of prescribed durable medical equipment, at our option, including repair and adjustment. Covered items include: • Oxygen • Dialysis equipment • Hospital beds • Mobility assistive equipment (wheelchairs, crutches, walkers, power mobility devices) • Blood glucose monitors • Insulin pumps Note: There shall be no duplication or coordination of benefits for equipment or supplies covered by the benefits described in this section and any other section of this Brochure. For equipment or supplies for which coverage is available under both this section and Section *5(f) Prescription Drug Benefits* or *5(f)(a) PDP EGWP Prescription Drug Benefits*, the benefits under Section *5 (f) Prescription Drug Benefits* or *5(f)(a) PDP EGWP Prescription Drug Benefits* apply when the equipment or supply is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Equipment or supplies that are covered under Section 5(f) Prescription Drug Benefits or 5(f)(a) PDP EGWP Prescription Drug Benefits will not be covered under this section. For all other equipment or supplies for which coverage is available under this section and Section *5(f) Prescription Drug Benefits* or *5(f)(a) PDP EGWP Prescription Drug Benefits*, the benefits under this section shall apply.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Durable medical equipment must meet all of the following criteria:	Plan Provider 20% of eligible charges	Plan Provider 30% of eligible charges (deductible applies)

Durable medical equipment (DME) - continued on next page

Benefit Description	You pay	
Durable medical equipment (DME) (cont.)	**High Option**	**Standard Option**
• FDA-approved for the purpose that it is being prescribed. • Able to withstand repeated use. • Primarily and customarily used to serve a medical purpose. • Appropriate for use in the home. *Home* means the place where you live other than a hospital or extended care or intermediate nursing facility. • Necessary and reasonable for the treatment of an illness or injury, or to improve the functioning of a malformed body part. It should not be useful to a person in the absence of illness or injury. • Can be rented or purchased, however, certain items are covered only as rentals. • Repair and replacement of durable medical equipment is covered subject to certain limitations and exclusions. Please call for details. • Supplies and accessories necessary for the effective functioning of the equipment are covered subject to certain limitations and exclusions. Call us for details. See Section 3 *You need prior Plan approval for certain services - Other services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Environmental Control Equipment and Supplies such as air conditioners, humidifiers, dehumidifiers, air purifiers or sterilizers, water purifiers, vacuum cleaners, or supplies such as filters, vacuum cleaner bags, and dust mite covers.* • *Hygienic equipment* • *Exercise equipment* • *Items primarily for participation in sports or leisure activities* • *Educational equipment* • *Comfort or convenience items* • *Duplicate durable medical equipment and supplies, orthotics and external prosthetics, and vision and hearing appliances that are intended to be used as a back-up device, for multiple residences, or for traveling, e.g., a second wheeled mobility device specifically for work or school use or a back-up manual wheelchair when a power wheelchair is the primary means of mobility.*	*All charges*	*All charges*

Durable medical equipment (DME) - continued on next page

Benefit Description	You pay	
Durable medical equipment (DME) (cont.)	**High Option**	**Standard Option**
• *Repairs or replacements of durable medical equipment and supplies, orthotics and external prosthetics, and vision and hearing appliances covered under the manufacturer or supplier warranty or that meet the same medical need as the current item but in a more efficient manner or is more convenient, when there is no change in your medical condition.*	*All charges*	*All charges*
Home health services	**High Option**	**Standard Option**
• Home healthcare ordered by a Plan physician and provided by a qualified home health agency for the treatment of an illness or injury when you are homebound. *Homebound* means that due to an illness or injury, you are unable to leave home or if you leave home, doing so requires a considerable and taxing effort. • Services provided for up to 150 visits per calendar year. Note: If you need home healthcare services for more than 30 days, a physician must certify that there is further need for the services and provide a continuing plan of treatment at the end of each 30-day period of care.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Nursing care requested by, or for the convenience of, the patient or the patient's family.* • *Home care primarily for personal assistance that does not include a medical component and is not diagnostic, therapeutic, or rehabilitative.*	*All charges*	*All charges*
Chiropractic	**High Option**	**Standard Option**
• Chiropractic manipulation Prior plan approval is required for chiropractic services subject to HMSA's criteria. Plan providers obtain approval for you, non-Plan providers do not. See Section 3 *You need prior Plan approval for certain services - Other services.*	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Alternative treatments	**High Option**	**Standard Option**
No Benefit	*All charges*	*All charges*

Benefit Description	You pay	
Educational classes and programs	**High Option**	**Standard Option**
All educational classes and programs must be received through HMSA. Call 808-948-6499 for more information. • Disease Management Programs Programs are available for members with asthma, diabetes, cardiovascular disease, chronic obstructive pulmonary disease (COPD), behavioral health conditions (mental health and substance use disorder), Chronic Kidney Disease (CKD), and normal and at-risk pregnancies. The programs offer services to help you and your physician manage your care and make informed health choices. • Tobacco Cessation Program Tobacco programs are available through the Hawaii Tobacco Quitline® for members who need help to quit tobacco use, including coaching methods through online support, phone consultations, or both. For more information contact the Hawaii Tobacco Quitline®, toll-free at 800-QUIT-NOW, (1-800-784-8669). Note: Prescribed Over-the-Counter (OTC) and prescription drugs approved by the FDA to treat tobacco dependence, see Section 5(f) *Prescription Drug Benefits.*	Plan Provider Nothing Non-Plan Provider All charges	Plan Provider Nothing Non-Plan Provider All charges
Not covered: • *Weight reduction programs*	*All charges*	*All charges*

Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read Section 4, Y*our Costs for Covered Services*, for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The services listed below are for the charges billed by a physician or other healthcare professional for your surgical care. See Section 5(c) for charges associated with a facility (i.e. hospital, surgical center, etc.). Note: Organ/tissue transplant services billed by Blue Distinction Centers for Transplants and most Contracted Providers will include both the physician and facility charges.
- For cornea, kidney, and intestinal transplant related services billed by a Plan provider see section 5(a).
- **YOU MUST GET PRIOR APPROVAL FOR SOME SURGICAL PROCEDURES**. Please refer to the information on obtaining a prior approval shown in Section 3 to be sure which services require prior approval and identify which surgeries require prior approval.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Surgical procedures	**High Option**	**Standard Option**
Surgery includes preoperative and postoperative care. Note: Non-Plan providers may bill separately for preoperative care, the surgical procedure, and postoperative care. In such cases, the total charge is often more than the eligible charge. You are responsible for any amount that exceeds the eligible charge. Surgical procedures, such as: • Operative procedures • Treatment of fractures, including casting • Acne treatment destruction of localized lesions by chemotherapy (excluding silver nitrate) • Cryotherapy • Diagnostic injections including catheter injections into joints, muscles, and tendons • Electrosurgery • Correction of amblyopia and strabismus • Diagnostic and Endoscopy procedures • Biopsy procedures • Removal of tumors and cysts • Correction of congenital anomalies (see *Reconstructive surgery*)	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Surgical procedures - continued on next page

Benefit Description	You pay	
Surgical procedures (cont.)	**High Option**	**Standard Option**
• Insertion of internal prosthetic devices. See Section 5 (a) *Orthopedic and prosthetic devices* for device coverage information. • Treatment of burns • Newborn circumcision • Surgical treatment of severe obesity (bariatric surgery) is covered with the following criteria: - Patient has a body mass index (BMI) greater than 40 OR patient has a BMI between 35 and 40 with a high-risk comorbidity, such as: severe sleep apnea, Pickwickian syndrome, heart problems, or severe diabetes - OR patient has a BMI between 30 and 34.9 with type II diabetes - There is documentation of failure to lose weight - Only those surgical procedures that have proven long term efficacy and safety in peer reviewed scientific literature will be approved. - Prior approval is required for this surgery. See Section 3 *You need prior Plan approval for certain services - Other services*. Note: • For female surgical family planning procedures see Family Planning Section 5(a) • For male surgical family planning procedures see Family Planning Section 5(a)	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Reversal of voluntary sterilization* • *Routine treatment of conditions of the foot; (see Section 5(a) Foot care)*	*All charges*	*All charges*
Reconstructive surgery	**High Option**	**Standard Option**
• Surgery to correct a functional defect • Surgery to correct a condition caused by injury or illness if: - the condition produced a major effect on the member's appearance - the condition can reasonably be expected to be corrected by such surgery • Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm. Examples of congenital anomalies are: protruding ear deformities; cleft lip; cleft palate; birth marks; webbed fingers; and webbed toes.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Reconstructive surgery - continued on next page

Benefit Description	You pay	
Reconstructive surgery (cont.)	**High Option**	**Standard Option**
• All stages of breast reconstruction surgery following a mastectomy, such as: - surgery to produce a symmetrical appearance of breasts - treatment of any physical complications, such as lymphedemas - breast prostheses and surgical bras and replacements (See Section 5(a) P*rosthetic devices)* Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Cosmetic surgery that are not medically necessary* • *Reversal of gender reassignment surgery* • *Surgery for Sex-Trait Modification to treat gender dysphoria*	*All charges*	*All charges*
Oral and maxillofacial surgery	**High Option**	**Standard Option**
Oral surgical procedures, limited to: • Reduction of fractures of the jaws or facial bones • Surgical correction of cleft lip, cleft palate • Removal of stones from salivary ducts • Excision of leukoplakia or malignancies • Excision of cysts and incision of abscesses when done as independent procedures • Other surgical procedures that do not involve the teeth or their supporting structures	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Oral implants and transplants* • *Procedures that involve the teeth or their supporting structures (such as the periodontal membrane, gingiva, and alveolar bone)* • *Dental surgeries generally done by dentists and not physicians* • *Services, drugs or supplies for nondental treatment of temporomandibular joint (TMJ) syndrome*	*All charges*	*All charges*

Benefit Description	You pay	
Organ/tissue transplants	**High Option**	**Standard Option**
These **solid organ and tissue transplants** are subject to medical necessity and experimental/ investigational review by the Plan. Refer to *Other services* in Section 3 for prior approval procedures. • Autologous pancreas islet cell transplant (as an adjunct to total or near total pancreatectomy) only for patients with chronic pancreatitis • Cornea • Heart • Heart/lung • Intestinal transplants - Isolated small intestine - Small intestine with the liver - Small intestine with multiple organs, such as the liver, stomach, and pancreas • Kidney • Kidney-pancreas • Liver • Lung: single/bilateral/lobar • Pancreas Note: HMSA follows the guidance in the American Society for Transplantation and Cellular Therapy (ASTCT) manuscript for hematopoietic stem cell transplantation only.	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
These **tandem blood or marrow stem cell transplants for covered transplants** are subject to medical necessity review by the Plan. Refer to *Other services* in Section 3 for prior approval procedures. • Autologous tandem transplants for - AL Amyloidosis - Multiple myeloma (de novo and treated) - Recurrent germ cell tumors (including testicular cancer)	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Organ/tissue transplants - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (cont.)	**High Option**	**Standard Option**
Blood or marrow stem cell transplants. The plan extends coverage for the diagnosis as indicated below. Physicians consider many features to determine how diseases will respond to different types of treatment. Some of the features measured are the presence or absence of normal and abnormal chromosomes, the extension of the disease throughout the body, and how fast the tumor cells can grow. By analyzing these and other characteristics, physicians can determine which diseases may respond to treatment without transplant and which diseases may respond to transplant. • Allogeneic transplants for: - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Acute myeloid leukemia - Advanced Hodgkin's lymphoma with recurrence (relapsed) - Advanced Myeloproliferative Disorders (MPDs) - Advanced non-Hodgkin's lymphoma with recurrence (relapsed) - Amyloidosis - Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL) - Hemoglobinopathy - Infantile malignant osteopetrosis - Kostmann's syndrome - Leukocyte adhesion deficiencies - Marrow failure and related disorders (i.e. Fanconi's, Paroxysmal Nocturnal Hemoglobinuria, Pure Red Cell Aplasia) - Mucolipidosis (e.g., Gaucher's disease, metachromatic leukodystrophy, adrenoleukodystrophy) - Myelodysplasia/Myelodysplastic syndromes - Paroxysmal Nocturnal Hemoglobinuria - Phagocytic/Hemophagocytic deficiency diseases (e. g., Wiskott-Adrich syndrome) - Severe combined immunodeficiency - Severe or very severe aplastic anemia - Sickle cell anemia - X-linked lymphoproliferative syndrome	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Organ/tissue transplants - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (cont.)	**High Option**	**Standard Option**
• Autologous transplants for: - Acute lymphocytic or non-lymphocytic (i.e. myelogenous) leukemia - Advanced Hodgkin's lymphoma with recurrence (relapsed) - Advanced non-Hodgkin's lymphoma with recurrence (relapsed) - Amyloidosis - Breast cancer - Epithelial ovarian cancer - Ewing's sarcoma - Medulloblastoma - Multiple myeloma - Neuroblastoma - Pineoblastoma - Testicular, Mediastinal, Retroperitoneal, and Ovarian germ cell tumors	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Mini-transplants performed in a clinical trial setting (non-myeloablative, reduced intensity conditioning or RIC) for members with a diagnosis listed below are subject to medical necessity review by the Plan. Refer to *Other services* in Section 3 for prior approval procedures: • Allogeneic transplants for: - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Acute myeloid leukemia - Advanced Hodgkin's lymphoma with recurrence (relapsed) - Advanced Myeloproliferative Disorders (MPDs) - Advanced non-Hodgkin's lymphoma with recurrence (relapsed) - Amyloidosis - Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL) - Hemoglobinopathy - Marrow failure and related disorders (i.e., Fanconi's, PNH, Pure Red Cell Aplasia) - Myelodysplasia/Myelodysplastic syndromes - Paroxysmal Nocturnal Hemoglobinuria - Severe combined immunodeficiency - Severe or very severe aplastic anemia	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Organ/tissue transplants - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (cont.)	**High Option**	**Standard Option**
• Autologous transplants for: - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin's lymphoma with recurrence (relapsed) - Advanced non-Hodgkin's lymphoma with recurrence (relapsed) - Amyloidosis - Neuroblastoma	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
These blood or marrow stem cell transplants are covered only in a National Cancer Institute or National Institutes of health **approved clinical trial** or a Plan-designated center of excellence if approved by the Plan's medical director in accordance with the Plan's protocol. If you are a participant in a clinical trial, the Plan will provide benefits for related routine care that is medically necessary (such as doctor visits, lab tests, X-rays and scans, and hospitalization related to treating the patient's condition) if it is not provided by the clinical trial. Section 9 has additional information on costs related to clinical trials. We encourage you to contact the Plan to discuss specific services if you participate in a clinical trial. • Allogeneic transplants for: - Advanced Hodgkin's lymphoma - Advanced non-Hodgkin's lymphoma - Beta Thalassemia Major - Early stage (indolent or non-advanced) small cell lymphocytic lymphoma - Multiple myeloma - Sickle Cell anemia • Mini-transplants (non-myeloablative allogeneic, reduced intensity conditioning or RIC) for: - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin's lymphoma - Advanced non-Hodgkin's lymphoma - Breast cancer - Chronic lymphocytic leukemia - Chronic lymphocytic lymphoma/small lymphocytic lymphoma (CLL/SLL) - Chronic myelogenous leukemia - Early stage (indolent or non-advanced) small cell lymphocytic lymphoma - Multiple myeloma	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Organ/tissue transplants - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (cont.)	**High Option**	**Standard Option**
- Myelodysplasia/Myelodysplastic Syndromes - Myeloproliferative disorders (MDDs) - Sarcomas - Sickle cell anemia • Autologous Transplants for: - Advanced childhood kidney cancers - Advanced Ewing sarcoma - Advanced Hodgkin's lymphoma - Advanced non-Hodgkin's lymphoma - Aggressive non-Hodgkin's lymphoma - Breast Cancer - Childhood rhabdomyosarcoma - Epithelial Ovarian Cancer - Mantle Cell (Non-Hodgkin's lymphoma) - Systemic sclerosis	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider Nothing Non-Contracted Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Blue Distinction Centers for Transplants (BDCT) Provider and Contracted Provider 30% of eligible charge (deductible applies) Non-Contracted Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Organ donor services: Note: • We cover related medical and hospital expenses of the donor when we cover the recipient. • We cover donor screening for up to three potential donors and the actual donor for allogeneic bone marrow/stem cell transplants. • This coverage is secondary and the living donor's coverage is primary when: - You are the recipient of an organ from a living donor, and - The donor's health coverage provides benefits for organs donated by a living donor. Please refer to the prior approval information shown in Section 3.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Transplant evaluation (office consultation) Note: For those procedures such as laboratory and diagnostic tests, and psychological evaluations used in evaluating a potential transplant candidate, see Section 5 (a) *Lab, X-ray and other diagnostic tests and* Section 5(e) *Mental health and substance use disorder benefits*.	Plan Provider $15 per visit Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider $20 per visit (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Organ/tissue transplants - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (cont.)	**High Option**	**Standard Option**
Not covered: • *Donor screening tests and donor search expenses, except those performed for the actual donor and for allogeneic bone marrow/stem cell transplant donors as shown above* • *Implants of artificial organs, except for total artificial hearts when used as a bridge to a permanent heart transplant* • *Transplants not listed as covered* • *Mechanical or non-human organs* • *Your transportation for organ or tissue transplant services* • *Transportation of organs or tissues* • *Organ Donor Services when you are donating an organ to someone else*	*All charges*	*All charges*
Anesthesia	**High Option**	**Standard Option**
Professional services provided in: • Hospital (inpatient) • Hospital outpatient department • Extended Care facility • Ambulatory surgical center • Office Note: Professional services include general anesthesia; regional anesthesia; and monitored anesthesia when you meet the Plan's high risk criteria.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read *Section 4. Your Costs for Covered Services,* for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e., hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge (i. e., physicians, etc.) are in Sections 5(a) or (b).
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Inpatient hospital	**High Option**	**Standard Option**
Room and board, such as: • Semiprivate accommodations • General nursing care • Meals and special diets Note: If you want a private room when it is not medically necessary, you pay the additional charge above the semiprivate room rate. Note: Hospital transfers – If you are transferred directly from one hospital to another, a separate per-admission copayment will not be charged for the admission to the second hospital. Hospital Discharge and Readmission – If you are discharged and then readmitted to a hospital (not transferred) whether or not on the same day, a separate per-admission copayment will be charged for your readmission.	Plan Provider $200 per admission (based on semiprivate room rate) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (based on semiprivate room rate)	Plan Provider 30% of eligible charge (based on semiprivate room rate) (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (based on semiprivate room rate) (deductible applies)
Special care units, such as: • Intensive care • Cardiac care units	Plan Provider $200 per admission Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Inpatient hospital - continued on next page

Benefit Description	You pay	
Inpatient hospital (cont.)	**High Option**	**Standard Option**
Other hospital services and supplies, such as: • Operating, recovery, maternity, and other treatment rooms • Prescribed drugs and medications • Diagnostic laboratory tests and X-rays • Administration of blood and blood products • Blood or blood plasma cost, blood processing, blood bank services • Dressings, splints, casts, and sterile tray services • Medical supplies and equipment, including oxygen • Anesthetics, including nurse anesthetist services • Medical supplies, appliances, medical equipment, and any covered items billed by a hospital for use at home	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Custodial care, rest cures, domiciliary or convalescent care* • *Non-covered facilities, such as adult day care, intermediate care facilities, schools* • *Personal comfort items, such as phone, television, barber services, guest meals and beds* • *Private nursing care* • *Additional charges for autologous blood*	*All charges*	*All charges*
Outpatient hospital or ambulatory surgical center	**High Option**	**Standard Option**
Outpatient medical services provided by a hospital or ambulatory surgical center, not related to an outpatient surgery: • Operating, recovery, and other treatment rooms • Prescribed drugs and medications • X-rays • Administration of blood, blood plasma, and other biologicals • Blood and blood plasma cost, blood processing, blood bank services • Pre-surgical testing (non-laboratory) is covered but only when you meet our criteria • Dressings, casts, and sterile tray services • Medical supplies, including oxygen • Anesthetics • Anesthesia service (See Section 5(b) *Anesthesia*)	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Outpatient hospital or ambulatory surgical center - continued on next page

Benefit Description	You pay	
Outpatient hospital or ambulatory surgical center (cont.)	**High Option**	**Standard Option**
Note: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment. We do not cover the dental procedures except those services that are described in the Dental Benefits section.	Plan Provider 20% of eligible charges Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Outpatient medical services provided by a hospital or ambulatory surgical center, not related to an outpatient surgery: • Diagnostic laboratory tests and pathology services • Pre-surgical laboratory tests are covered but only when you meet our criteria Note: For immunizations, see Section 5(a) *Preventive care, Adults*.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Outpatient medical services provided by a hospital or ambulatory surgical center related to a surgery: • Operating, recovery, and other treatment rooms • Prescribed drugs and medications • Diagnostic laboratory tests, X-rays, and pathology services • Administration of blood, blood plasma, and other biologicals • Blood and blood plasma cost, blood processing, blood bank services • Dressings, casts, and sterile tray services • Medical supplies, including oxygen • Anesthetics • Anesthesia service (See Section 5(b) *Anesthesia*) • Orthopedic and prosthetic devices (See Section 5(a) *Orthopedic and prosthetic devices*) Note: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment. We do not cover the dental procedures except those services that are described in the Dental Benefits section.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Benefit Description	You pay	
Extended care benefits/Skilled nursing care facility benefits	**High Option**	**Standard Option**
Extended Care Facility (Skilled Nursing, Sub-acute, and Long-term Acute Care Facilities): Room and Board is covered, but only for semiprivate rooms when: • You are admitted by your provider • Care is ordered and certified by your provider • Care is for skilled nursing care, sub-acute care, or long-term acute care rendered in an extended care facility • We approve the confinement • Confinement is not primarily for comfort, convenience, a rest cure, or domiciliary care • If days exceed 30, the attending physician must submit a report showing the need for additional days at the end of each 30-day period • The confinement is not longer than 100 days in any one calendar year *Services and supplies are covered, including routine surgical supplies, drugs, dressings, oxygen, antibiotics, blood transfusion services, and diagnostic and therapy benefits.*	Plan Provider Nothing (based on semiprivate room) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (based on semiprivate room)	Plan Provider 30% of eligible charge (based on semiprivate room) (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (based on semiprivate room) (deductible applies)
Not covered: Custodial care, rest cures, domiciliary or convalescent care	*All charges*	*All charges*
Hospice care	**High Option**	**Standard Option**
A hospice program provides care (generally in a home setting) for patients who are terminally ill and who have a life expectancy of six months or less. • Inpatient residential room and board • Referral visits	Plan Provider Nothing Non-Plan Provider All charges	Plan Provider Nothing after deductible Non-Plan Provider All charges
Not covered: • *Independent nursing* • *Homemaker services*	*All charges*	*All charges*
Ambulance	**High Option**	**Standard Option**
Ground professional ambulance service is covered when: • Medically appropriate • Services to treat your illness or injury are not available in the hospital or nursing facility where you are an inpatient	Plan Provider Nothing Non-Plan Provider Any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charge (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Section 5(d). Emergency Services/Accidents

Important things to keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read *Section 4. Your Costs for Covered Services,* for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.

What is a medical emergency?

A medical emergency is the sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability, and requires immediate medical or surgical care. Some problems are emergencies because, if not treated promptly, they might become more serious; examples include deep cuts and broken bones. Others are emergencies because they are potentially life-threatening, such as heart attacks, strokes, poisonings, gunshot wounds, or sudden inability to breathe. There are many other acute conditions that we may determine are medical emergencies – what they all have in common is the need for quick action.

What to do in case of emergency:

If you are in an emergency situation, please call your primary care doctor. Your primary care doctor will provide the necessary care, refer you to other Plan providers, or make arrangements with other providers. If you are unable to contact your doctor, contact the local emergency system (e.g., the 911 phone system) or go to the nearest hospital emergency room. If you are hospitalized in non-Plan facilities and Plan doctors believe care can be better provided in a Plan hospital, you will be transferred when medically feasible with any ambulance charges covered in full.

Emergency within and outside our service area:

Emergency care is covered within or outside our Service Area. Please refer to the "You Pay" column below for the applicable emergency care copayment and coinsurance for Plan and non-Plan providers.

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Emergency within our service area	**High Option**	**Standard Option**
Professional emergency services of physicians • In an emergency room	Plan Provider $15 copayment per visit Non-Plan Provider $15 copayment per visit and any difference between our eligible charge and the actual charge	Plan Provider $20 copayment per visit (no deductible) Non-Plan Provider $20 copayment per visit and any difference between our eligible charge and the actual charge (deductible applies)

Emergency within our service area - continued on next page

Benefit Description	You pay	
Emergency within our service area (cont.)	**High Option**	**Standard Option**
• Emergency diagnostic tests • Emergency X-rays	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Emergency laboratory tests • Emergency surgery	Plan Provider Nothing Non-Plan Provider Any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Emergency room facility Note: • Other plan benefits may also apply in addition to the emergency room benefit. However, if you are admitted as an inpatient following a visit to the emergency room, hospital inpatient benefits apply and not emergency room benefits. • For High Option, plan provider services only: - If you receive observation services following a visit to the emergency room, then hospital inpatient benefits apply and not emergency room or outpatient benefits.	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: Elective care or non-emergency care	*All charges*	*All charges*
Emergency outside our service area	**High Option**	**Standard Option**
Professional emergency services of physicians • In an emergency room	Plan Provider $15 copayment per visit Non-Plan Provider $15 copayment per visit and any difference between our eligible charge and the actual charge	Plan Provider $20 copayment per visit (no deductible) Non-Plan Provider $20 copayment per visit and any difference between our eligible charge and the actual charge (deductible applies)
• Emergency diagnostic tests • Emergency X-rays	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Emergency outside our service area - continued on next page

Benefit Description	You pay	
Emergency outside our service area (cont.)	**High Option**	**Standard Option**
• Emergency laboratory tests • Emergency surgery	Plan Provider Nothing Non-Plan Provider Any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Emergency room facility Note: • Other plan benefits may also apply in addition to the emergency room benefit. However, if you are admitted as an inpatient following a visit to the emergency room, hospital inpatient benefits apply and not emergency room benefits. • For High Option, plan provider services only: - If you receive observation services following a visit to the emergency room, then hospital inpatient benefits apply and not emergency room or outpatient benefits.	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: Elective care or non-emergency care	*All charges*	*All charges*
Ambulance	**High Option**	**Standard Option**
Ground professional ambulance service when the following apply: • Transportation begins at the place where an injury or illness occurred or first required emergency care. • Transportation ends at the nearest facility equipped to furnish emergency treatment. • Transportation is for the purpose of emergency treatment. See Section 5(c) for non-emergency service.	Plan Provider Nothing Non-Plan Provider Any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Air ambulance for intra-island or inter-island transportation within the state of Hawaii. • Transportation begins at the place where an injury or illness occurred or first required emergency care • Transportation ends at the nearest facility equipped to furnish emergency treatment • Transportation is for the purpose of emergency treatment	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Ambulance - continued on next page

Benefit Description	You pay	
Ambulance (cont.)	**High Option**	**Standard Option**
Note: Non-Plan provider air ambulance services will be covered the same as Plan provider air ambulance services when our Plan provider is not available to respond to the emergency. To get this benefit, you must first contact the Plan provider. Once we are able to secure the confirmation in writing that they were unable to provide services, you will only be responsible for the copayment amount you would have paid had you received the service from a Plan provider.	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Air Ambulance to the Continental United States • Covered in certain situations when treatment for critical care is not available in Hawaii and air ambulance transportation to the continental US with life supporting equipment and/or a medical support team is needed. Note: Air ambulance services to the continental US requires prior approval. See Section 3 *You need prior Plan approval for certain services*.	Plan Provider 20% of eligible charges Non-Plan Provider 20% of eligible charges	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 30% of eligible charges (deductible applies)
Not covered: • *Transportation from the continental US to Hawaii.* • *Transportation within the continental US.* • *Transportation for patients whose condition allows for transportation via commercial airline.* • *Transportation on a commercial airline.*	*All charges*	*All charges*

Section 5(e). Mental Health and Substance Use Disorder Benefits

Important things to keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- Please refer to the prior approval information shown in Section 3 for services requiring prior approval.
- OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Mental health and substance use disorder benefits	**High Option**	**Standard Option**
When part of a treatment plan we approve, we cover professional services by licensed professional mental health and substance use disorder treatment practitioners when acting within the scope of their license, such as licensed physicians, psychiatrists, psychologists, or clinical social workers, marriage and family therapists, advanced practice registered nurses (APRN), dieticians, or mental health counselors.	Your cost-sharing responsibilities are no greater than for other illnesses or conditions.	Your cost-sharing responsibilities are no greater than for other illnesses or conditions.
Diagnosis and treatment of psychiatric conditions, mental illness, or mental disorders. Services include: • Diagnostic evaluation • Crisis intervention and stabilization for acute episodes • Medication evaluation and management (pharmacotherapy) • Treatment and counseling (including individual or group therapy visits) • Diagnosis and treatment of substance use disorders including detoxification, treatment and counseling • Electroconvulsive therapy	Plan Provider $15 copayment per visit Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider $20 copayment per visit (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Mental health and substance use disorder benefits - continued on next page

Benefit Description	You pay	
Mental health and substance use disorder benefits (cont.)	**High Option**	**Standard Option**
Telehealth services • Telehealth physician visits Note: • Telehealth services are covered in accordance with HMSA's medical policy for telehealth services.	Plan Provider $15 copayment Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider $20 copayment (no deductible) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Screening Services – U.S. Preventive Services Task Force (USPSTF) A and B. For a complete list of screenings go to the website at https ://www. uspreventiveservicestaskforce.org.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider Nothing Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Online Care Note: Covered, when provided by HMSA Online Care at www. hmsa.com. You must be at least 18 years old. A member who is a dependent minor is covered when accompanied by an adult member. Care is available for 10 minute sessions which may be extended up to 5 additional minutes. Each session is limited to a total of 15 minutes.	Plan Provider Nothing Non-Plan Provider All charges	Plan Provider Nothing Non-Plan Provider All charges
• Diagnostic tests • Psychological and neuropsychological testing necessary to determine the appropriate psychiatric treatment • Laboratory tests	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Inpatient services provided and billed by a hospital or other covered facility • Room and board, such as semiprivate or intensive accommodations, general nursing care, meals and special diets, and other hospital services • Inpatient services in approved alternative care settings such as residential treatment, full-day hospitalization	Plan Provider $200 per admission Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Mental health and substance use disorder benefits - continued on next page

Benefit Description	You pay	
Mental health and substance use disorder benefits (cont.)	**High Option**	**Standard Option**
Outpatient services provided and billed by a hospital or other covered facility • Services in approved treatment programs, such as partial hospitalization	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (deductible applies) Non-Plan Provider 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Other training services* • *Services we have not approved* • *Hypnotherapy* *Note: OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.*	*All charges*	*All charges*

Section 5(f). Prescription Drug Benefits

Important things to keep in mind about these benefits:

- We cover prescribed drugs that are FDA approved, as described in the chart beginning on page 74.
- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Your prescriber must obtain prior approval/authorizations for certain prescription drugs and supplies before coverage applies. Prior approval/authorizations must be renewed periodically.
- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Federal or state laws may prevent the pharmacy from accepting unused drugs.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.
- Be sure to read Section 4, *Your Costs for Covered Services,* for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- A PDP EGWP provides prescription drug coverage only. Enrollees are encouraged to review their options under the plan to choose what best serves their needs as the PDP EGWP may not offer the same coverage or pricing.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.
- **The exclusion for hormone treatments for Sex-Trait Modification for gender dysphoria** only pertains to chemical and surgical modification of an individual's sex traits (including as part of "gender transition" services). **We do not exclude coverage for entire classes of pharmaceuticals,** e.g., GnRH agonists may be prescribed during IVF, for reduction of endometriosis or fibroids, and for cancer treatment or prostate cancer/tumor growth prevention.

There are important features you should be aware of. These include:

- **Who can write your prescription.** A recognized provider practicing within the scope of their license.
- **Where you can obtain them?** You may fill the prescription at a Plan or non-Plan pharmacy, by mail, or by a Plan or non-Plan provider. We pay a higher level of benefits when you use a Plan provider than if you use a non-Plan provider.
- **We use a formulary.** We have a managed formulary, called the HMSA Postal Service Drug Formulary which is a list of drugs by therapeutic category, and is meant to assist physicians in their selection of drugs for your treatment. Our formulary consists of:
  - **Tier 1** Preferred Generic Drugs. A drug, which is prescribed or dispensed under its commonly used generic name, no longer protected by patent laws, and is identified by us as "Preferred Generic."
  - **Tier 2**
    - Non-Preferred Generic Drugs. A drug, which is prescribed or dispensed under its commonly used generic name, no longer protected by patent laws, and is identified by us as "Non-Preferred Generic."
    - Preferred Drugs. A Brand Name Drug, contraceptive, supply, or insulin that is identified as preferred or is listed in Tier 2 on the HMSA Postal Service Drug Formulary.
  - **Tier 3** Other Brand Drugs. A Brand Name Drug, contraceptive, supply, or insulin that is not identified as Preferred or is listed in Tier 3 on the HMSA Postal Service Drug Formulary.
  - **Tier 4** Preferred Specialty Drugs. A specialty drug or supply that is identified as a preferred Specialty or is listed in Tier 4 on the HMSA Postal Service Drug Formulary.

- **Tier 5** Non-Preferred Specialty Drugs. A specialty drug or supply that is identified as a non-preferred specialty or is listed in Tier 5 on the HMSA Postal Service Drug Formulary.

If your provider believes a brand name product is necessary or there is no generic available, your provider may prescribe a brand name drug from the formulary list. The list of brand name drugs includes a preferred list of drugs that have been selected to meet patients' clinical and financial needs. Please see our online formulary and drug pricing search tools at the following: www.hmsa.com/postal. Discuss your options with your provider when you need a new prescription.

- **Why use generic drugs?** Generic drugs on the formulary are therapeutically equivalent to the brand name drugs and are less expensive. You may reduce your out-of-pocket costs by choosing to use a generic drug.
- **What is a specialty drug?** Specialty drugs may be considered a brand or generic product, and are typically high in cost (more than $600 per month), and have one or more of the following characteristics:
  - Specialized patient training on the administration of the drug (including supplies and devices needed for administration) is required.
  - Coordination of care is required prior to drug therapy initiation and/or during therapy.
  - Unique patient compliance and safety monitoring requirements.
  - Unique requirements for handling, shipping and storage.
  - Restricted access or limited distribution.
- **Drugs Benefit Management Program.** We have arranged with Plan Pharmacies to assist in managing the usage of certain types of drugs, including drugs listed in the HMSA Postal Service Drug Formulary.
- **Prior Plan Approval.** We have identified certain kinds of drugs listed in the HMSA Postal Service Drug Formulary that require prior approval. See Section 3 - You need prior Plan approval for certain services. The criteria for prior approval are that:
  - The drug is being used as part of a treatment plan
  - There are no equally effective drug substitutes; and
  - The drug meets the “medical necessity” criteria and other criteria as established by HMSA.
- **Step Therapy.** Another type of prior approval. Before we cover selected drugs, you may be required to try one or more specific drugs to treat a particular condition.
- **Quantity Limitation.** Certain drugs may be covered up to a certain quantity. This quantity is not to exceed the FDA maximum recommended dose. Doses that exceed the quantity limits are subject to prior approval.
  A list of these drugs in the HMSA Postal Service Drug Formulary has been distributed to all Plan Pharmacies.
  - Plan Pharmacies will dispense a maximum of a 30-day supply or fraction thereof for first time prescriptions of maintenance drugs. For subsequent refills, the Plan pharmacist may dispense a maximum 90-day supply or fraction thereof after confirming that:
  - You have tolerated the drug without adverse side effects that may cause you to discontinue using the drug, and
  - Your doctor has determined that the drug is effective
- **These are the dispensing limitations.**
  - Prescription drugs prescribed by a doctor and obtained at a pharmacy will be dispensed with a maximum limit of a 30-day supply or fraction thereof. For example, if your physician prescribes a 30-day supply of a drug that is packaged in less than a 30-day quantity, such as a 28-day quantity, the pharmacy will fill the prescription by dispensing one package of the drug. You will owe one copayment for a 30-day supply dispensed, except in medication synchronization situations.
  - Drugs Dispensed in Manufacturer’s Original Unbreakable package: Copayments for prescription drugs that are dispensed in a manufacturer’s original package are determined by the number of calendar days that are covered by the prescription. You will owe one copayment for each prescription for up to 59 days, two copayments for 60-89 days, and three copayments for 90-119 days. Examples of drugs that come in unbreakable packages are insulin, eye drops and inhalers.
  - Refills are available if indicated on the original prescription (maximum allowable by law), provided that the refill prescription is purchased only after 75% of the original prescription has already been used.

- At the discretion of your pharmacist, you may refill your prescriptions for maintenance drugs earlier if you need to synchronize such prescriptions to pick them up at the same time. Your copayment for each prescription may be adjusted accordingly. Please note: certain limitations or restrictions apply.
- A generic equivalent will be dispensed if it is available, unless your physician specifically requires a brand name. If you receive a brand name drug that is on the HMSA Postal Service Drug Formulary when a FDA approved generic drug is available, and your provider has not specified "Dispense as Written" for the brand name drug, you have to pay the generic copayment plus the difference in cost between the brand name drug and the generic.

- **Mail Order and Maintenance Choice®** Prescription Drug Program
  - You may pick up a 3-month supply of prescribed maintenance medications/drugs at:
    - Longs Drugs (CVS Pharmacy);
    - Costco Pharmacies or;
    - Through our mail order pharmacy
  - Mail order and Maintenance Choice® prescriptions are limited to prescribed maintenance medications.
  - Mail order prescription drugs are available only from contracted providers. For a list of contracted providers call us at 808-948-6499.
  - Prescription drugs will be dispensed with a maximum limit of a 90-day supply or fraction thereof. For example, if your provider prescribes a 90-day supply of a drug that is packaged in less than a 30-day quantity, such as a 28-day quantity, the Plan pharmacy will fill the prescription by dispensing three packages of the drug. This amounts to an 84-day quantity since each package contains a 28-day quantity. You will owe the mail order copayment for a 90-day supply.

- **Tier 3 Copayment Exceptions**
  You may qualify to purchase Tier 3 drugs at the lower Tier 2 copayment if you have a chronic condition that lasts at least three months, and have either 1) tried and failed treatment with at least two lower tier formulary alternatives (or one drug in a lower tier if only one alternative is available) within the same or similar class of drug, or 2) all other comparable lower tier drugs are contraindicated based on your diagnosis, other medical conditions or other drug therapy. When prescription drugs become available as therapeutically equivalent over-the-counter drugs, they must have also been tried and failed before a Tier 3 Drug Copayment Exception is approved.

You have failed treatment if you meet 1, 2, or 3 below:

1. Symptoms or signs are not resolved after completion of treatment with the lower tier drugs at recommended therapeutic dose and duration. If there is no recommended therapeutic time, you must have had a meaningful trial and sub-therapeutic response.

2. You experienced a recognized and repeated adverse reaction that is clearly associated with taking the comparable lower tier drugs. Adverse reactions may include but are not limited to vomiting, severe nausea, headaches, abdominal cramping, or diarrhea.

3. You are allergic to the comparable lower tier drugs. An allergic reaction is a state of hypersensitivity caused by exposure to an antigen resulting in harmful immunologic reactions on subsequent exposures. Symptoms may include but are not limited to skin rash, anaphylaxis, or immediate hypersensitivity reaction.

This benefit requires prior approval. You or your physician must provide legible medical records which substantiate the requirements of this section in accord with the Plan's polices and to the Plan's satisfaction.

When prescription drugs become available as therapeutically equivalent over-the-counter drugs, they are considered as comparable therapy for tier lowering.

This exception is not applicable to Non-formulary exceptions, Tier 4 drugs, Tier 5 drugs, controlled substances, off label uses, weight loss drugs, diabetic supplies, other supplies, Tier 3 drugs if there is an FDA approved A rated generic equivalent, compound drugs, or if we have a drug specific policy which has criteria different from the criteria in this section. You can call us to find out if HMSA has a drug policy specific to the drug prescribed for you.

- **Non-Formulary Exceptions**
  If your drug is not listed in one of the five tiers and is not excluded, you may qualify for a non-formulary exception if you have a condition in which treatment with all or three, whichever is less, formulary alternatives within the same or similar

class of drug have been tried and failed or formulary alternatives are contraindicated based on your diagnosis, other medical conditions, or other drug therapy. When prescription drugs become available as therapeutically equivalent over-the-counter drugs, they must have also been tried and failed before a non-formulary exception is approved. You have failed treatment if you meet 1, 2, or 3 of the Tier 3 Copayment Exception criteria, see Tier 3 Copayment Exceptions section above. If you qualify for a non-formulary exception, the Tier 3 benefit applies or the Tier 5 benefit applies for Specialty drugs.

Specialty drugs and oral chemotherapy drugs will be limited to a maximum 30-day supply or fraction thereof. Copayments may be pro-rated when a reduced day supply is dispensed for first time prescriptions. Specialty drugs and oral chemotherapy drugs will not be available through mail order.

- **Coverage between medical plan and prescription drug plan**
  Some drugs may be covered under HMSA Postal Prescription Drug Plan and your HMSA Postal Service Health Benefits Medical Plan. There shall be no duplication or coordination of benefits between the HMSA Postal Prescription Drug Plan and your medical plan.

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Covered medications and supplies	**High Option**	**Standard Option**
We cover the following drugs and supplies prescribed by a recognized provider practicing within the scope of their license and obtained from a Plan or non-Plan Pharmacy, or through our mail order program: • Drugs that, by Federal law of the United States, require a physician's prescription for their purchase, except those listed as *Not covered.* • Injectable drugs limited to those designated as covered in the HMSA Postal Service Drug Formulary on our website at www. hmsa.com or call us at 808-948-6499 for the most current list of covered injectable drugs. Note: Specialty medical drugs self-administered under the supervision of a provider or when a provider is required to administer the drug, outpatient medical drugs self-administered under the supervision of a provider or when a provider is required to administer the drug, and intravenous fluids and drugs for home use may be covered under your medical coverage. See Section *5(a) Treatment therapies*. Drugs for sexual dysfunction • Benefits are limited to the following: - Quantity limits may apply - Up to four doses every 30 days for erectile dysfunction drugs - Up to three months dispensed at a time (Multiple copayments will apply) - Covered for gender approved by FDA	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment Non-Plan Pharmacy $7 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy $35 copayment Non-Plan Pharmacy $35 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge **Tier 3 (Other Brand):** Plan Pharmacy $70 copayment Non-Plan Pharmacy $70 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment (no deductible) Non-Plan Pharmacy $7 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge (deductible applies) **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy 40% of eligible charge (up to $100) (deductible applies) Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies) **Tier 3 (Other Brand):** Plan Pharmacy 45% of eligible charge (up to $600) (deductible applies) Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option**	**Standard Option**
- Physician must certify in advance that the patient has impotence due to organic causes from vascular or neurological disease • Oral fertility drugs	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment Non-Plan Pharmacy $7 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy $35 copayment Non-Plan Pharmacy $35 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge **Tier 3 (Other Brand):** Plan Pharmacy $70 copayment Non-Plan Pharmacy $70 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment (no deductible) Non-Plan Pharmacy $7 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge (deductible applies) **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy 40% of eligible charge (up to $100) (deductible applies) Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies) **Tier 3 (Other Brand):** Plan Pharmacy 45% of eligible charge (up to $600) (deductible applies) Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Diabetic Supplies • Vitamins and minerals limited to: - The treatment of an illness that in the absence of such vitamins and minerals could result in a serious threat to the member's life - Sodium fluoride if dispensed as a single drug to treat tooth decay • Non-FDA approved drugs included in our formulary. • Compound Drugs made with non-specialty, non-bulk chemicals are subject to a Tier 3 copayment. Compound Drugs made with specialty, non-bulk chemicals are subject to a Tier 5 copayment. Tier exceptions are not applicable for compound drugs. • Weight Management Drugs. See Section 3 You need prior Plan approval for certain services - Other services. - Includes Weight Loss Injectable drugs	**Tier 4 (Preferred Specialty):** Plan Pharmacy $160 copayment Non-Plan Provider All charges **Tier 5 (Non-Preferred Specialty):** Plan Pharmacy $320 copayment Non-Plan Provider All charges	**Tier 4 (Preferred Specialty):** Plan Pharmacy 30% of eligible charge (up to $300) (deductible applies) Non-Plan Provider All charges **Tier 5 (Non-Preferred Specialty):** Plan Pharmacy 45% of eligible charge (up to $1,200) (deductible applies) Non-Plan Provider All charges

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option**	**Standard Option**
• Specialty Drugs - Benefits are not available through HMSA's Prescription Drug Mail Order Program - You must purchase these drugs from a Plan Provider - Limited distribution drugs dispensed by a Non-Plan provider will be covered the same as a Plan provider - Limited to up to a 30-day supply dispensed at a time - Copayments may be prorated when a reduced supply of specialty medications is dispensed for the first time. - Includes specialty inhaled drugs and specialty oral drugs Please refer to the prior approval information shown in Section 3.	**Tier 4 (Preferred Specialty):** Plan Pharmacy $160 copayment Non-Plan Provider All charges **Tier 5 (Non-Preferred Specialty):** Plan Pharmacy $320 copayment Non-Plan Provider All charges	**Tier 4 (Preferred Specialty):** Plan Pharmacy 30% of eligible charge (up to $300) (deductible applies) Non-Plan Provider All charges **Tier 5 (Non-Preferred Specialty):** Plan Pharmacy 45% of eligible charge (up to $1,200) (deductible applies) Non-Plan Provider All charges
• Tobacco Cessation Drugs - Includes prescribed over-the-counter Tobacco Cessation Drugs - You must receive a written prescription from a recognized provider practicing within the scope of their license for Tobacco Cessation Drugs Note: Over-the-counter and appropriate prescription drugs approved by the FDA to treat tobacco dependence are covered under the Tobacco Cessation Educational Classes and Programs in Section 5(a).	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (deductible applies)

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option**	**Standard Option**
• Spacers for inhaled drugs and peak flow meters are limited to those designated as covered in the HMSA Postal Service Drug Formulary on our website at www.hmsa.comor call us at 808-948-6499 for the most current list of covered spacers for inhaled drugs or peak flow meters.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing after deductible Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (deductible applies)
• Insulin Note: When obtained by prescription.	**Preferred Brand Insulin:** Plan Pharmacy $7 copayment Non-Plan Pharmacy $7 copayment plus 20% of eligible charges and any difference between our eligible charge and the actual charge **Other Brand Insulin:** Plan Pharmacy $35 copayment Non-Plan Pharmacy $35 copayment plus 20% of eligible charges and any difference between our eligible charge and the actual charge	**Preferred Brand Insulin:** Plan Pharmacy $7 copayment (no deductible) Non-Plan Pharmacy $7 copayment plus 20% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies) **Other Brand Insulin:** Plan Pharmacy 45% of eligible charges (up to $600) (deductible applies) Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and actual charge (deductible applies)
• Contraceptive drugs and devices as listed in the Health Resources and Services Administration site https ://www. hrsa.gov/womens-guidelines. Contraceptive coverage is available at no cost to PSHB The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). - Oral Contraceptives - Contraceptive Rings and Patches - Diaphragms and Cervical Caps - Over-the-counter contraceptive drugs and Note: Your plan offers some type of voluntary female sterilization surgery coverage at no cost to members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any type of voluntary female sterilization surgery that is not already available without cost sharing can be accessed through the contraceptive exceptions process described below.	**Tier 1 (Preferred Generic):** Plan Pharmacy Nothing Non-Plan Pharmacy $7 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy Nothing Non-Plan Pharmacy $35 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge	**Tier 1 (Preferred Generic):** Plan Pharmacy Nothing Non-Plan Pharmacy $7 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge (deductible applies) **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy Nothing Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option**	**Standard Option**
If you have a problem receiving surgical contraception, a surgical contraception exception process is available. You or your provider may submit a request by completing the HMSA Plan for Postal Service Employees and Annuitants Surgical Contraception Exception Form available at https ://www. hmsa.com/employer/postal/ under the More resources section. The request should include all information requested on the form, including member information, provider information, procedure requested, and any other relevant clinical information necessary for HMSA to make a determination. This exception process does not require you to first use the PSHB disputed-claims process. Once HMSA receives sufficient information to make a determination, HMSA will respond within 24 hours or by the next business day. Once we have been contacted with exception request information sufficient for us to make a determination, you will receive a response within 24 hours or the next business day. Contraceptive exception requests are not subject to Section 8. The Disputed Claims Process. If you have problems obtaining contraceptives coverage or other reproductive healthcare from this plan, you can contact contraception@opm.gov. Note: For additional Family Planning benefits see Section 5(a). Note: Over-the-counter contraceptive drugs and devices for men and women approved by the FDA to prevent unintended pregnancy requires a written prescription by a recognized provider practicing within the scope of their license.	**Tier 3 (Other Brand):** Plan Pharmacy Nothing Non-Plan Pharmacy $70 copayment plus 20% of remaining eligible charges and any difference between our eligible charge and the actual charge	**Tier 3 (Other Brand):** Plan Pharmacy Nothing Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
• Internally implanted time-release contraceptive drugs • Contraceptive drugs injected periodically and intrauterine devices	Plan Pharmacy Nothing Non-Plan Pharmacy 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Immunizations and Immunization Administration include: Adult immunizations as listed on the HMSA Immunizations List. • Standard immunizations • Immunizations for high risk conditions • Travel immunizations Children's immunizations as listed on the HMSSA Immunizations List.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing (no deductible) Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (no deductible)

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option**	**Standard Option**
Note: There shall be no duplication or coordination of benefits for immunizations covered by the benefits in this section and any other section of this Brochure. For immunizations for which coverage is available under both this section and *Section 5(a) Preventive care, Adult* or Section *5(a) Preventive care, Children*, the benefits under this section apply when the immunization is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Immunizations that are covered under *Section 5 (a) Preventive care, Adult* or *Section 5(a) Preventive care, Children* will not be covered under this section. For all other immunizations for which coverage is available under this section and *Section 5(a) Preventive care, Adult* or *Section 5(a) Preventive care, Children*, the benefits under this section shall apply.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing (no deductible) Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (no deductible)
Other Supplies include: • Blood glucose non-disposable monitors • Insulin non-disposable pumps Note: There shall be no duplication or coordination of benefits for equipment or supplies covered by the benefits in this section and any other section of this Brochure. For equipment or supplies for which coverage is available under both this section and Section *5(a) Durable medical equipment (DME)*, the benefits under this section apply when the equipment or supply is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Equipment or supplies that are covered under Section *5(a) Durable medical equipment (DME)* will not be covered under this section. For all other equipment or supplies for which coverage is available under this section and *Section 5(a) Durable medical equipment (DME)*, the benefits under this section shall apply.	Plan Pharmacy 20% of eligible charges Non-Plan Pharmacy 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Pharmacy 30% of eligible charges (deductible applies) Non-Plan Pharmacy 40% of eligible charges and any difference between our eligible charge and the actual charge (deductible applies)
Mail Order Drug Program: Preferred Generic Drugs	Nothing	Nothing
Mail Order Drug Program: Non-Preferred Generic Drugs	Nothing	Nothing
Mail Order Drug Program: Preferred Brand Name Drugs	$75 Copayment	40% Coinsurance (up to $200) (deductible applies)
Mail Order Drug Program: Other Brand Name Drugs	$185 Copayment	45% Coinsurance (up to $1200) (deductible applies)
Mail Order Drug Program: Preferred Brand Name Insulin	$11 Copayment	$11 Copayment (deductible applies)
Mail Order Drug Program: Other Brand Insulin	$75 Copayment	45% Coinsurance (up to $1,200) (deductible applies)
Mail Order Drug Program: Tobacco Cessation Drugs	Nothing	Nothing
Mail Order Drug Program: Spacers for inhaled drugs and peak flow meters	Nothing	Nothing after deductible

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option**	**Standard Option**
Mail Order Drug Program: Preventive Care Medications	Nothing	Nothing
Mail Order Drug Program: Oral Contraceptives	Nothing	Nothing
Mail Order Drug Program: Contraceptive Rings and Patches	Nothing	Nothing
Mail Order Drug Program: Over-the-counter contraceptive drugs and devices	Nothing	Nothing
Mail Order Drug Program: Other Supplies	20% of eligible charge	30% of eligible charges (deductible applies)
Not covered: • *Drugs and supplies for cosmetic purposes* • *Drugs to enhance athletic performance* • *Vitamins, nutrients, and food supplements not listed as a covered benefit, even if a physician prescribes or administers them* • *Over-the-Counter drugs, other than:* - *Those designated as covered in the HMSA Postal Service Drug Formulary on our website at* hmsa.com *or call us at 808-948-6499 for the most current list of covered nonprescription medications.* - *Those defined previously in Section 5(f) Prescription Drug Benefits, or 5(f)(a) PDP EGWP Prescription Drug Benefits as covered when prescribed and dispensed by a healthcare professional practicing within the scope of their license and filled by a network* • *Medical supplies such as dressings and antiseptics* • *Compound drugs that do not contain at least one ingredient that has been approved by the S. Food and Drug Administration* • *Compound drugs that are available as a similar commercially available prescription drug product* • *Bulk chemicals* • *Compounds made with bulk chemicals* *Replacement for lost, stolen or destroyed prescriptions* *Note: Prescribed over-the-counter and prescription drugs approved by the FDA to treat tobacco dependence are covered under the Tobacco Cessation Educational Classes and Programs in Section 5(a) Medical Services and Supplies provided by Physicians and Other Healthcare Professionals. (See page 50)*	*All Charges*	*All Charges*

Benefit Description	You pay	
Preventive care medications	**High Option**	**Standard Option**
Medications to promote better health as recommended by ACA as recommended by the U.S. Preventative Services Task Force (USPSTF). • Preventive Medications with USPSTF A and B recommendation. These may include some over-the counter vitamins, nicotine replacement medications, and low dose aspirin for certain patients. For current recommendations go to www. uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations • You must receive a written prescription from a recognized provider practicing within the scope of their license. • These drugs are limited to those listed as covered in the HMSA Postal Service Drug Formulary on our website at www. hmsa.com or call us at 808-948-6499 for the most current list.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (deductible applies)
Rescue Based Agents • Naloxone Nasal Spray Note: • Opioid rescue agents are covered under this Plan with no cost sharing when obtained with a prescription from a plan pharmacy in any over-the-counter or prescription form available such as nasal sprays and intramuscular injections • Initial fill limited to one carton per fill per calendar year. • Subsequent refills to follow copay on page 74. • Benefits are not available through HMSA's Prescription Drug Mail Order Program • For more information consult the FDA guidance at: https ://www. fda.gov/consumers/consumer-updates/access-naloxone-can-save-life-during-opioid-overdose • Or call SAMHSA's National Helpline 1-800-662-HELP (4357) or go to https ://www. findtreatment.samhsa.gov/	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (deductible applies)
Not covered: • *Drugs and supplies for cosmetic purposes* • *Drugs to enhance athletic performance* • *Vitamins, nutrients, and food supplements not listed as a covered benefit even if a physician prescribes or administers them* • *Over-the-Counter drugs, other than:*	*All charges*	*All charges*

Preventive care medications - continued on next page

Benefit Description	You pay	
Preventive care medications (cont.)	**High Option**	**Standard Option**
- *Those designated as covered in the HMSA Postal Service Drug Formulary on our website at www. hmsa.com or call us at 808-948-6499 for the most current list of covered nonprescription medications.* - *Those defined previously in Section 5(f) Prescription Drug Benefits,* or *5(f)(a) PDP EGWP Prescription Drug Benefits as covered when prescribed and dispensed by a healthcare professional practicing within the scope of their license and filled by a network pharmacy.* • *Medical supplies such as dressings and antiseptics* • *Compound drugs that do not contain at least one ingredient that has been approved by the U.S. Food and Drug Administration* • *Compound drugs that are available as a similar commercially available prescription drug product* • *Bulk chemicals* • *Compounds made with bulk chemicals* • *Replacement for lost, stolen or destroyed prescriptions* • *Non-FDA approved drugs, except those included in our drug formulary*	*All charges*	*All charges*

Section 5(f)(a). EGWP PDP Prescription Drug Benefits

Important things to keep in mind about these benefits:

- These prescription drug benefits are for members enrolled in our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP).
- If you are a Postal Service annuitant and their covered Medicare-eligible family member, you will be automatically group enrolled in our PDP EGWP. Contact us for additional information at (808) 948-6174 or 1 (800) 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

Note: Notify us as soon as possible if you or your eligible family member is already enrolled in a Medicare Part D Plan. Enrollment in our PDP EGWP will cancel your enrollment in another Medicare Part D plan.

There are advantages to being enrolled in our PDP EGWP:

- In our PDP EGWP, your cost-share for covered drugs, medications, and supplies will be equal to or better than the cost-share for those enrolled in our standard non-PDP EGWP Prescription Drug Program.
- In our PDP EGWP, you have a pharmacy network that may include pharmacies that are out-of-network or excluded for those enrolled in our standard non-PDP EGWP Prescription Drug Program.

We cover drugs, medications, and supplies as described below and on the following pages.

- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Your prescribers must obtain prior approval/authorizations for certain prescription drugs. Prior approval/authorizations must be renewed periodically.
- Federal or state laws prevent the pharmacy from accepting unused drugs.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works. Also, read Section 9 for information about how we pay if you have other coverage.
- For additional information about HMSA's Medicare Postal Prescription drug plan, including the Evidence of Coverage and other important documents, please visit www. hmsa.com/employer/postal/health-plans-medicare.
- Certain medications may be covered under Medicare Part B or Medicare Part D, depending on the condition being treated.
- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- If you choose to opt out of or disenroll from our PDP EGWP, see Section 9 for additional PDP EGWP information and for our opt-out and disenrollment process. Contact us for assistance with the PDP EGWP opt out and disenrollment process at (808) 948-6174 or 1 (800) 782-4672 toll-free, Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.
- If you were originally group enrolled and chose to disenroll prior to January 1, 2027, you will not be able to rejoin the HMSA Medicare Postal Prescription Drug Program until the next enrollment period.
- If you opt-out from the group enrollment or disenroll any time after January 1, 2027 you will not be eligible to re-enroll prior to the next enrollment period.

- The Medicare Part D calendar year deductible for your primary plan is: $700 per person. Your secondary plan offers an enhanced benefit of a $0 calendar year deductible for drugs that are covered on both the primary and secondary plans. You may be subject to deductible cost for any drug not covered on your secondary plan.

Warning: If you opt out of or disenroll from our PDP EGWP, you will not have any PSHB Program prescription drug coverage. However, you can enroll in our MAPD during Open Season or for a qualifying life event (QLE) and receive PSHB Program Prescription Drug Coverage.

Remember that if you leave this plan and don't have or get another Medicare prescription drug plan or creditable prescription drug coverage (as good as Medicare's prescription drug coverage), you may have to pay a late enrollment penalty in addition to your premium if you enroll in a Medicare prescription drug plan in the future.

If you have any questions, please call us at (808) 948-6174 or 1 (800) 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.]

Note: If you choose to opt out of or disenroll from our PDP EGWP, your premium will not be reduced, and you may have to wait to re-enroll during Open Season or for a QLE. If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty. Contact us for assistance at (808) 948-6174 or 1 (800) 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

Each new enrollee will receive a description of our PDP EGWP Summary of Benefits, a combined prescription drug/Plan identification card, a mail order form/patient profile and a preaddressed reply envelope. For more information, see section 3 - *How You Get Care*.

- HMSA covers prescription drugs and supplies, for members enrolled in the HMSA Medicare Postal Prescription Drug Plan.
- Members with Medicare Part A and/or Part B primary are eligible for the benefits under HMSA Medicare Postal Prescription Drug Plan.

There are important features you should be aware of. These include:

- **Who can write your prescription.** A licensed physician or dentist, and in states allowing it, licensed/certified providers with prescriptive authority prescribing within their scope of practice must prescribe your medication. Your prescribers must have Medicare-approved prescriptive authority.
- **Where you can obtain prescription drugs.** You may fill the prescription at a Plan or non-Plan pharmacy, by mail, or by a Plan or non-Plan provider. We pay a higher level of benefits when you use a Plan provider than if you use a non-Plan provider.
- **Mail Order and Maintenance Choice® Prescription Drug Program**
  - You may pick up a 3-month supply of prescribed maintenance medications/drugs at:
    - Longs Drugs (CVS Pharmacy);
    - Costco Pharmacies or;
  - Through our mail order pharmacy
  - Mail order and Maintenance Choice® prescriptions are limited to prescribed maintenance medications.
  - Mail order prescription drugs are available only from contracted providers. For a list of contracted providers call us at 808-948-6499.

Prescription drugs will be dispensed with a maximum limit of a 90-day supply or fraction thereof. For example, if your provider prescribes a 90-day supply of a drug that is packaged in less than a 30-day quantity, such as a 28-day quantity, the Plan pharmacy will fill the prescription by dispensing three packages of the drug. This amounts to an 84-day quantity since each package contains a 28-day quantity. You will owe the mail order copayment for a 90-day supply.

- **We use a formulary.** We have managed formularies which are a lists of drugs by therapeutic category, and are meant to assist physicians in their selection of drugs for your treatment. Please see our online formulary and drug pricing search tools at the following: www.hmsa.com/postal. The Medicare Part D calendar year deductible for your primary plan is: $700 per person. Your secondary plan offers an enhanced benefit of a $0 calendar year deductible for drugs that are covered on both the primary and secondary plans. You may be subject to deductible cost for any drug not covered on your secondary plan.

The HMSA Postal Service Drug Formulary consists of:

- Tier 1 Preferred Generic Drugs. A drug, which is prescribed or dispensed under its commonly used generic name, no longer protected by patent laws, and is identified by us as “Preferred Generic."
- Tier 2
  - Non-Preferred Generic Drugs. A drug, which is prescribed or dispensed under its commonly used generic name, no longer protected by patent laws, and is identified by us as “Non-Preferred Generic."
  - Preferred Drugs. A Brand Name Drug, contraceptive, supply, or insulin that is identified as preferred or is listed in Tier 2 on the HMSA Postal Service Drug Formulary.
- Tier 3 Other Brand Drugs. A Brand Name Drug, contraceptive, supply, or insulin that is not identified as Preferred or is listed in Tier 3 on the HMSA Postal Service Drug Formulary.
- Tier 4 Preferred Specialty Drugs. A specialty drug or supply that is identified as a preferred Specialty or is listed in Tier 4 on the HMSA Postal Service Drug Formulary.
- Tier 5 Non-Preferred Specialty Drugs. A specialty drug or supply that is identified as a non-preferred specialty or is listed in Tier 5 on the HMSA Postal Service Drug Formulary.

Coordination between your two drug formularies

Your plan provides prescription drug coverage through a Medicare Part D formulary, which serves as your primary drug coverage. If a medication is not included on the Medicare formulary, your plan also offers secondary prescription drug coverage.

Many medications are on both formularies. If a medication appears on both formularies, you will pay the lower of the applicable cost-sharing amounts. Please refer to the website below to check if your medication is on both formularies.

hmsa.com/content/assets/pshb-pdp-formulary-2027.pdf

High Option and Standard Option members have the same coverage and formulary on their primary Medicare plan. Cost shares differ on Secondary coverage. See the benefits table below for cost-shares specific to your plan.

Primary Coverage: Medicare Part D Drug Plan (High Option and Standard Option)

Plan Pharmacy: Retail and Mail Order

25% of the eligible charges and any difference between our eligible charge and the actual charge

Non-Plan Pharmacy:

25% of the eligible charges and any difference between our eligible charge and the actual charge

Insulin:

- 30-Day Supply: The lesser of $35 and 25% coinsurance
- 90-Day Supply: The lesser of $105 and 25% coinsurance
  See the table below for benefits under your secondary coverage.

- **These are the dispensing limitations:**
  Drugs Dispensed in Manufacturer's Original Unbreakable package: Copayments for prescription drugs that are dispensed in a manufacturer's original package are determined by the number of calendar days that are covered by the prescription. You will owe one copayment for each prescription for up to 30 days, two copayments for 31-60 days, and three copayments for 61-90 days. Examples of drugs that come in unbreakable packages are insulin, eye drops and inhalers.

  Refills are available if indicated on the original prescription (maximum allowable by law), provided that the refill prescription is purchased only after 75% or 80% of the original prescription has already been used (depending on the type of medication).

  At the discretion of your pharmacist, you may refill your prescriptions for maintenance drugs earlier if you need to synchronize such prescriptions to pick them up at the same time. Your copayment for each prescription may be adjusted accordingly. Please note: certain limitations or restrictions apply.
  A generic equivalent will be dispensed if it is available, unless your physician specifically requires a brand name. If you receive a brand name drug that is on the HMSA Postal Service Drug Formulary when a FDA approved generic drug is available, and your provider has not specified "Dispense as Written" for the brand name drug, you have to pay the generic copayment plus the difference in cost between the brand name drug and the generic.

- **We may require Utilization Management strategies**
  - ***Prior Plan Approval.*** We have identified certain kinds of drugs listed in the HMSA Postal Service Drug Formulary that require prior approval. See Section 3 - *You need prior Plan approval for certain services*. The criteria for prior approval are that:
    - The drug is being used as part of a treatment plan
    - There are no equally effective drug substitutes; and
    - The drug meets the "medical necessity" criteria and other criteria as established by HMSA.
  - ***Step Therapy.*** Another type of prior approval. Before we cover selected drugs, you may be required to try one or more specific drugs to treat a particular condition.
  - ***Quantity Limitation.*** Certain drugs may be covered up to a certain quantity. This quantity is not to exceed the FDA maximum recommended dose. Doses that exceed the quantity limits are subject to prior approval.

    A list of these drugs in the HMSA Postal Service Drug Formulary has been distributed to all Plan Pharmacies.

    Plan Pharmacies will dispense a maximum of a 30-day supply or fraction thereof for first time prescriptions of maintenance drugs. For subsequent refills, the Plan pharmacist may dispense a maximum 90-day supply or fraction thereof after confirming that:
    - You have tolerated the drug without adverse side effects that may cause you to discontinue using the drug, and
    - Your doctor has determined that the drug is effective.

- **You may request a Formulary Exception**
  Asking for coverage of a drug that is not on the Drug List is sometimes called asking for a formulary exception.

  Your doctor or other prescriber will need to explain the medical reason why you need the exception approved. For a formulary exception request, this is generally accomplished when all or three, whichever is less, formulary alternatives within the same or similar class of drug have been tried and failed or formulary alternatives are contraindicated based on your diagnosis, other medical conditions, or other drug therapy.

  If we agree to cover a drug not on the Drug List, you will need to pay the cost-sharing amount that applies to drugs in Tier 5 (specialty Tier). You cannot ask for an exception to the cost sharing amount we require you to pay for the drug.

If your drug is not listed in one of the five tiers and is not excluded, you may qualify for a non-formulary exception if you have a condition in which treatment with all or three, whichever is less, formulary alternatives within the same or similar class of drug have been tried and failed or formulary alternatives are contraindicated based on your diagnosis, other medical conditions, or other drug therapy. When prescription drugs become available as therapeutically equivalent over-the-counter drugs, they must have also been tried and failed before a non-formulary exception is approved. You have failed treatment if you meet 1, 2, or 3 of the Tier 3 Copayment Exception criteria, see Tier 3 Copayment Exceptions section above. If you qualify for a non-formulary exception you owe the Tier 3 Copayment or Tier 5 copayment for Specialty drugs.

- **A generic equivalent will be dispensed if it is available** unless your physician specifically requires a brand name drug. If you receive a brand name drug when an FDA approved generic drug is available, and your physician has not specified Dispense as Written for the brand name drug, you have to pay the difference in cost between the brand name drug and the generic.
- **Why use generic drugs.** Generic drugs on the formulary are therapeutically equivalent to the brand name drugs and are less expensive. You may reduce your out-of-pocket costs by choosing to use a generic drug.
- **When you do have to file a claim.** You will only need to file a claim when you receive services from non-Plan providers. Please refer to "Section 7. Filling a Claim for Covered Services" and "Section 9. Coordinating Benefits with Medicare and Other Coverage" for more information.
- **If we deny your claim for a prescription drug and you want to appeal,** you, your representative, or your prescriber must request an appeal following the process described in Section 8(a). Medicare PDP EGWP Disputed Claims Process.

PDP EGWP True Out-of-Pocket Cost (TrOOP)

If you are enrolled in the HMSA Medicare Postal Prescription Drug Plan, you have a separate TrOOP cost for prescription drugs purchased while covered under this plan.

High and Standard Option:

After your prescription drugs out-of-pocket costs total $2,400 in any calendar year, you are no longer responsible for any coinsurance/copayment amounts for covered prescription drugs.

Note: Medicare has rules about what counts and what does not count toward your prescription drug out-of-pocket costs. For more information, refer to the Evidence of Coverage for the HMSA Medicare Postal Prescription Drug Plan.

Note: Prescription drug out-of-pocket costs that accumulate towards the prescription drug true out-of- pocket (TrOOP) cost, also count towards the medical out-of-pocket catastrophic maximum as described in Chapter 4.

Benefit Description	You pay	
Covered medications and supplies	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
We cover the following drugs and supplies prescribed by a recognized provider practicing within the scope of their license and obtained from a Plan or non-Plan Pharmacy, or through our mail order program: • Drugs that, by Federal law of the United States, require a physician's prescription for their purchase, except those listed as *Not covered.* • Injectable drugs limited to those designated as covered in the HMSA Medicare Postal Prescription Drug Plan Formulary on our website at www. hmsa.com/employer/postal or call us at 808-948-6499 for the most current list of covered injectable drugs.	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment for up to a 30-day supply Non-Plan Pharmacy $7 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment for up to a 30-day supply Non-Plan Pharmacy $7 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
Note: Specialty injectable drugs and intravenous fluids and drugs for home use may be covered under your medical coverage. See Section 5(a) *Treatment therapies*. Some drugs may be covered under HMSA Medicare Postal Prescription Drug Plan and your HMSA Postal Service Health Benefits Medical Plan. There shall be no duplication or coordination of benefits between the HMSA Postal Prescription Drug Plan and your medical plan. When a drug is covered under both the HMSA Medicare Postal Prescription • Drug Plan and the medical plan, the HMSA Medicare Postal Prescription Drug Plan will pay for the drug. Drugs for sexual dysfunction Benefits are limited to the following: - Quantity limits may apply - Up to four doses every 30 days for erectile dysfunction drugs - Up to three months dispensed at a time (Multiple copayments will apply) - Covered for gender approved by FDA - Physician must certify in advance that the patient has impotence due to organic causes from vascular or neurological disease - Oral Fertility drugs • Diabetic Supplies • Vitamins and minerals limited to: - The treatment of an illness that in the absence of such vitamins and minerals could result in a serious threat to the member's life - Sodium fluoride if dispensed as a single drug to treat tooth decay • Non-FDA approved drugs included in our formulary. • Compound Drugs made with non-specialty, non-bulk chemicals are subject to a Tier 3 copayment. • Compound Drugs made with specialty, non-bulk chemicals are subject to a Tier 5 copayment. Tier exceptions are not applicable for compound drugs. • Weight Management Drugs. See Section 3 *You need prior Plan approval for certain services - Other services*. - Includes Weight Loss Injectable drugs	**Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy $35 copayment for up to a 30-day supply Non-Plan Pharmacy $35 copayment for up to a 30-day supply and any difference between our eligible charge and the actual charge **Tier 3 (Other Brand):** Plan Pharmacy $70 copayment for up to a 30-day supply Non-Plan Pharmacy $70 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Tier 4 (Preferred Specialty):** Plan Pharmacy $160 copayment for up to a 30-day supply Non-Plan Pharmacy $160 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Tier 5 (Non-Preferred Specialty):** Plan Provider $320 copayment for up to a 30-day supply Non-Plan Provider $320 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply	**Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy 40% coinsurance (up to $100) for up to a 30-day supply Non-Plan Pharmacy 60% coinsurance and any difference between our eligible charge and the actual charge for up to a 90-day supply **Tier 3 (Other Brand):** Plan Pharmacy 45% coinsurance (up to $600) for up to a 30-day supply Non-Plan Pharmacy 60% coinsurance and any difference between our eligible charge and the actual charge for up to a 90-day supply **Tier 4 (Preferred Specialty):** Plan Pharmacy 30% coinsurance (up to $300) for up to a 30-day supply Non-Plan Pharmacy 30% coinsurance (up to $900) and any difference between our eligible charge and the actual charge for up to a 90-day supply **Tier 5 (Non-Preferred Specialty):** Plan Provider 45% coinsurance (up to $1,200) for up to a 30-day supply Non-Plan Provider 45% coinsurance (up to $1,200) and any difference between our eligible charge and the actual charge for up to a 90-day supply

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
• Specialty Drugs - Limited distribution drugs dispensed by a Non-Plan provider will be covered the same as a Plan provider - Copayments may be prorated when a reduced supply of specialty medications is dispensed for the first time - Includes specialty inhaled drugs and specialty oral drugs Please refer to the prior approval information shown in Section 3. • Medical Foods Note: Medical Foods may be covered under your medical coverage. See Section *5(a) Treatment Therapies*.	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment for up to a 30-day supply Non-Plan Pharmacy $7 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy $35 copayment for up to a 30-day supply Non-Plan Pharmacy $35 copayment for up to a 30-day supply and any difference between our eligible charge and the actual charge **Tier 3 (Other Brand):** Plan Pharmacy $70 copayment for up to a 30-day supply Non-Plan Pharmacy $70 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Tier 4 (Preferred Specialty):** Plan Pharmacy $160 copayment for up to a 30-day supply Non-Plan Pharmacy $160 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Tier 5 (Non-Preferred Specialty):** Plan Provider $320 copayment for up to a 30-day supply	**Tier 1 (Preferred Generic):** Plan Pharmacy $7 copayment for up to a 30-day supply Non-Plan Pharmacy $7 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Tier 2 (Non-Preferred Generic and Preferred Brand):** Plan Pharmacy 40% coinsurance (up to $100) for up to a 30-day supply Non-Plan Pharmacy 60% coinsurance and any difference between our eligible charge and the actual charge for up to a 90-day supply **Tier 3 (Other Brand):** Plan Pharmacy 45% coinsurance (up to $600) for up to a 30-day supply Non-Plan Pharmacy 60% coinsurance and any difference between our eligible charge and the actual charge for up to a 90-day supply **Tier 4 (Preferred Specialty):** Plan Pharmacy 30% coinsurance (up to $300) for up to a 30-day supply Non-Plan Pharmacy 30% coinsurance (up to $900) and any difference between our eligible charge and the actual charge for up to a 90-day supply **Tier 5 (Non-Preferred Specialty):** Plan Provider 45% coinsurance (up to $1,200) for up to a 30-day supply

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
	Non-Plan Provider $320 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply	Non-Plan Provider 45% coinsurance (up to $1,200) and any difference between our eligible charge and the actual charge for up to a 90-day supply
• Insulin Note: When obtained by prescription.	**Preferred Generic, Generic and Preferred Brand Insulin:** Plan Pharmacy $7 copayment or 25% coinsurance (whichever is less) for up to a 30-day supply Non-Plan Pharmacy $7 copayment or 25% coinsurance (whichever is less) and any difference between our eligible charge and the actual charge for up to a 30-day supply **Non-Preferred Drug and Specialty Insulin:** Plan Pharmacy $35 copayment or 25% coinsurance (whichever is less) for up to a 30-day supply Non-Plan Pharmacy $35 copayment or 25% coinsurance (whichever is less) and any difference between our eligible charge and the actual charge for up to a 30-day supply	**Preferred Generic, Generic and Preferred Brand Insulin:** Plan Pharmacy $7 copayment or 25% coinsurance (whichever is less) for up to a 30-day supply Non-Plan Pharmacy $7 copayment or 25% coinsurance (whichever is less) and any difference between our eligible charge and the actual charge for up to a 30-day supply **Non-Preferred Drug and Specialty Insulin:** Plan Pharmacy $35 copayment or 25% coinsurance (whichever is less) for up to a 30-day supply Non-Plan Pharmacy $35 copayment or 25% coinsurance (whichever is less) and any difference between our eligible charge and the actual charge for up to a 30-day supply
• Tobacco Cessation Drugs - Includes prescribed over-the-counter Tobacco Cessation Drugs - You must receive a written prescription from a recognized provider practicing within the scope of their license for Tobacco Cessation Drugs Note: Over-the-counter and appropriate prescription drugs approved by the FDA to treat tobacco dependence are covered under the Tobacco Cessation Educational Classes and Programs in Section 5(a).	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
• Spacers for inhaled drugs and peak flow meters are limited to those designated as covered in the HMSA Medicare Postal Prescription Drug Plan Formulary on our website at www. hmsa.com or call us at 808-948-6499 for the most current list of covered spacers for inhaled drugs or peak flow meters.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge
Other Supplies include: • Blood glucose non-disposable monitors • Insulin non-disposable pumps Note: There shall be no duplication or coordination of benefits for equipment or supplies covered by the benefits in this section and any other section of this Brochure. For equipment or supplies for which coverage is available under both this section and Section *5(a) Medical Services and Supplies* provided by Physicians and Other Healthcare Professionals, the benefits under this section apply when the equipment or supply is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Equipment or supplies that are covered under Section *5(a) Medical Services and Supplies* provided by Physicians and Other Healthcare Professionals, will not be covered under this section. For all other equipment or supplies for which coverage is available under this section and Section *5(a) Medical Services and Supplies* provided by Physicians and Other Healthcare Professionals, the benefits under this section shall apply.	Plan Pharmacy 20% of eligible charges for up to a 90-day supply Non-Plan Pharmacy 30% of eligible charges and any difference between our eligible charge and the actual charge for up to a 90-day supply	Plan Pharmacy 30% of eligible charges for up to a 90-day supply Non-Plan Pharmacy 40% of eligible charges and any difference between our eligible charge and the actual charge for up to a 90-day supply
Contraceptive drugs and devices as listed in the Health Resources and Services Administration site https ://www. hrsa.gov/womens-guidelines. Contraceptive coverage is available at no cost to PSHB members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). • Oral Contraceptives • Contraceptive Rings and Patches • Diaphragms and Cervical Caps Over-the-counter contraceptive drugs and devices	**Generic:** Plan Pharmacy Nothing Non-Plan Pharmacy $7 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Preferred Brand:** Plan Pharmacy Nothing Non-Plan Pharmacy $35 copayment and any difference between our eligible charge and the actual charge for up to a 90-day supply	**Generic:** Plan Pharmacy Nothing Non-Plan Pharmacy $7 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply **Preferred Brand:** Plan Pharmacy Nothing Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge for up to a 90-day supply

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
Note: Your plan offers some type of voluntary female sterilization surgery coverage at no cost to members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any type of voluntary female sterilization surgery that is not already available without cost sharing can be accessed through the contraceptive exceptions process described below. If you have a problem receiving surgical contraception, a surgical contraception exception process is available. You or your provider may submit a request by completing the HMSA Plan for Postal Service Employees and Annuitants Surgical Contraception Exception Form available at https :// www. hmsa.com/employer/postal/ under the More resources section. The request should include all information requested on the form, including member information, provider information, procedure requested, and any other relevant clinical information necessary for HMSA to make a determination. This exception process does not require you to first use the PSHB disputed-claims process. Once HMSA receives sufficient information to make a determination, HMSA will respond within 24 hours or by the next business day. Once we have been contacted with exception request information sufficient for us to make a determination, you will receive a response within 24 hours or the next business day. Contraceptive exception requests are not subject to Section 8. The Disputed Claims Process. If you have difficulty accessing contraceptive coverage or other reproductive healthcare, you can contact contraception@opm.gov. Note: For additional Family Planning benefits see *Section 5(a) Medical Services and Supplies provided by Physicians and Other Healthcare Professionals*. Note: Over-the-counter contraceptive drugs and devices for men and women approved by the FDA to prevent unintended pregnancy requires a written prescription by a recognized provider practicing within the scope of their license. • Internally implanted time-release contraceptive drugs • Contraceptive drugs injected periodically and intrauterine devices	**Non-Preferred Drug:** Plan Pharmacy Nothing Non-Plan Pharmacy $70 copayment and any difference between our eligible charge and the actual charge for up to a 30-day supply	**Non-Preferred Drug:** Plan Pharmacy Nothing Non-Plan Pharmacy 60% of eligible charges and any difference between our eligible charge and the actual charge for up to a 90-day supply
Mail Order Drug Program: Preferred Generic Drugs	Nothing	Nothing

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
Mail Order Drug Program: Non-Preferred Generic Drugs and Preferred Brand Drugs	Nothing $75 Copayment for up to a 90-day supply	Nothing 40% Coinsurance (up to $200) for up to a 90-day supply
Mail Order Drug Program: Other Brand Drugs	$185 Copayment for up to a 90-day supply	45% Coinsurance (up to $1,200) for up to a 90-day supply
Mail Order Drug Program: Preferred Specialty Drugs	$480 Copayment for up to a 90-day supply	30% Coinsurance (up to $900) for up to a 90-day supply
Mail Order Drug Program: Non-Preferred Specialty Drugs	$960 Copayment for up to a 90-day supply	45% Coinsurance (up to $3,600) for up to a 90-day supply
Mail Order Drug Program: Preferred Generic, Generic and Preferred Brand Insulin	$11 Copayment or 25% coinsurance (whichever is less) for up to a 90-day supply	$11 Copayment or 25% coinsurance (whichever is less) for up to a 90-day supply
Mail Order Drug Program: Non-Preferred Drug and Specialty Insulin	$75 Copayment or 25% coinsurance (whichever is less) for up to a 90-day supply	$75 Copayment or 25% coinsurance (whichever is less) for up to a 90-day supply
Mail Order Drug Program: Tobacco Cessation Drugs	Nothing	Nothing
Mail Order Drug Program: Spacers for inhaled drugs and peak flow meters	Nothing	Nothing
Mail Order Drug Program: Preventive Care Medications	Nothing	Nothing
Mail Order Drug Program: Oral Contraceptives	Nothing	Nothing
Mail Order Drug Program: Contraceptive Rings and Patches	Nothing	Nothing
Mail Order Drug Program: Over-the-counter contraceptive drugs and devices	Nothing	Nothing
Mail Order Drug Program: Other Supplies	20% Coinsurance for up to a 90-day supply	30% Coinsurance for up to a 90-day supply

Benefit Description	You pay	
Preventive medications	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
Medications to promote better health as recommended by ACA as recommended by the U.S. Preventative Services Task Force (USPSTF). • Preventive Medications with USPSTF A and B recommendation. These may include some over-the counter vitamins, nicotine replacement medications, and low dose aspirin for certain patients. For current recommendations go to www. uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations. • You must receive a written prescription from a recognized provider practicing within the scope of their license. These drugs are limited to those listed as covered in the HMSA Medicare Postal Prescription Drug Plan Formulary on our website at www. hmsa.com or call us at 808-948-6499 for the most current list.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge
Immunizations and Immunization Administration include: Adult immunizations as listed on the HMSA Immunizations List. • Standard immunizations • Immunizations for high risk conditions • Travel immunizations Children's immunizations as listed on the HMSA Immunization List. Note: There shall be no duplication or coordination of benefits for immunizations covered by the benefits in this section and any other section of this Brochure. For immunizations for which coverage is available under both this section and Section *5(a) Medical Services and Suppliesprovided by Physicians and Other Healthcare Professionals*, the benefits under this section apply when the immunization is listed in the HMSA Postal Service Drug Formulary and is dispensed from a participating pharmacy or qualified provider. Immunizations that are covered under Section 5(a) will not be covered under this section. For all other immunizations for which coverage is available under this section and Section *5(a) Medical Services and Supplies* provided by Physicians and Other Healthcare Professionals, the benefits under this section shall apply.	Plan Pharmacy Nothing (no deductible) Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing (no deductible) Non-Plan Pharmacy Any difference between our eligible charge and the actual charge (no deductible)

Preventive medications - continued on next page

Benefit Description	You pay	
Preventive medications (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
Rescue Based Agents • Naloxone Nasal Spray Opioid rescue agents are covered under this Plan with no cost sharing when obtained with a prescription from a plan pharmacy in any over-the-counter or prescription form available such as nasal sprays and intramuscular injections. Note: • Initial fill limited to one carton per fill per calendar year. • Subsequent refills to follow copay on page 87. • Benefits are not available through HMSA's Prescription Drug Mail Order Program. • For more information consult the FDA guidance at: https ://www. fda.gov/consumers/consumer-updates/access-naloxone-can-save-life-during-opioid-overdose. • Or call SAMHSA's National Helpline 1-800-662-HELP (4357) or go to https ://www. findtreatment.samhsa.gov/.	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge	Plan Pharmacy Nothing Non-Plan Pharmacy Any difference between our eligible charge and the actual charge
Not covered: • *Drugs and supplies for cosmetic purposes* • *Drugs to enhance athletic performance* • *Vitamins, nutrients, and food supplements not listed as a covered benefit even if a physician prescribes or administers them* • *Over-the-Counter drugs, other than:* - *Those designated as covered in the HMSA Postal Prescription Drug Plan Formulary on our website at www. hmsa.com or call us at 808-948-6499 for the most current list of covered nonprescription medications.* - *Those defined previously in Section 5(f)(a) as covered when prescribed and dispensed by a healthcare professional practicing within the scope of their license and filled by a network pharmacy.* • *Medical supplies such as dressings and antiseptics* • *Compound drugs that do not contain at least one ingredient that has been approved by the U.S. Food and Drug Administration* • *Compound drugs that are available as a similar commercially available prescription drug product* • *Bulk chemicals* • *Compounds made with bulk chemicals*	*All charges*	*All charges*

Preventive medications - continued on next page

Benefit Description	You pay	
Preventive medications (cont.)	**High Option Secondary Coverage**	**Standard Option Secondary Coverage**
• *Replacement for lost, stolen or destroyed prescriptions* • *Non-FDA approved drugs, except those included in our drug formulary*	*All charges*	*All charges*

Section 5(g). Dental Benefits

Important things to keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- If you are enrolled in a Federal Employees Dental/Vision Insurance Program (FEDVIP) Dental Plan, your PSHB Plan will be First/Primary payor of any Benefit payments and your FEDVIP Plan is secondary to your PSHB Plan. See Section 9 *Coordinating Benefits with Medicare and Other Coverage*.
- We cover hospitalization for dental procedures only when a non-dental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. See Section 5(c) for inpatient hospital benefits. We do not cover the dental procedure unless it is described below.
- Be sure to read Section 4, *Your Costs for Covered Services,* for valuable information about how cost-sharing works and for information on your out-of-pocket maximum. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The calendar year deductible is $150 per person under the Standard Option ($300 per Self Plus One and Self and Family enrollment). We added "(no deductible)" to show when the calendar year deductible does not apply.

Benefit Description	You pay	
Note: We state if the calendar year deductible applies to the benefits in this section. There is no calendar year deductible under High Option.		
Accidental injury benefit	**High Option**	**Standard Option**
We cover restorative services and supplies necessary to promptly repair (but not replace) sound natural teeth. The need for these services must result from an accidental injury. Accidental injury is defined as bodily injury sustained solely through violent, external and accidental means.	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	Plan Provider 30% of eligible charges (no deductible) Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge (no deductible)
Dental benefits	**High Option**	**Standard Option**
Preventive dental care • Annual exam/visit • Annual cleaning (prophylaxis)	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	*All charges*
• X-rays [One set of bitewings (1- 4 films) per calendar year] • One full mouth series or panoramic X-ray every 5 years • Periapical X-rays Note: • For Bitewing X-rays taken prior to the Full mouth X-ray and within 12 months, both procedures will be covered.	Plan Provider 30% of eligible charges Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge	*All charges*

Dental benefits - continued on next page

Benefit Description	You pay	
Dental benefits (cont.)	**High Option**	**Standard Option**
• Additional panoramic X-rays may be allowed if taken by an oral surgeon and the previous X-ray is over 12 months old.	Plan Provider 30% of eligible charges Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge	*All charges*
• Teledentistry visit	Plan Provider Nothing Non-Plan Provider 30% of eligible charges and any difference between our eligible charge and the actual charge	*All charges*
Standard dental service for permanent teeth only • Fillings (composite resin for anterior teeth and single, stand-alone facial surfaces of bicuspids only; amalgam; and silicate) • Extractions • Root canal treatment • Treatment for diseases of the gum • Space maintainers • Anesthesia	Plan Provider 30% of eligible charges Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge	*All charges*
Dental Surgery • Incision and drainage of abscess • Alveoplasty • Excision of cysts	Plan Provider 30% of eligible charges Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge	*All charges*
Occlusal Splint When precertified and determined by the Plan, occlusal splint therapy is covered for the treatment of temporomandibular disorder involving the muscles of mastication (chewing). Coverage of occlusal splint therapy is subject to the following limitations. • A removable acrylic appliance is used in conjunction with the therapy • The disorder is present at least one month prior to the start of the therapy and the therapy does not exceed ten weeks • The therapy does not result in any irreversible alteration in the occlusion • It is not intended to be for the treatment of bruxism	Plan Provider or Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge Note: Maximum Plan payment not to exceed $125	*All charges*

Dental benefits - continued on next page

Benefit Description	You pay	
Dental benefits (cont.)	**High Option**	**Standard Option**
• It is not for the prevention of injuries of the teeth or occlusion • The benefit is limited to one treatment episode per lifetime	Plan Provider or Non-Plan Provider 50% of eligible charges and any difference between our eligible charge and the actual charge Note: Maximum Plan payment not to exceed $125	*All charges*
Not covered: • *All other dental services, including topical application of fluoride* • *Major dental services including: dental appliances, such as false teeth, crowns, bridges, and repair of dental appliances* • *Dental prostheses, dental splints (except as covered under occlusal splint therapy), dental sealants, orthodontia, or other dental appliances regardless of the symptoms or illness being treated* • *Dental implants, osseointegration and all related services* • *Vertical bitewings* • *Bitewing taken after the full mouth X-ray and within 12 months* If you have questions or need more information, please call 808-948-6440 on Oahu or (1-800-792-4672) on the mainland or neighbor islands Monday through Friday, 8 a.m. to 5 p.m., or visit our website at www. hmsa.com/employer/postal.	*All charges*	*All charges*

Section 5(h). Wellness and Other Special Features

Feature	Description
CVS Weight Management Program	HMSA offers the CVS Weight Management Program to support members in obesity screening, treatment, and long-term weight management. Participation in this program is voluntary and designed to help members achieve and maintain a healthy weight through evidence-based, clinically appropriate care. Covered services include: • Screening for obesity, including body mass index (BMI) assessment • Intensive Behavioral Therapy (IBT) for obesity, including structured counseling focused on nutrition, physical activity, and behavior change • Medical Nutrition Therapy (MNT) provided by a registered dietitian • Individualized physical activity guidance and lifestyle coaching • Ongoing support through in-person or virtual visits, as appropriate These services are provided as part of a coordinated care approach that emphasizes lifestyle modification as the first-line treatment. Anti-Obesity Medications (AOMs): FDA-approved anti-obesity medications are covered when medically appropriate and prescribed by a qualified provider. Coverage is subject to prior authorization and other utilization management requirements based on clinical guidelines and OPM requirements. For more information on participation requirements, renewal requirements, and the exception process related to anti-obesity medications, please visit https://hmsa.com/employer/postal.
Diabetes Prevention Program	The Diabetes Prevention Program is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle. You may be eligible for the program if you: • Are 18 or older. • Have a body mass index of at least 25 (or at least 23 if you identify as Asian). • Have had at least one of the three following results within the first 12 months of the program: 1. A hemoglobin A1c test between 5.7 and 6.4 percent. 2. Fasting plasma glucose between 100 and 125 mg/dL. 3. Two-hour plasma glucose between 140 and 199 mg/dL. • Haven’t been diagnosed with type 1 or type 2 diabetes (other than gestational diabetes). • Don’t have end-stage renal disease. • Haven’t enrolled in the program before. For more information on the program and how to find a provider, please visit our Diabetes Prevention Program page at https://hmsa.com/well-being/diabetes-prevention/.

Drug Benefits Management Program	We have arranged with Plan Pharmacies to assist in managing the usage of certain kinds of drugs, including drugs listed in the HMSA Postal Service Drug Formulary. We have identified certain kinds of drugs listed in the HMSA Postal Service Drug Formulary that require prior approval. The criteria for prior approval are that: • The drug is being used as part of a treatment plan; • There are no equally effective drug substitutes; and • The drug meets the "medical necessity" criteria and other criteria as established by us. Step Therapy is another type of prior approval. Before we cover selected medications, you may be required to try one or more specific drugs to treat a particular condition. Quantity Limitation. Certain medications may be covered up to a certain quantity. This quantity is not to exceed the FDA maximum recommended dose. Doses that exceed the quantity limits are subject to prior approval. A list of these drugs in the HMSA Postal Service Drug Formulary has been distributed to all participating providers. Plan Pharmacists will dispense a maximum of a 30-day supply or fraction thereof for first time prescriptions of maintenance drugs. For subsequent refills, the Plan pharmacist may dispense a maximum 90-day supply or fraction thereof after confirming that: • You have tolerated the drug without adverse side effects that may cause you to discontinue using the drug, and • Your doctor has determined that the drug is effective.
Flexible Benefits Option	Under the flexible benefits option, we determine the most effective way to provide services. • We may identify medically appropriate alternatives to regular contract benefits as a less costly alternative. If we identify a less costly alternative, we will ask you to sign an alternative benefits agreement that will include all of the following terms in addition to other terms as necessary. Until you sign and return the agreement, regular contract benefits will continue. • Alternative benefits will be made available for a limited time period and are subject to our ongoing review. You must cooperate with the review process. • By approving an alternative benefit, we do not guarantee you will get it in the future. • The decision to offer an alternative benefit is solely ours, and except as expressly provided in the agreement, we may withdraw it at any time and resume regular contract benefits. • If you sign the agreement, we will provide the agreed-upon alternative benefits for the stated time period (unless circumstances change). You may request an extension of the time period, but regular contract benefits will resume if we do not approve your request. • Our decision to offer or withdraw alternative benefits is not subject to OPM review under the disputed claims process. However, if at the time we make a decision regarding alternative benefits, we also decide that regular contract benefits are not payable, then you may dispute our regular contract benefits decision under the OPM disputed claim process (see Section 8).
HMSA Pregnancy and Postpartum Support Program	The HMSA Pregnancy and Postpartum Support Program offers specialty nursing care management and education to pregnant members across all lines of business at no cost. Members may self-enroll in this voluntary program or may be identified as high risk by their health care providers.

	Program goals include member education and satisfaction, breastfeeding for six months or more, appointment adherence, reducing preterm labor and delivery, addressing and assisting with social determinants of health, and reducing preventable admissions to the neonatal intensive care unit.
Healthy Living	HMSA's Healthy Living Program provides support for hypertension through coaching and education focused on improving blood pressure and reducing cardiovascular risk. Services include lifestyle counseling, behavioral coaching, educational resources, and ongoing engagement support. Please visit https://hmsa.com/well-being/healthy-living/ for more information about this program and to enroll.
Medication Therapy Management Program	Medication Therapy Management Program The program aims to improve your health by helping you: • Consolidate your prescriptions to one pharmacy location • Use more cost-effective medications • Increase your knowledge of your medications and condition • Improve your medication adherence • Reduce the risk of adverse drug interactions To enroll in this program, please visit https://www.hmsa.com/employer/postal/member-resources.
Postal Service Plan Digital Diabetes Management Program	The Virta program is available at no cost to eligible members ages 18–79 with type 2 diabetes who meet clinical criteria (e.g., baseline A1c and use of diabetes-specific medication). Members can enroll online, for under 65 years of age at https://www.hmsa.com/employer/postal/health-plans/ for 65+ years of age at https://www.hmsa.com/employer/postal/health-plans-medicare/ after which eligibility is confirmed, and a clinical care team is assigned. Enrolled members receive medical monitoring tools (e.g., glucose/ketone meter, test supplies, scale, and blood pressure cuff if needed) along with educational resources. The program delivers physician-led care, one-on-one health coaching, and ongoing support resources over a limited enrollment period of up to 24 months.
Routine Care Associated With Clinical Trials	Routine care associated with clinical trials is covered in accord with criteria established by us. These services require prior approval. Please refer to the prior approval information shown in Section 3.
Supportive Care Program	The program will offer members with advanced life limiting diseases, who have not elected hospice, access to comprehensive symptom management and care coordination services in addition to life prolonging therapies for a 90-day period. These services are aimed at providing relief of symptoms, spiritual, social and psychological support and access to interdisciplinary care to support the life prolonging therapy. • Participants must meet supportive care eligibility criteria and guidelines • Participants must be referred by their physician or specialist • Participants must obtain necessary specialty referrals if needed for symptom management • Services will be limited to a 90-day period per 12 months.

Section 5(i). Point of Service Benefits

Point of Service (POS) Benefits

Facts about this Plan's POS option

At your option, you may choose to obtain benefits covered by this Plan from non-Plan doctors and hospitals whenever you need care. When you obtain covered non-emergency medical treatment from a non-Plan doctor, you are subject to a higher copayment/coinsurance.

Non-Plan providers are physicians and other healthcare professionals who are not under contract with this Plan.

For out-of-state services under this Plan, non-Plan provider benefits are applied for covered services rendered by non-Blue Cross and/or Blue Shield providers.

What is covered and not covered

- Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals (Section 5(a))
- Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals (Section 5(b))
- Services Provided by a Hospital or Other Facility, and Ambulance Service (Section 5(c))
- Emergency Services/Accidents (Section 5(d))
- Mental Health and Substance Use Disorder Benefits (Section 5(e))
- Prescription Drug Benefits (Section 5(f))
- Dental Benefits (Section 5(g))

Please refer to the general exclusions listed in Section 6 for additional information.

You need prior Plan approval for certain services

You or your physician must obtain prior approval for the services listed in Section 3. A non-Plan provider may not necessarily obtain a prior approval on your behalf. You are responsible for ensuring that the services are prior approved. Services may not be covered if you do not obtain prior approval. If you need more information, call us at 808-948-6499.

You may receive services from a non-Plan provider. Non-Plan provider services have higher out-of-pocket costs. Please refer to the non-Plan provider benefits in Section 5.

Your cost for covered services from non-Plan providers

We calculate our payment and your copayment/coinsurance based on eligible charges. The eligible charge is the lower of either the provider's actual charge or the amount we established as the maximum allowable fee.

Non-Plan providers are not under contract to limit their charges to our eligible charges. You are responsible for any charges in excess of eligible charges.

High Option

We do not have a deductible under the High Option.

Coinsurance is the percentage of our eligible charge that you must pay for your care. After your coinsurance totals $3,000 per person or $9,000 per family of 3 or more enrollment in any calendar year, you are no longer responsible for coinsurance/copayment amounts for covered services. However, coinsurance/copayments for the following services do not count toward your catastrophic protection out-of-pocket maximum and you must continue to pay coinsurance/copayments for these services even after you have met the out-of-pocket maximum:

- Adult Dental Care(19 years of age and older)
- Adult Vision Care (19 years of age and older)

Standard Option

The calendar year deductible is $150 per person under the Standard Option. Under a Self Only enrollment, the deductible is considered satisfied and benefits are payable for you when your covered expenses applied to the calendar year deductible for your enrollment reach $150 under Standard Option. Under Self Plus One enrollment, the deductible is considered satisfied and benefits are payable for you and one other eligible family member when the combined covered expenses applied to the calendar year deductible for your enrollment reach $300 under Standard Option. Under a Self and Family enrollment, the deductible is considered satisfied and benefits are payable for all family members when the combined covered expenses applied to the calendar year deductible for family members reach $300 under Standard Option.

After your copayments and coinsurance total $5,000 for Self Only or $10,000 for Self Plus One, or $10,000 for Self and Family enrollment in any calendar year, you are no longer responsible for any coinsurance/copayment amounts for covered services. If you are enrolled in Self Plus One or Self and Family, each family member must individually meet the $5,000 Self Only out-of-pocket maximum but not to exceed the $10,000 Self and Family out-of-pocket maximum for a family of 3 or more.

Coinsurance for Adult Vision Care do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay coinsurance even after you have met the out-of-pocket maximum.

The following amounts do not count toward meeting your catastrophic protection out-of-pocket maximum and you must continue to be responsible for the amounts below even after you have met the out-of-pocket maximum under the high and standard option.

- Payment for services subject to a maximum once you reach the maximum.
- The difference between the actual charge and the eligible charge that you pay when you receive service from a non-Plan provider.
- Payments for non-covered services.
- Any amounts you owe in addition to your coinsurance/copayment for covered services.

Be sure to keep accurate records of your coinsurance/copayment. We will also keep records of your coinsurance/copayment and track your out-of-pocket maximum.

Hospital/extended care

Your coinsurance for services from a non-Plan facility is 30% of the eligible charges (based on semiprivate room rate) and in addition, you are responsible for any difference between our eligible charge and the actual charge. See Section 5(c). The facility's charge does not include any charges for physician's services. Benefits for physician's services will depend on whether the physician is a Plan provider or non-Plan provider and will be paid according to the benefits listed in Section 5(a). We cannot guarantee that a participating hospital will have participating physicians on staff. Benefits will be paid according to each individual provider and the type of service rendered by the provider.

Emergency benefits

Emergency care is covered within or outside our service area, regardless of whether a Plan provider or non-Plan provider is used. See Section 5(d) for your copayments and coinsurance for services from a non-Plan provider

Non-PSHB Benefits Available to Plan Members

The benefits on this page are not part of the PSHB contract or premium, **and you cannot file a PSHB disputed claim about them**. Fees you pay for these services do not count toward PSHB deductibles or out-of-pocket maximums. These programs and materials are the responsibility of the Plan, and all appeals must follow their guidelines. For additional information contact the Plan at 808-948-6499.

Limited Health Benefit Insurance

If you are a Hawaii resident under the age of 65, you can apply for the following insurance coverage for yourself and your eligible family members. Please call us at 808-538-8900 for more information.

- **Accident Elite** — Accident Elite provides supplemental coverage for costs associated with accidental injury and death occurring on and off-the-job.
- **CriticalCare Elite** — CriticalCare Elite provides supplemental coverage for costs associated with the first positive diagnosis of a covered critical illness.
- **Hospital Confinement Plan** — Hospital Confinement Plan provides coverage in the form of a fixed daily benefit during periods of hospitalization.

HMSA Individual Plans

HMSA offers a variety of individual health plans to choose from. If you are losing this Plan's coverage, you may be eligible to apply for HMSA's Individual Plan Coverage as long as you apply within 31 days of losing your coverage. For more information on these health plans, please visit our website at www. hmsa.com or call 808-948-5555 on Oahu or (1-800-620-4672) on the Neighbor Islands.

HMSA dental offers a selection of Participating Provider Program (PPP) plans which utilize the participating providers in our HMSA Dental PPO network. If you're looking for a dental plan with predictable copays and dental providers offering all your dental needs under one roof, HMSA's Dental HMO plan is the right choice for you. If you have questions or need more information about our dental plans, please call 808-948-5555 on Oahu or (1-800-620-4672) toll-free on the Neighbor Islands Monday through Friday, 8 a.m. to 5 p.m., or visit our website www.hmsa.com/employer/postal.

Note: These dental products are separate and distinct from FEDVIP and therefore, the premiums for these products cannot be deducted on a pre-tax basis.

Section 6. General Exclusions – Services, Drugs and Supplies We Do not Cover

The exclusions in this section apply to all benefits. There may be other exclusions and limitations listed in Section 5 of this brochure. **Although we may list a specific service as a benefit, we will not cover it unless it is medically necessary to prevent, diagnose, or treat your illness, disease, injury, or condition. For information on obtaining prior approval for specific services, such as transplants, see Section 3 *When you need prior Plan approval for certain services*.** Any benefits or services required solely for your employment are not covered by this plan.

We do not cover the following:

- Services, drugs, or supplies you receive while you are not enrolled in this Plan.
- Services, drugs, or supplies not required according to accepted standards of medical, dental, or psychiatric practice.
- Services, drugs, or supplies related to abortions, except when the life of the mother would be endangered if the fetus were carried to term, or when the pregnancy is the result of an act of rape or incest.
- Services, drugs, or supplies you receive from a provider or facility barred from the PSHB Program.
- Services when someone else has the legal obligation to pay for your care, and when, in the absence of this brochure, you would not be charged.
- Services, drugs, or supplies you receive without charge while in active military service.
- Treatments, services or supplies that are prescribed, ordered or recommended primarily for your convenience or the convenience of your provider or caregiver. Such items may include ramps, home remodeling, hot tubs, swimming pools, deluxe/upgraded items, incontinence supplies, or personal supplies.
- Extra care costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient's routine care.
- Research costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes.
- Services or supplies we are prohibited from covering under the Federal Law.
- Services or supplies furnished by yourself, immediate relatives or household members, such as spouse, parents, children, brothers or sisters by blood, marriage or adoption.
- Chemical or surgical modification of an individual's sex traits through medical interventions (to include "gender transition" services).

Section 7. Filing a Claim for Covered Services

This Section primarily deals with post-service claims (claims for services, drugs or supplies you have already received). See Section 3 for information on pre-service claims procedures (services, drugs or supplies requiring prior Plan approval), including urgent care claims procedures. When you see Plan providers, receive services at Plan hospitals and facilities, or obtain your prescription drugs at Plan pharmacies, you will not have to file claims. Just present your identification card and pay your copayment or coinsurance.

You will only need to file a claim when you receive services from non-Plan providers. Sometimes these providers bill us directly. Check with the provider.

If you need to file the claim, here is the process:

Medical and hospital benefits

In most cases, providers, facilities and pharmacies file HIPAA compliant electronic claims for you. In cases where a paper claim must be used, the providers must file on the form CMS-1500, Health Insurance Claim Form. the facilities must file on the UB-04 form; dental services must be on the American Dental Association (ADA) form; and pharmacies must file on the Universal Drug form. For claims questions and assistance, contact us at 808-948-6499.

When you must file a claim – such as for services you receive outside the Plan's service area – submit it on one of the forms indicated above or a claim form that includes the information shown below. Bills and receipts should be itemized and show:

- Covered member's name, date of birth, address, phone number and ID number
- Name and address of the provider or facility that provided the service or supply
- Dates you received the services or supplies
- Diagnosis
- Type of each service or supply
- The charge for each service or supply
- A copy of the explanation of benefits, payments, or denial from any primary payor – such as the Medicare Summary Notice (MSN)
- Receipts, if you paid for your services

Note: Canceled checks, cash register receipts, or balance due statements are not acceptable substitutes for itemized bills.

Submit your claims to:

For Professional claims
HMSA-CMS 1500 claims
P.O. Box 44500
Honolulu, Hawaii 96804-4500
808-948-6499

For Facility claims
HMSA-UB04 claims
P.O. Box 32700
Honolulu, Hawaii 96803-2700
808-948-6499

Prescription drugs

Submit your claims to:

For Prescription drug claims
CVS Health
P.O. Box 52066
Phoenix, AZ 85072-2066

Other supplies or services	**Submit your claims to:** **For Dental claims** **HMSA-Dental claims** **P.O. Box 69436** **Harrisburg, PA 17106-9436** **808-948-6440 or toll free at (1-800-792-4672)** **For Vision claims** **First American Administrators, Inc.** **Attn: OON Claims** **P.O. Box 8504** **Mason, OH 45040-7111**
Post-service claims procedures	We will notify you of our decision within 30 days after we receive your post-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you before the expiration of the original 30-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected. If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information. If you do not agree with our initial decision, you may ask us to review it by following the disputed claims process detailed in Section 8 of this brochure.
Records	Keep a separate record of the medical expenses of each covered family member as deductibles and maximum allowances apply separately to each person. Save copies of all medical bills, including those you accumulate to satisfy a deductible. In most instances they will serve as evidence of your claim. We will not provide duplicate or year-end statements.
Deadline for filing your claim	Send us all the documents for your claim as soon as possible. You must submit the claim by December 31 of the year after the year you received the service. If you could not file on time because of Government administrative operations or legal incapacity, you must submit your claim as soon as reasonably possible. Once we pay benefits, there is a five year limitation on the re-issuance of uncashed checks. For more information, please call us at 808-948-6499.
Overseas claims	For covered services you receive by providers and hospitals outside the United States and Puerto Rico, obtain an international claim form from www.bcbsglobalcore.com. Send us a completed Overseas Claim Form and the itemized provider bills by mail, email, or online to: 1. Mail: Service Center P.O. Box 2048 Southeastern, PA 19399. 2. Email: claims@bcbsglobalcore.com 3. Online: Go to www.bcbsglobalcore.com. If you are not yet a registered user, click on the “Register” link, to use the online filing process. If you have questions about the processing of overseas claims, contact 808-948-6499 for Oahu or 1-800-776-4672 for Neighbor Islands.
When we need more information	Please reply promptly when we ask for additional information. We may delay processing or deny benefits for your claim if you do not respond. Our deadline for responding to your claim is stayed while we await all of the additional information needed to process your claim.

Authorized Representative

You may designate an authorized representative to act on your behalf for filing a claim or to appeal claims decisions to us. For urgent care claims, we will permit a healthcare professional with knowledge of your medical condition to act as your authorized representative without your express consent. For the purposes of this section, we are also referring to your authorized representative when we refer to you.

Notice Requirements

If you live in a county where at least 10% of the population is literate only in a non-English language (as determined by the Secretary of Health and Human Services), we will provide language assistance in that non-English language. You can request a copy of your Explanation of Benefits (EOB) statement, related correspondence, oral language services (such as phone customer assistance), and help with filing claims and appeals (including external reviews) in the applicable non-English language. The English versions of your EOBs and related correspondence will include information in the non-English language about how to access language services in that non-English language.

Any notice of an adverse benefit determination or correspondence from us confirming an adverse benefit determination will include information sufficient to identify the claim involved (including the date of service, the healthcare provider, and the claim amount, if applicable), and a statement describing the availability, upon request, of the diagnosis and procedure codes.

Section 8. The Disputed Claims Process

You may appeal directly to the Office of Personnel Management (OPM) if we do not follow required claims processes. For more information or to make an inquiry about situations in which you are entitled to immediately appeal to OPM, including additional requirements not listed in Sections 3, 7 and 8 of this brochure, please call your plan's customer service representative at the phone number found on your enrollment card, plan brochure, or plan website. If you are a Postal Service annuitant, or their covered Medicare-eligible family member, enrolled in our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP) and you disagree with our **pre-service or post-service** decision about your prescription drug benefits, please, follow the appeals process outlined in Section 8(a). Medicare PDP EGWP Disputed Claims Process.

Please follow this Postal Service Health Benefits Program disputed claims process if you disagree with our decision on your post-service claim (a claim where services, drugs, or supplies have already been provided). In Section 3 If you disagree with our pre-service claim decision, we describe the process you need to follow if you have a claim for services, referrals, drugs or supplies that must have prior Plan approval, such as transplants.

To help you prepare your appeal, you may arrange with us to review and copy, free of charge, all relevant materials and Plan documents under our control relating to your claim, including those that involve any expert review(s) of your claim. To make your request, please contact our Member Advocacy & Appeals by writing to P.O. Box 1958, Honolulu, HI 96805 or calling 808-948-5090 or (1-800-462-2085).

Our reconsideration will take into account all comments, documents, records, and other information submitted by you relating to the claim, without regard to whether such information was submitted or considered in the initial benefit determination.

When our initial decision is based (in whole or in part) on a medical judgment (i.e., medical necessity, experimental/ investigational), we will consult with a healthcare professional who has appropriate training and experience in the field of medicine involved in the medical judgment and who was not involved in making the initial decision.

Our reconsideration will not take into account the initial decision. The review will not be conducted by the same person, or their subordinate, who made the initial decision.

We will not make our decisions regarding hiring, compensation, termination, promotion, or other similar matters with respect to any individual (such as a claims adjudicator or medical expert) based upon the likelihood that the individual will support the denial of benefits.

Step	Description
1	Ask us in writing to reconsider our initial decision. You must: a) Write to us within 6 months from the date of our decision; and b) Send your request to us at: Hawai‘i Medical Service Association, Attn: Member Advocacy and Appeals, P.O. Box 1958, Honolulu, Hawaii 96805-1958 (for Dental, send your request to HMSA-Dental P.O. Box 69437, Harrisburg PA 17106-9437); and c) Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and d) Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms. e) Include your email address, if you would like to receive our decision via email. Please note that by giving us your email address, we may be able to provide our decision more quickly.

We will provide you, free of charge and in a timely manner, with any new or additional evidence considered, relied upon, or generated by us or at our direction in connection with your claim and any new rationale for our claim decision. We will provide you with this information sufficiently in advance of the date that we are required to provide you with our reconsideration decision to allow you a reasonable opportunity to respond to us before that date. However, our failure to provide you with new evidence or rationale in sufficient time to allow you to timely respond shall not invalidate our decision on reconsideration. You may respond to that new evidence or rationale at the OPM review stage described in step 4.

2 In the case of a post-service claim, we have 30 days from the date we receive your request to:

a) Pay the claim or

b) Write to you and maintain our denial or

c) Ask you or your provider for more information.

You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.

If we do not receive the information within 60 days we will decide within 30 days of the date the information was due. We will base our decision on the information we already have. We will write to you with our decision.

3 If you do not agree with our decision, you may ask OPM to review it.

You must write to OPM within:

- 90 days after the date of our letter upholding our initial decision; or
- 120 days after you first wrote to us -- if we did not answer that request in some way within 30 days; or
- 120 days after we asked for additional information.

Write to OPM at: United States Office of Personnel Management, Healthcare and Insurance, Postal Service Insurance Operations (PSIO), 1900 E Street, NW, Room 5478, Washington, DC 20415.

Send OPM the following information:

- A statement about why you believe our decision was wrong, based on specific benefit provisions in this brochure;
- Copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms;
- Copies of all letters you sent to us about the claim;
- Copies of all letters we sent to you about the claim; and
- Your daytime phone number and the best time to call.
- Your email address, if you would like to receive OPM’s decision via email. Please note that by providing your email address, you may receive OPM’s decision more quickly.

Note: If you want OPM to review more than one claim, you must clearly identify which documents apply to which claim.

Note: You are the only person who has a right to file a disputed claim with OPM. Parties acting as your representative, such as medical providers, must include a copy of your specific written consent with the review request. However, for urgent care claims, a healthcare professional with knowledge of your medical condition may act as your authorized representative without your express consent.

Note: The above deadlines may be extended if you show that you were unable to meet the deadline because of reasons beyond your control.

4 OPM will review your disputed claim request and will use the information it collects from you and us to decide whether our decision is correct. OPM will send you a final decision or notify you of the status of OPM’s review within 60 days. There are no other administrative appeals.

If you do not agree with OPM's decision, your only recourse is to sue. If you decide to file a lawsuit, you must file the suit against OPM in Federal court by December 31 of the third year after the year in which you received the disputed services, drugs, or supplies or from the year in which you were denied precertification or prior approval. This is the only deadline that may not be extended.

OPM may disclose the information it collects during the review process to support their disputed claim decision. This information will become part of the court record.

You may not file a lawsuit until you have completed the disputed claims process. Further, Federal law governs your lawsuit, benefits, and payment of benefits. The Federal court will base its review on the record that was before OPM when OPM decided to uphold or overturn our decision. You may recover only the amount of benefits in dispute.

Note: **If you have a serious or life threatening condition** (one that may cause permanent loss of bodily functions or death if not treated as soon as possible), and you did not indicate that your claim was a claim for urgent care, then call our Medical Management Department at 808-948-6464 on Oahu or (1-800-344-6122) toll-free from the Neighbor Islands. We will expedite our review (if we have not yet responded to your claim); or we will inform OPM so they can quickly review your claim on appeal. You may call OPM's PSIO at (1-202-936-0002) between 8 a.m. and 5 p.m. Eastern Time.

Please remember that we do not make decisions about plan eligibility issues. For example, we do not determine whether you or a family member is covered under this plan. You must raise eligibility issues with your Agency personnel/payroll office if you are an employee, your retirement system if you are an annuitant or the Office of Workers' Compensation Programs if you are receiving Workers' Compensation benefits.

Reminder: If you are a Postal Service annuitant, or their covered Medicare-eligible family member, enrolled in our Medicare Part D PDP EGWP you may appeal an adverse pre-service or post-service determination. See Section 8(a).

Section 8(a). Medicare PDP EGWP Disputed Claims Process

When a Medicare Part D PDP EGWP claim is denied in whole or in part, you may appeal the denial.

Our Plan follows the Medicare Part D appeals process for Part D drugs covered under the Plan's Medicare Part D Employer Group Waiver Plan PDP EGWP. It is important that you refer to your *HMSA Medicare Postal Prescription Drug Plan Evidence of Coverage* for details on how to dispute a claim and file an appeal. The *HMSA Medicare Postal Prescription Drug Plan Evidence of Coverage is* different than this brochure. If the denied drug is excluded by Medicare Part D but is covered under the PSHB Plan's non-Part D supplemental benefit, the denial must be appealed using the PSHB disputed claims process described in Section 8, not the Medicare Part D appeals process. Section 8 does not govern Medicare Part D appeals for the PDP EGWP.

The denial notice will tell you which appeals process applies.

There are 5 levels of appeals:

Level 1. When you appeal a decision for the first time, this is called a Level 1 Appeal. In this appeal, we review the coverage decision we made to check to see if we were properly following the rules. When we have completed the review, we give you our plan redetermination decision.

Level 2. If we say no to all or part of your Level 1 appeal for Part D drug coverage, the written notice we send to you will include instructions on how to make a Level 2 appeal with the independent review organization hired by Medicare. It is not connected to us. If you are not satisfied with the decision at the Level 2 appeal, you may be able to continue through additional levels of appeal (Level 3, 4 and 5).

Level 3. An Administrative Law Judge or an attorney adjudicator who works for the Federal government will review your appeal and give you an answer.

Level 4. The Medicare Appeals Council (Council) will review your appeal and give you an answer. The Council is part of the Federal government.

Level 5. A judge at the Federal District Court will review your appeal. This is a final answer. There are no more appeals levels after the Federal District Court.

Making a Level 1 Appeal.

Step 1: Decide if you need a standard appeal or a fast appeal. For more information about whether you need a standard or fast appeal, see *Chapter 7 – What to do if you have a problem or complaint (coverage decisions, appeals, complaints)* in your *HMSA Medicare Postal Prescription Drug Plan Evidence of Coverage*.

Step 2: Ask our plan for an Appeal or a Fast Appeal

- If you are asking for a standard appeal, submit your standard appeal in writing. You may also ask for an appeal by calling us.
- If you are asking for a fast appeal, make your appeal in writing or call us.
- For contact information, please see *Chapter 2 - Important phone numbers and resources* in your *HMSA Medicare Postal Prescription Drug Plan Evidence of Coverage*.
- You must make your appeal request within 65 calendar days from the date on the written notice we sent to tell you our answer on the coverage decision. If you miss this deadline and have a good reason for missing it, explain the reason your appeal is late when you make your appeal. We may give you more time to make your appeal. Examples of good cause may include a serious illness that prevented you from contacting us or if we provided you with incorrect or incomplete information about the deadline for requesting an appeal.
- You can ask for a copy of the information regarding your medical decision. You and your doctor may add more information to support your appeal. We are allowed to charge a fee for copying and sending this information to you.

Step 3: We consider your appeal and give you an answer.

- When our plan is reviewing your appeal, we take a careful look at all of the information. We check to see if we were following all the rules when we said no to your request.
- We will gather more information if needed, possibly contacting you or your doctor.

If our plan says no to part or all of your appeal, the written notice we send you will include instructions on how to make a Level 2 appeal with the independent review organization.

For additional details on how to file an appeal and more information on Level 2, 3, 4 and 5 appeals, it is important that you refer to *Chapter 7 – What to do if you have a problem or complaint (coverage decisions, appeals, complaints)* in your *HMSA Medicare Postal Prescription Drug Plan Evidence of Coverage*.

Section 9. Coordinating Benefits with Medicare and Other Coverage

When you have other health coverage

You must tell us if you or a covered family member has coverage under any other health plan or has automobile insurance that pays healthcare expenses without regard to fault. This is called "double coverage".

When you have double coverage, one plan normally pays its benefits in full as the primary payor and the other plan pays a reduced benefit as the secondary payor. We, like other insurers, determine which coverage is primary according to the National Association of Insurance Commissioners' (NAIC) guidelines. For more information on NAIC rules regarding the coordinating of benefits, visit our website at www.hmsa.com/employer/postal.

When we are the primary payor, we will pay the benefits described in this brochure.

When we are the secondary payor, we will pay after the primary plan pays. Payment will not exceed the amount this plan would have paid if it had been your only coverage. Additionally, when this plan is secondary, benefits will be paid only for those services or supplies covered under this plan.

Please see Section 4, *Your Costs for Covered Services*, for more information about how we pay claims.

- **TRICARE and CHAMPVA**

TRICARE is the healthcare program for eligible dependents of military persons, and retirees of the military. TRICARE includes the CHAMPUS program. CHAMPVA provides health coverage to disabled Veterans and their eligible dependents. IF TRICARE or CHAMPVA and this Plan cover you, we pay first. See your TRICARE or CHAMPVA Health Benefits Advisor if you have questions about these programs.

Suspended PSHB coverage to enroll in TRICARE or CHAMPVA: If you are an annuitant, you can suspend your PSHB coverage to enroll in one of these programs, eliminating your PSHB premium. (OPM does not contribute to any applicable plan premiums.) For information on suspending your PSHB enrollment, contact your retirement office. If you later want to re-enroll in the PSHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under TRICARE or CHAMPVA.

- **Workers' Compensation**

Every job-related injury or illness should be reported as soon as possible to your supervisor. Injury also means any illness or disease that is caused or aggravated by the employment as well as damage to medical braces, artificial limbs and other prosthetic devices. If you are a federal or postal employee, ask your supervisor to authorize medical treatment by use of form CA-16 before you obtain treatment. If your medical treatment is accepted by the Dept. of Labor Office of Workers' Compensation (OWCP), the provider will be compensated by OWCP. If your treatment is determined not job-related, we will process your benefit according to the terms of this plan, including use of in-network providers. Take form CA-16 and form OWCP-1500/HCFA-1500 to your provider, or send it to your provider as soon as possible after treatment, to avoid complications about whether your treatment is covered by this Plan or by OWCP.

We do not cover services that:

- You (or a covered family member) need because of a workplace-related illness or injury that the Office of Workers' Compensation Programs (OWCP) or a similar federal or state agency determines they must provide; or
- OWCP or a similar agency pays for through a third-party injury settlement or other similar proceeding that is based on a claim you filed under OWCP or similar laws.

- **Medicaid**

When you have this Plan and Medicaid, we pay first.

Suspended PSHB coverage to enroll in Medicaid or a similar state-sponsored program of medical assistance: If you are an annuitant, you can suspend your PSHB coverage to enroll in one of these state programs, eliminating your PSHB premium. For information on suspending your PSHB enrollment, contact your retirement or employing office. If you later want to re-enroll in the PSHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under the state program.

When other Government agencies are responsible for your care

We do not cover services and supplies when a local, state, or federal government agency directly or indirectly pays for them.

When others are responsible for injuries

The "When others are responsible for injuries" provision outlines our rights to pursue reimbursement and subrogation recoveries. These rights are defined below and throughout this recovery provision.

Reimbursement means a carrier's pursuit of a recovery if a covered individual has suffered an illness or injury and has received, in connection with that illness or injury, a payment from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, and the terms of the carrier's health benefits plan require the covered individual, as a result of such payment, to reimburse the carrier out of the payment to the extent of the benefits initially paid or provided. The right of reimbursement is cumulative with and not exclusive of the right of subrogation.

Subrogation means a carrier's pursuit of a recovery from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, as successor to the rights of a covered individual who suffered an illness or injury and has obtained benefits from that carrier's health benefits plan.

Many states have laws that do not allow health insurers to reimburse or subrogate against recoveries the insured receives from a negligent third party or other party responsible for payment in the event of an accident. This health plan for federal employees, however, is not subject to those state laws or any regulation issued thereunder, which relates to health insurance or plans.

Our rights to recover in these situations are based on the terms of this health plan contract, as well as the provisions of the Federal statutes governing the PSHB Program. The rights set forth in this section of the health benefit contract are a condition of, and a limitation on, your eligibility for benefits.

The provisions of this section apply to all current or former plan participants and also to the parents, guardian, or other representative of a dependent child who incurs claims and is or has been covered by this plan. Our right to recover (whether by subrogation or reimbursement) shall apply to the personal representative of your estate, your heirs or beneficiaries, administrators, legal representatives, successors, assignees, minors, and incompetent or disabled persons. "You" or "your" includes anyone on whose behalf we pay benefits. No adult covered person hereunder may assign any rights that it may have to recover medical expenses from any tortfeasor or other person or entity to any minor child or children of said adult covered person without our prior express written consent. Benefits are extended to you on the condition that we may pursue and receive reimbursement and subrogation recoveries pursuant to the contract.

Our rights to pursue reimbursement and subrogation recoveries arise upon the occurrence of the following:

- You have received benefits or benefit payments as a result of an illness or injury; and

- You have accrued a right of action against a third party for causing that illness or injury; or you have received a judgment, settlement or other recovery on the basis of that illness or injury; or you are entitled to receive compensation or recovery on the basis of the illness or injury, including from insurers of individual (non-group) policies of liability insurance that are issued to and in the name of the enrollee or a covered family member.

Your coverage is always secondary to any payment made or reasonably expected to be made by any party that may be liable for an illness or injury. In addition, our rights of reimbursement and subrogation extend to all amounts available to or received by you or on your behalf by judgment, settlement, or other recovery, to the extent of the amount of benefits that have been paid or provided by us. Our sources of recovery include, but are not limited to:

- A workers compensation program or insurance policy,
- Any non-fault based insurance, including automobile and non-automobile no-fault and medical payments insurance,
- Any liability insurance policy or plan (including a self-insured plan) issued under an automobile or other type of policy or coverage,
- Personal umbrella coverage,
- You, and
- Any automobile insurance policy or plan (including a self-insured plan), including, but not limited to, uninsured and underinsured motorist, and umbrella coverages.

Since we are always secondary to any automobile no-fault (Personal Injury Protection) or medical payments coverage, you should review your automobile insurance policies to ensure that appropriate policy provisions have been selected to make your automobile coverage primary for your medical treatment arising from an automobile accident.

As outlined herein, in these situations, we may make payments on your behalf for this medical care, subject to the conditions set forth in this provision for us to recover these payments from you or from other parties. Immediately upon making any conditional payment, we shall be subrogated to (stand in the place of) all rights of recovery you have against any person, entity or insurer responsible for causing your injury, illness or condition or against any person, entity or insurer listed as a primary payer above.

In addition, if you receive payment from any person, entity or insurer responsible for causing your injury, illness or condition or you receive payment from any person, entity or insurer listed as a primary payer above, we have the right to recover from, and be reimbursed by you for all conditional payments we have made or will make as a result of that injury, illness or condition. You and your legal representative agree to hold any such funds in trust until you have confirmed the amount that we are owed and make arrangements to repay us.

We will automatically have a lien, to the extent of benefits we paid for the treatment of the injury, illness or condition, upon any recovery whether by settlement, judgment or otherwise. The lien may be enforced against any party who possesses funds or proceeds representing the amount of benefits paid by us including, but not limited to, you, your representatives or agents, any person, entity or insurer responsible for causing your injury, illness or condition or any person, entity or insurer listed as a primary payer above.

By accepting benefits (whether the payment of such benefits is made to you or made on your behalf to any healthcare provider) from us, you acknowledge that our recovery rights are a first priority claim and are to be paid to us before any other claim for your damages. We shall be entitled to full reimbursement on a first-dollar basis from any payments, even if such payment to us will result in a recovery to you which is insufficient to make you whole or to compensate you in part or in whole for the damages you sustained. We are not required to participate in or pay court costs or attorney fees to any attorney hired by you to pursue your damage claims.

We are entitled to full recovery regardless of whether any liability for payment is admitted by any person, entity or insurer responsible for causing your injury, illness or condition or by any person, entity or insurer listed as a primary payer above. We are entitled to full recovery regardless of whether the settlement or judgment received by you identifies the medical benefits we provided or purports to allocate any portion of such settlement or judgment to payment of expenses other than medical expenses. We are entitled to recover from any and all settlements, judgments or other recoveries and are not impacted by how the recovery is characterized, designated or apportioned (including those designated as for pain and suffering, non-economic damages and/or general damages only).

You, and your legal representatives, shall fully cooperate with our efforts to recover our benefits paid. It is your duty to notify us within 30 days of the date of (1) your knowledge of any potential claim against any third party or other source of recovery in connection with the injury or illness; (2) any written claim or demand (including legal proceeding) against any third party or against other source of recovery in connection with the injury or illness; and (3) any recovery of damages (including any settlement, judgment, award, insurance proceeds, or other payment) against any third party or other source of recovery in connection with the injury or illness. Such notice must be sent to HMSA, Attn: 7 CA/ Third Party Liability, P.O. Box 860, Honolulu, Hawaii 96808-0860.

You and your agents or representatives shall provide all information requested by us or our representatives. You shall do nothing to prejudice our subrogation or recovery interest or to prejudice our ability to enforce the terms of this provision. This includes, but is not limited to, refraining from making any settlement or recovery that attempts to reduce or exclude the full cost of all benefits provided by us.

Failure to provide requested information or failure to assist us in pursuit of our subrogation or recovery rights may result in you being personally responsible for reimbursing us for benefits paid relating to the injury, illness or condition as well as for our reasonable attorney fees and costs incurred in obtaining reimbursement from you.

When you have Federal Employees Dental and Vision Insurance Plan (FEDVIP) coverage

Some PSHB Plans already cover some dental and vision services. When you are covered by more than one vision/dental plan, coverage provided under your PSHB plan remains as your primary coverage. FEDVIP coverage pays secondary to that coverage. When you enroll in a dental and/or vision plan on www.BENEFEDS.gov or by phone at (1-877-888-3337), (TTY: 877-889-5680), you will be asked to provide information on your PSHB Plan so that your plans can coordinate benefits. Providing your PSHB information may reduce your out-of-pocket cost.

Clinical trials

An approved clinical trial includes 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 is either Federally funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration; or is a drug trial that is exempt from the requirement of an investigational new drug application.

If you are a participant in a clinical trial, this health plan will provide related care as follows, if it is not provided by the clinical trial:

- Routine care costs – costs for routine services such as doctor visits, lab tests, X-rays and scans, and hospitalizations related to treating the patient's condition, whether the patient is in a clinical trial or is receiving standard therapy.
- Extra care costs – costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient's routine care. This plan does not cover these costs.
- Research costs – costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials. This plan does not cover these costs.

When you have Medicare

For more detailed information on "What is Medicare?" and "When do I Enroll in Medicare?" please contact Medicare at 1-800-MEDICARE (1-800-633-4227), (TTY 877-486-2048) or at www.medicare.gov.

Important Note: Subject to limited exceptions, Postal Service annuitants entitled to Medicare Part A and their eligible family members who are entitled to Medicare Part A are required to enroll in Medicare Part B to maintain eligibility for the PSHB Program in retirement.

If you are required to enroll in Medicare Part B and fail to do so at your first opportunity, you may disenrolled (annuitants) and/or your family members removed from coverage.

For more information on these requirements, please contact 844-451-1261.

The Original Medicare Plan (Part A or Part B)

The Original Medicare Plan (Original Medicare) is available everywhere in the United States. It is the way everyone used to get Medicare benefits and is the way most people get their Medicare Part A and Part B benefits now. You may go to any doctor, specialist, or hospital that accepts Medicare. The Original Medicare Plan pays its share and you pay your share.

All physicians and other providers are required by law to file claims directly to Medicare for members with Medicare Part B, when Medicare is primary. This is true whether or not they accept Medicare.

When you are enrolled in Original Medicare along with this Plan, you still need to follow the rules in this brochure for us to cover your care. Your care must continue to be prior approved as required.

We will not waive any of our copayment/coinsurance for services or supplies that are not covered by Original Medicare (for example, hearing aids). Your regular Plan benefits will be applied to your claim and you are responsible for any applicable copayments or costs.

Claims process when you have the Original Medicare Plan – You will probably not need to file a claim form when you have both our Plan and the Original Medicare Plan.

When we are the primary payor, we process the claim first.

When Original Medicare is the primary payor, Medicare processes your claim first. In most cases, your claim will be coordinated automatically and we will then provide secondary benefits for covered charges. We will coordinate benefits under this Plan up to the Medicare approved charge not to exceed the amount this Plan would have paid if it had been your only coverage. If you are entitled to Medicare benefits, we will begin paying benefits after all Medicare benefits (including lifetime reserve days) are exhausted. If you receive inpatient services and have coverage under Medicare Part B only, or have exhausted your Medicare Part A benefits, we will pay inpatient benefits based on our eligible charge less any payments made by Medicare for Part B benefits (i.e., for inpatient lab, diagnostic and X-ray services). To find out if you need to do something to file your claim, call us at 808-948-6499 or see our website at www.hmsa.com/postal.

We do not waive any costs if the Original Medicare Plan is your primary payor.

Please review the following examples which illustrates your cost share if you are enrolled in Medicare Part B.

Benefit Description: Deductible
High Option You pay **without** Medicare: $0
High Option You pay **with** Medicare Part B: $0
Standard Option You pay **without** Medicare: $150
Standard Option You pay **with** Medicare: $150

Benefit Description: Out-of-Pocket Maximum
High Option You pay **without** Medicare: $3,000 per person/$9,000 family
High Option You pay **with** Medicare Part B: $3,000 per person/$9,000 family
Standard Option You pay **without** Medicare: $5,000 self only/$10,000 family
Standard Option You pay **with** Medicare: $5,000 self only/$10,000 family

Benefit Description: Part B Premium Reimbursement Offered
High Option You pay **without** Medicare: NA
High Option You pay **with** Medicare Part B: NA
Standard Option You pay **without** Medicare: NA
Standard Option You pay **with** Medicare: NA

Benefit Description: Primary Care Provider
High Option You pay **without** Medicare: $15 Copayment
High Option You pay **with** Medicare Part B: $15 Copayment
Standard Option You pay **without** Medicare: $20 Copayment
Standard Option You pay **with** Medicare: $20 Copayment

Benefit Description: Specialist
High Option You pay **without** Medicare: $15 Copayment
High Option You pay **with** Medicare Part B: $15 Copayment
Standard Option You pay **without** Medicare: $20 Copayment
Standard Option You pay **with** Medicare: $20 Copayment

Benefit Description: Inpatient Hospital
High Option You pay **without** Medicare: $200 Copayment per admission
High Option You pay **with** Medicare Part B: $200 Copayment per admission
Standard Option You pay **without** Medicare: 30% of eligible charges
Standard Option You pay **with** Medicare: 30% of eligible charges

Benefit Description: Outpatient Hospital
High Option You pay **without** Medicare: 20% of eligible charges
High Option You pay **with** Medicare Part B: 20% of eligible charges
Standard Option You pay **without** Medicare: 30% of eligible charges
Standard Option You pay **with** Medicare: 30% of eligible charges

Benefit Description: Incentives Offered
High Option You pay **without** Medicare: NA
High Option You pay **with** Medicare Part B: NA
Standard Option You pay **without** Medicare: NA
Standard Option You pay **with** Medicare: NA

Facilities or Providers Not Eligible or Entitled to Medicare Payment - When services are rendered at a facility or by a provider that is not eligible or entitled to receive reimbursement from Medicare, and Medicare is allowed by law to be the primary payor, we will limit payment to an amount that supplements the benefits that would have been payable by Medicare had the facility or provider been eligible or entitled to receive such payments, regardless of whether or not Medicare benefits are paid.

Tell us about your Medicare coverage

You must tell us if you or a covered family member has Medicare coverage, and let us obtain information about services denied or paid under Medicare if we ask. You must also tell us about other coverage you or your covered family members may have, as this coverage may affect the primary/secondary status of this Plan and Medicare.

Medicare Advantage (Part C)

If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare Advantage plan. These are private healthcare choices (like HMOs and regional PPOs) in some areas of the country.

To learn more about Medicare Advantage plans, contact Medicare at 800-MEDICARE (1-800-633-4227), (TTY: 877-486-2048) or at www.medicare.gov.

If you enroll in a Medicare Advantage plan, the following options are available to you:

This Plan and our Medicare Advantage plan: You may enroll in our Medicare Advantage Plan called Akamai Advantage and also remain enrolled in our PSHB Plan. If you have Medicare Parts A and B, you can enroll in our Akamai Advantage Plans. For more information, please call us at 808-948-5555 on Oahu or (1-800-620-4672) toll-free on the Neighbor Islands. Our phone representatives are available 8 a.m. to 8 p.m. TTY: users should call 948-6222 on Oahu or (1-877-298-4672) toll-free on the Neighbor Islands. You may also visit our website at www.hmsa.com/advantage.

This Plan and another plan's Medicare Advantage plan: You may enroll in another plan's Medicare Advantage plan and also remain enrolled in our PSHB plan. We will still provide benefits when your Medicare Advantage plan is primary, even out of the Medicare Advantage plan's network and/or service area, and for services paid by a Medicare Advantage plan we will not waive, for example, our Plan physician visit and emergency room copayments. If you enroll in a Medicare Advantage plan, tell us. We will need to know whether you are in the Original Medicare Plan or in a Medicare Advantage plan so we can correctly coordinate benefits with Medicare.

Suspended PSHB coverage to enroll in a Medicare Advantage plan: If you are an annuitant, you can suspend your PSHB coverage to enroll in a Medicare Advantage plan, eliminating your PSHB premium. (OPM does not contribute to your Medicare Advantage plan premium.) For information on suspending your PSHB enrollment, contact your retirement or employing office. If you later want to re-enroll in the PSHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage or move out of the Medicare Advantage plan's service area.

Medicare prescription drug coverage (Part D)

When we are the primary payor, we process the claim first. If you (as an active employee eligible for Medicare Part D or their covered Medicare Part D-eligible family member) enroll in any open market Medicare Part D plan and we are the secondary payor, we will review claims for your prescription drug costs that are not covered by that Medicare Part D plan and consider them for payment under the PSHB plan.

Note: If you are a Postal Service annuitant or their covered Medicare-eligible family member enrolled in our Medicare Part D PDP EGWP, this does not apply to you because you may not be enrolled in more than one Medicare Part D plan at the same time. If you opt out of or disenroll from our PDP EGWP you do not have our PSHB Program prescription drug coverage and we are not a secondary payor for prescription drug benefits.

Medicare Prescription Drug Plan (PDP) Drug Plan Employer Group Waiver Plan (EGWP)

If you are enrolled in Medicare Part A and/or Part B, and are not enrolled in our Medicare Advantage Prescription Drug Plan (MAPD), you will be automatically group enrolled into our Medicare PDP EGWP. Our PDP EGWP is a prescription drug benefit for Postal Service annuitants and their covered Medicare-eligible family members. This allows you to receive benefits that will never be less than the standard prescription drug coverage that is available to members with non-PDP EGWP prescription drug coverage. But more often you will receive benefits that are better than members with standard non-PDP EGWP prescription drug coverage. **Note: You have the choice to opt out of or disenroll from our PDP EGWP at any time and may obtain prescription drug coverage outside of the PSHB Program.**

When you are enrolled in our Medicare PDP EGWP for your prescription drug benefits you continue to have our medical coverage.

Members with higher incomes may have a separate premium payment for their Medicare Part D Prescription Drug Plan (PDP) benefit. Please refer to the Part D-IRMAA section of the Medicare website: https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans to see if you would be subject to an additional premium.

For people with limited income and resources, Extra Help is a Medicare program to help with Medicare prescription drug plan costs. Information regarding this program is available through the Social Security Administration (SSA) online at www.socialsecurity.gov, or call the SSA at 800-772-1213 TTY 800-325-0778. You may also contact us at (808) 948-6174 or 1 (800) 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

The PDP EGWP opt out process:

If you were automatically group enrolled into our PDP EGWP and choose to opt out, please notify us by December 31, 2024 by calling HMSA at 808-948-6174 or 1-800-782-4672. TTY users should call 711. We're open Monday through Friday from 8 a.m. to 5 p.m. HST.

The PDP EGWP disenrollment process:

When you are enrolled in our PDP EGWP, you may choose to disenroll at any time. Contact us at 808-948-6174 or 1-800-782-4672 toll-free, Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

Note: If you choose to opt out of or disenroll from our PDP EGWP, your premium will not be reduced, and you may have to wait to re-enroll when and if you are eligible. If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty. Contact us for assistance. If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty. Contact us for assistance.

Remember that if you leave this plan and don't have or get another Medicare prescription drug plan or creditable prescription drug coverage (as good as Medicare's prescription drug coverage), you may have to pay a late enrollment penalty in addition to your premium if you enroll in a Medicare prescription drug plan in the future.

If you have any questions, please call us at (808) 948-6174 or 1 (800) 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

Note: If you choose to opt out of or disenroll from our PDP EGWP, your premium will not be reduced, and you may have to wait to re-enroll when and if you are eligible. If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty. Contact us for assistance. If you have any questions, please call us at (808) 948-6174 or 1 (800) 782-4672 toll-free. We are open Monday through Friday from 8 a.m. to 5 p.m. HST. TTY users should call 711.

Medicare always makes the final determination as to whether they are the primary payor. The following chart illustrates whether Medicare or this Plan should be the primary payor for you according to your employment status and other factors determined by Medicare. It is critical that you tell us if you or a covered family member has Medicare coverage so we can administer these requirements correctly. **(Having coverage under more than two health plans may change the order of benefits determined on this chart.)**

Primary Payor Chart		
A. When you - or your covered spouse - are age 65 or over and have Medicare and you...	**The primary payor for the individual with Medicare is...**	
	Medicare	**This Plan**
1) Have PSHB coverage on your own as an active employee		✓
2) Have PSHB coverage on your own as an annuitant or through your spouse who is an annuitant	✓	
3) Have PSHB through your spouse who is an active employee		✓
4) Are a reemployed annuitant with the Postal Service and your position is excluded from the PSHB (your employing office will know if this is the case) and you are not covered under PSHB through your spouse under #3 above	✓	
5) Are a reemployed annuitant with the Postal Service and your position is not excluded from the PSHB (your employing office will know if this is the case) and...		
• You have PSHB coverage on your own or through your spouse who is also an active employee		✓
• You have PSHB coverage through your spouse who is an annuitant	✓	
6) Are enrolled in Part B only, regardless of your employment status	✓ for Part B services	✓ for other services
7) Are a Postal employee receiving Workers' Compensation	✓*	
8) Are a Postal employee receiving disability benefits for six months or more	✓	
B. When you or a covered family member...		
1) Have Medicare solely based on end stage renal disease (ESRD) and...		
• It is within the first 30 months of eligibility for or entitlement to Medicare due to ESRD **(30-month coordination period)**		✓
• It is beyond the 30-month coordination period and you or a family member are still entitled to Medicare due to ESRD	✓	
2) Become eligible for Medicare due to ESRD while already a Medicare beneficiary and...		
• This Plan was the primary payor before eligibility due to ESRD **(for 30-month coordination period)**		✓
• Medicare was the primary payor before eligibility due to ESRD	✓	
3) Have Temporary Continuation of Coverage (TCC) and...		
• Medicare based on age and disability	✓	
• Medicare based on ESRD **(for the 30-month coordination period)**		✓
• Medicare based on ESRD **(after the 30-month coordination period)**	✓	
C. When either you or a covered family member are eligible for Medicare solely due to disability and you...		
1) Have PSHB coverage on your own as an active employee or through a family member who is an active employee		✓
2) Have PSHB coverage on your own as an annuitant or through a family member who is an annuitant	✓	

*Workers' Compensation is primary for claims related to your condition under Workers' Compensation.

Section 10. Definitions of Terms We Use in This Brochure

Assignment

An authorization by you (the enrollee or covered family member) that is approved by us (the Carrier), for us to issue payment of benefits directly to the provider.

- We reserve the right to pay you directly for all covered services. Benefits payable under the contract are not assignable by you to any person without express written approval from us, and in the absence of such approval, any assignment shall be void.
- Your specific written consent for a designated authorized representative to act on your behalf to request reconsideration of a claim decision (or, for an urgent care claim, for a representative to act on your behalf without designation) does not constitute an Assignment.

OPM's contract with us, based on federal statute and regulation, gives you a right to seek judicial review of OPM's final action on the denial of a health benefits claim but it does not provide you with authority to assign your right to file such a lawsuit to any other person or entity. Any agreement you enter into with another person or entity (such as a provider, or other individual or entity) authorizing that person or entity to bring a lawsuit against OPM, whether or not acting on your behalf, does not constitute an Assignment, is not a valid authorization under this contract, and is void.

Calendar year

January 1 through December 31 of the same year. For new enrollees, the calendar year begins on the effective date of their enrollment and ends on December 31 of the same year.

Clinical trials cost categories

An approved clinical trial includes 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 is either Federally funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration; or is a drug trial that is exempt from the requirement of an investigational new drug application.

- Routine care costs – costs for routine services such as doctor visits, lab tests, X-rays and scans, and hospitalizations related to treating the patient's condition, whether the patient is in a clinical trial or is receiving standard therapy.
- Extra care costs – costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient's routine care.
- Research costs – costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials. This plan does not cover these costs.

Coinsurance

See Section 4, page 27.

Copayment

See Section 4, page 26.

Cost-sharing

See Section 4, page 26.

Covered services

Care we provide benefits for, as described in this brochure.

Custodial care

Helps you meet your daily living activities. This type of care does not require the continuing attention and assistance of licensed medical or trained paramedical personnel. Custodial care lasting 90 days or more is sometimes known as long term care.

Deductible

See Section 4, page 26.

Experimental or investigational services

Services, supplies, devices, procedures, drugs or treatment that is not yet accepted as common medical practice.

Healthcare professional

A physician or other healthcare professional licensed, accredited, or certified to perform specified health services consistent with state law.

Infertility

Infertility is the failure to achieve a successful pregnancy after regular, unprotected intercourse or artificial insemination for 12 months or more (6 months for individuals over age 35).

Medical necessity also referred to as Payment Determination Criteria

All care you receive must meet all of the following Payment Determination Criteria:

- For the purpose of treating a medical condition.
- The most appropriate delivery or level of service, considering potential benefits and harms to the patient.
- Known to be effective in improving health outcomes, provided that:
  - Effectiveness is determined first by scientific evidence;
  - If no scientific evidence exists, then by professional standards of care; and
  - If no professional standards of care exists or if they exist but are outdated or contradictory, then by expert opinion.
- Cost-effective for the medical condition being treated compared to alternative health interventions, including no intervention. For purposes of this paragraph, cost-effective shall not necessarily mean the lowest price.

Services which are experimental or investigational and which are not known to be effective in improving health outcomes do not meet Payment Determination Criteria.

Definitions of terms and additional information regarding application of this Payment Determination Criteria are contained in the Patient's Bill of Rights and Responsibilities, Hawaii Revised Statutes § 432E-1.4. The current language of this statutory provision will be provided upon request. Requests should be submitted to HMSA's Customer Service Department.

The fact that a physician may prescribe, order, recommend, or approve a service, drug, or supply does not in itself mean that the service, drug, or supply is medically necessary, even if it is listed as a covered service.

Except for BlueCard® participating and BlueCard® PPO providers, participating providers may not bill or collect charges for services or supplies that do not meet HMSA's Payment Determination Criteria unless a written acknowledgement of financial responsibility, specific to the service, is obtained from you or your legal representative prior to the time services are rendered.

Participating providers may, however, bill you for services or supplies which are excluded from coverage without obtaining a written acknowledgement of financial responsibility from you or your representative.

You may ask your physician to contact us to determine whether the services you need meet our Payment Determination Criteria or are excluded from coverage before you receive the care.

Medicare Part A

Part A helps cover inpatient hospital stays, skilled nursing facility care, hospice care, and some home health care.

Medicare Part B

Part B covers medically necessary services like doctors' services and tests, outpatient care, home health services, durable medical equipment, and other medical services.

Medicare Part C

Part C is a Medicare Advantage plan that combines the coverage of Medicare Part A and Part B. Part C typically also covers additional benefits like, dental, vision, and hearing services. Some Part C plans also include Medicare Part D coverage.

Medicare Part D EGWP

A Medicare Part D Employer Group Waiver Plan (EGWP) is a type of Medicare prescription drug plan that can be offered to employees and retirees of certain companies, unions, or government agencies, which allows for flexibility and enhanced coverage of traditional Medicare pharmacy benefits. Examples of Medicare Part D EGWPs are Medicare Advantage Prescription Drug (MAPD) plan EGWPs that include both health and drug benefits, as well as Prescription Drug Plan (PDP) EGWPs, which only cover the prescription drug benefit.

Medicare Part D

Medicare Part D plans provide coverage for prescription drugs. Private insurers contract with CMS on an annual basis for the right to offer Part D plans. Part D can be offered as a standalone Prescription Drug Plan (PDP) or as part of a Medicare Advantage Prescription Drug Plan (MAPD).

Plan Allowance also referred to as Eligible Charge

The eligible charge for most medical services, is the amount we use to determine our payment and your coinsurance for covered services. We determine our eligible charge as the lower of either the provider's actual charge or the amount we establish as the maximum allowable fee.

The maximum allowable fee is the maximum dollar amount paid for a covered service, supply, or treatment. We use the following method to determine the maximum allowable fee:

- For most services, supplies, or procedures, we consider:
  - increases in the cost of medical and non-medical services in Hawaii over the previous year;
  - the relative difficulty of the services compared to other services;
  - changes in technology; and
  - payment for the service under federal, state, and other private insurance programs.
- For some facility-billed services (not to include practitioner-billed facility services), we use a per case, per treatment, or per day fee (per diem) rather than an itemized amount (fee for service). For Non-Plan hospitals, our maximum allowable fee for all-inclusive daily rates established by the hospital will never exceed more than if the hospital had charged separately for services.

For participating facilities, we calculate our payment based on the maximum allowable fee. Your coinsurance is based on the lower of the facility's actual charge or the maximum allowable fee. Your coinsurance and our payment will equal the maximum allowable fee.

Plan providers agree to accept the eligible charge for covered services. Non-Plan providers generally do not. Therefore, if you received services from a non-Plan provider you are responsible for any difference between the actual charge and the eligible charge.

You should also see Important Notice About Surprise Billing – Know Your Rights in Section 4 that describes your protections against surprise billing under the No Surprises Act

Post-service claims

Any claims that are not pre-service claims. In other words, post-service claims are those claims where treatment has been performed and the claims have been sent to us in order to apply for benefits.

Pre-service claims

Those claims (1) that require precertification, prior approval, or a referral and (2) where failure to obtain precertification, prior approval, or a referral results in a reduction of benefits.

Observation Services

Observation services are clinically appropriate services, which include ongoing short-term treatment, assessment, and reassessment before a decision can be made regarding whether patients will require further treatment as hospital inpatients or if they are able to be discharged from the hospital. Observation services are appropriate for patients who require a significant period of treatment or monitoring before a decision is made concerning their admission or discharge.

Reimbursement

A carrier's pursuit of a recovery if a covered individual has suffered an illness or injury and has received, in connection with that illness or injury, a payment from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, and the terms of the carrier's health benefits plan require the covered individual, as a result of such payment, to reimburse the carrier out of the payment to the extent of the benefits initially paid or provided. The right of reimbursement is cumulative with and not exclusive of the right of subrogation.

Subrogation

A carrier's pursuit of a recovery from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, as successor to the rights of a covered individual who suffered an illness or injury and has obtained benefits from that carrier's health benefits plan.

Surprise bill

An unexpected bill you receive for:

- emergency care – when you have little or no say in the facility or provider from whom you receive care, or for
- non-emergency services furnished by nonparticipating providers with respect to patient visits to participating health care facilities, or for
- air ambulance services furnished by nonparticipating providers of air ambulance services

Urgent care claims

A claim for medical care or treatment is an urgent care claim if waiting for the regular time limit for non-urgent care claims could have one of the following impacts:

- Waiting could seriously jeopardize your life or health;
- Waiting could seriously jeopardize your ability to regain maximum function; or
- In the opinion of a physician with knowledge of your medical condition, waiting would subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the claim.

Urgent care claims usually involve Pre-service claims and not Post-service claims. We will determine whether or not a claim is an urgent care claim by applying the judgment of a prudent layperson who possesses an average knowledge of health and medicine.

If you believe your claim qualifies as an urgent care claim, please contact our Medical Management Department at 808-948-6464 on Oahu or (1-800-344-6122) toll-free from the Neighbor Islands. You may also prove that your claim is an urgent care claim by providing evidence that a physician with knowledge of your medical condition has determined that your claim involves urgent care.

Us/We

Us and We refer to HMSA

You

You refers to the enrollee and each covered family member.

Index

Do not rely on this page; it is for your convenience and may not show all pages where the terms appear.

Accidental Injury.....101, 109, 137
Allergy tests.....44
Alternative treatments.....53
Ambulance.....64-67, 70-71
Anesthesia.....55-67
Autologous bone marrow transplant...45-46
Biopsy.....55-56
Blood and blood plasma.....65-66
Casts.....64-67
Catastrophic protection (out-of-pocket maximum).....26-29
Changes for 2027.....18-19
Chemotherapy.....45-46
Chiropractic.....53
Claims.....20-24, 111-118, 131
Coinsurance.....26-29, 129
Colorectal cancer screening.....35-38
Congenital anomalies.....55-57
Contraceptive drugs and devices...78-84, 91-97
Cost-sharing.....26, 129
Covered charges.....134-141
Cryopreservation.....43-44
Deductible.....26-29, 107-108, 129
Definitions.....129-132
Dental care.....101-103, 134, 137
Diagnostic services.....33-54, 134-137
Dressings.....64-67
Durable medical equipment.....51-53, 78-84
Effective date or enrollment.....8-11, 129
Emergency.....68-70, 134-137
Experimental or investigational.....129-132
Eyeglasses.....49
Family planning.....41-43
Fecal occult blood test.....35-38
Fraud.....4-5
General exclusions.....110
Hearing services.....48
Hospital.....20-24, 64-67, 111, 134-137
Iatrogenic infertility.....43-44
Immunizations.....35-40, 78-84, 98-100
Infertility.....43-44, 130
Inpatient hospital benefits.....20-24, 64-67
Insulin.....91-97
Magnetic Resonance Imagings (MRIs).....22, 34
Mammogram.....33-54
Maternity benefits.....22, 40-41
Medicaid.....120
Medically necessary.....20-24, 110
Medicare Original...1, 8-13, 87-88, 117-132
Member Family.....1, 4-5, 8-13
Mental Health/Substance Abuse Benefits.....54, 72-74, 134-137
Newborn care.....22, 33-54
Non-PSHB benefits.....109
Nurse Anesthetist (NA).....64-65
Occupational therapy.....47
Office visits.....32-54, 134-137
Oral and maxillofacial surgical.....57
Out-of-pocket expenses.....26-29, 134-137
Oxygen.....51-53, 64-67
Pap test.....34
PDP EGWP.....8-13, 87-100, 117-127
Physician.....33-63, 68-71, 134-137
Point of Service.....14-17, 107-108, 134-137
Precertification.....20-25, 131
Prescription drugs.....75-100, 134-137
Preventive care, adult.....35-38
Prior approval.....20-24, 104-108, 131
Prosthetic devices.....49-51
Radiation therapy.....45-46
Room and board.....64-67
Skilled nursing care facility.....67
Speech therapy.....48
Splints.....64-65, 101-103
Subrogation.....119-127, 132
Substance abuse.....72-74, 136
Surgery
- Anesthesia.....55-63
- Oral.....57
- Outpatient.....65-66
- Reconstructive.....56-57

Temporary Continuation of Coverage (TCC).....4-5, 8-13
Transplants.....58-63
Treatment therapies.....20-24, 45-46
Vision care.....35-38, 49, 134-137
Wheelchairs.....51-53
X-rays.....20-24, 34, 134-137

Summary of Benefits for the High Option of the HMSA Plan - 2027

Do not rely on this chart alone. This is a summary. All benefits are subject to the definitions, limitations, and exclusions in this brochure. Before making a final decision, please read this PSHB brochure. You can also obtain a copy of our Summary of Benefits and Coverage as required by the Affordable Care Act at www. hmsa.com/postal.

If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.

When you receive services from a non-Plan provider, you have higher out-of-pocket costs. You generally must pay any difference between our eligible charge and the billed amount.

Benefits	You pay	Page
Medical services provided by physicians: Physician visits	$15 copayment	33
Medical services provided by physicians: Other diagnostic and treatment services provided in the office	Nothing for laboratory and pathology services; 20% of eligible charges for X-rays	33
Services provided by a hospital: Inpatient	$200 copayment per admission	64
Services provided by a hospital: Outpatient	20% of eligible charges	65
Emergency benefits: In-area	$15 copayment for physician visit; 20% of eligible charges for emergency room facility copay; Nothing for laboratory tests; and 20% of eligible charges for other emergency services	68
Emergency benefits: Out-of-area	$15 copayment for physician visit; 20% of eligible charges for emergency room facility copay; Nothing for laboratory tests; and 20% of eligible charges for other emergency services	69
Mental health and substance use disorder treatment:	$15 copayment for professional services and medication management; Nothing for diagnostic tests, psychological testing, and laboratory tests; $200 per inpatient admission; and Nothing for partial hospitalization and outpatient facility	72
Prescription drugs:	$7 copayment for Tier 1 (preferred generic drugs); $35 copayment for Tier 2 (non-preferred generic and preferred brand drugs); $70 copayment for Tier 3 (other brand drugs); $160 copayment for Tier 4 (specialty drugs); $320 copayment for Tier 5 (non-preferred specialty drugs); Medicare PDP EGWP $7 copayment for Tier 1 (preferred generic drugs) $35 copayment for Tier 2 (non-preferred generic and preferred brand drugs) $70 copayment for Tier 3 (other brand drugs) $160 copayment for Tier 4 (specialty drugs) $320 copayment for Tier 5 (non-preferred specialty drugs)	74
Dental care:	Nothing for preventive dental care	103

Benefits	You pay	Page
Vision care:	20% of eligible charges for an annual vision exam	48
Point of Service benefits:	Yes	109
Protection against catastrophic costs (out-of-pocket maximum):	Nothing after $3,000 per person or $9,000 per Family enrollment per year Some costs do not count toward this protection	27

Summary of Benefits for the Standard Option of the HMSA Plan - 2027

Do not rely on this chart alone. This is a summary. All benefits are subject to the definitions, limitations, and exclusions in this brochure. Before making a final decision, please read this PSHB brochure. You can also obtain a copy of our Summary of Benefits and Coverage as required by the Affordable Care Act at www. hmsa.com/postal.

If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.

When you receive services from a non-Plan provider, you have higher out-of-pocket costs. You generally must pay any difference between our eligible charge and the billed amount.

Below, an asterisk (*) means the item is subject to the $150 calendar year deductible.

Benefits	You pay	Page
Medical services provided by physicians: Physician visits	$20 copayment	33
Medical services provided by physicians: Other diagnostic and treatment services provided in the office	30% of eligible charges for laboratory and pathology services; 30% of eligible charges for X-rays*	33
Services provided by a hospital: Inpatient	30% of eligible charges*	64
Services provided by a hospital: Outpatient	30% of eligible charges*	65
Emergency benefits: In-area	$20 copayment for physician visit; 30% of eligible charges for emergency room facility copay*; 30% of eligible charges for laboratory tests*; and 30% of eligible charges for other emergency services*	68
Emergency benefits: Out-of-area	$20 copayment for physician visit; 30% of eligible charges for emergency room facility copay*; 30% of eligible charges for laboratory tests*; and 30% of eligible charges for other emergency services*	69
Mental health and substance use disorder treatment:	$20 copayment for professional services and medication management; 30% of eligible charges for diagnostic tests, psychological testing, and laboratory tests*; 30% eligible charges for inpatient services*; and 30% of eligible charges for partial hospitalization and outpatient facility*	72
Prescription drugs:	$7 copayment for Tier 1 (preferred generic drugs) 40% of eligible charges (up to $100) for Tier 2 (non-preferred generic and preferred brand drugs)* 45% of eligible charges (up to $600) for Tier 3 (other brand drugs)* 30% of eligible charges (up to $300) for Tier 4 (preferred specialty drugs)* 45% of eligible charges (up to $1,200) for Tier 5 (non-preferred specialty drugs)*	89

	Medicare PDP EGWP $7 copayment for Tier 1 (preferred generic drugs) 40% of eligible charges (up to $100) for Tier 2 (non-preferred generic and preferred brand drugs)* 45% of eligible charges (up to $600) for Tier 3 (other brand drugs)* 30% of eligible charges (up to $300) for Tier 4 (preferred specialty drugs)* 45% of eligible charges (up to $1,200) for Tier 5 (non-preferred specialty drugs)*	
Dental care:	30% of eligible charges for Accidental Injury Benefits only	103
Vision care:	30% of eligible charges for an annual vision exam*	48
Point of Service benefits:	Yes	109
Protection against catastrophic costs (out-of-pocket maximum)**:**	Nothing after $5,000 per person or $10,000 per Family enrollment per year Some costs do not count toward this protection	27

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2027 Rate Information for Hawai‘i Medical Service Association Plan

To compare your PSHB health plan options please go to https://health-benefits.opm.gov.

To review premium rates for all PSHB health plan options please go to https ://www. opm.gov/healthcare-insurance/pshb/premiums/.

Type of Enrollment	Enrollment Code	Premium Rate			
		Biweekly		Monthly	
		Gov't Share	Your Share	Gov't Share	Your Share
High Option Self Only	M6A	$304.90	$101.63	$660.62	$220.20
High Option Self Plus One	M6C	$668.05	$222.68	$1,447.44	$482.48
High Option Self Plus Family	M6B	$685.40	$228.47	$1,485.04	$495.01
Standard Option Self Only	M6D	$194.52	$64.84	$421.46	$140.49
Standard Option Self Plus One	M6F	$426.16	$142.05	$923.34	$307.78
Standard Option Self Plus Family	M6E	$437.25	$145.75	$947.38	$315.79