BENEFIT SUMMARY

Cigna Health and Life Insurance Co. For - Exterro, Inc. OAP HDHPQ Plan HDHPQ OAP Effective - 01/01/2025



Selection of a Primary Care Provider - your plan may require or allow the designation of a primary care provider. You have the right to designate any primary care provider who participates in the network and who is available to accept you or your family members. If your plan requires designation of a primary care provider, Cigna may designate one for you until you make this designation. For information on how to select a primary care provider, and for a list of the participating primary care providers, visit <u>www.mycigna.com</u> or contact customer service at the phone number listed on the back of your ID card. For children, you may designate a pediatrician as the primary care provider.

Direct Access to Obstetricians and Gynecologists - You do not need prior authorization from the plan or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, visit www.mycigna.com or contact customer service at the phone number listed on the back of your ID card.

A notice for Oklahoma residents per 63 Okl. St. § 1-741.3: This plan has purchased an optional rider to cover elective abortions. The enrollee has the right to exclude from their plan, and not pay for, coverage for elective abortions.

A notice for Texas residents per Tex. Ins. Code §1218.001 et.al.: This plan has purchased an optional rider to cover elective abortions. The enrollee has the right to exclude from their plan, and not pay for, coverage for elective abortions.

Plan Highlights	In-Network	Out-of-Network
Lifetime Maximum	Unlimited	Unlimited
Plan Year Accumulation	Your Plan's Deductibles, Out-of-Pockets and ber basis unless otherwise stated. In addition, all plan (dollar and occurrence) cross-accumulate betwee noted.	n maximums and service-specific maximums
Plan Coinsurance	Plan pays 80%	Plan pays 60%
Maximum Reimbursable Charge	Not Applicable	110%

Plan Highlights	In-Network	Out-of-Network
Plan Deductible	Individual - Employee Only: \$3,300 Individual - within a Family: \$3,300 Family Maximum: \$6,000	Individual - Employee Only: \$6,600 Individual - within a Family: \$6,600 Family Maximum: \$12,000
 Only the amount you pay for in-network covered exp expenses counts towards your out-of-network deduct Plan deductible always applies before any benefit co Plan deductible does not apply to in-network prevent Family members meet only their individual deductible prior to their individual deductible being met, their cla This plan includes a combined Medical/Pharmacy pla Note: Services where plan deductible applies are noted with 	enses counts towards your in-network deductible. tible. pay/deductible or coinsurance. tive services. e and then their claims will be covered under the pains will be paid at the plan coinsurance. an deductible. a caret (^).	Only the amount you pay for out-of-network covered
Plan Out-of-Pocket Maximum	Individual - Employee Only: \$5,000 Individual - within a Family: \$5,000 Family Maximum: \$10,000	Individual - Employee Only: \$10,000 Individual - within a Family: \$10,000 Family Maximum: \$20,000
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Benefit	In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.		
Primary Care cost share applies to routine care. Virtual wellness screenings are payable under Preventive Care.		
 For MDLIVE Behavioral Services, please refer to the Mental Health and Substance Use Disorder section (below). 		
 Lab services supporting a virtual visit must be obtained the 	0	
 Includes charges for the delivery of medical and health-relaudio, video, and secure internet-based technologies. 	lated services and consultations by dedicated virtu-	al providers as medically appropriate through
Virtual Physician Services - Office Visits		
Primary Care Physician (PCP) Services/Office Visit	Plan pays 80% ^	Plan pays 60% ^
Specialty Care Physician Services/Office Visit	Plan pays 80% ^	Plan pays 60% ^
• Physicians may deliver services virtually that are payable	under other benefits (e.g., Preventive Care, Outpa	tient Therapy Services).
 Includes charges for the delivery of medical and health-rel based technologies that are similar to office visit services 		opriate through audio, video, and secure internet-
	provided in a face-to-face setting.	
Convenience Care Clinic		
Convenience Care Clinic	Plan pays 80% ^	Plan pays 60% ^
Dreventive Care		
Preventive Care		
Preventive Care Office Visit	Plan pays 100%	Plan pays 60% ^
Preventive Services	Plan pays 100%	Lab & X-ray: Plan pays 100%; All other services: Plan pays 60% ^
Includes preventive Mammograms, Papanicolaou (Pap), F		•
Diagnostic-related services are covered at the same level	· · · · · · · · · · · · · · · · · · ·	
Immunizations	Plan pays 100%	Plan pays 60% ^
Inpatient	1	
Inpatient Hospital Facility Services	Plan pays 80% ^	Plan pays 60% ^
Note: Includes all Lab and Radiology services, including Advance		
Inpatient Hospital Physician's Visit/Consultation	Plan pays 80% ^	Plan pays 60% ^
Inpatient Professional Services	Plan pays 80% ^	Plan pays 60% ^
For services performed by Surgeons, Radiologists, Pathologists and Anesthesiologists		
Outpatient		
Outpatient Facility Services	Plan pays 80% ^	Plan pays 60% ^
Outpatient Professional Services	Plan pays 80% ^	Plan pays 60% ^
For services performed by Surgeons, Radiologists, Pathologists and Anesthesiologists		
Emergency Services		
Emergency Room		
 Includes ER Physician Charges, Lab and Radiology including Advanced Badiabasian (ABI) 	Plan pay	/s 80% <mark>^</mark>
including Advanced Radiological Imaging (ARI)		
01/01/2025		
OR		
Open Access Plus HDHPQ - HDHPQ OAP		

Benefit	In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.		
 Urgent Care Facility Includes Physician Charges, Lab and Radiology 	Plan pays 80% ^	Plan pays 60% ^
Ambulance	Plan pay	/s 80% ^
Ambulance services used as non-emergency transportation (e.g.,	transportation from hospital back home) generally	are not covered.
Ambulance - Mental Health and Substance Use Disorder	Plan pa	
Ambulance services used as non-emergency transportation (e.g.,	transportation from hospital back home) generally	are not covered.
Inpatient Services at Other Health Care Faci	lities	
Skilled Nursing Facility, Rehabilitation Hospital, Sub-Acute Facilities	Plan pays 80% ^	Plan pays 60% ^
Annual Limit: 60 days		
Laboratory Services		
Physician's Services/Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
Independent Lab	Plan pays 80% ^	Plan pays 60% ^
Outpatient Facility	Plan pays 80% ^	Plan pays 60% ^
Radiology Services		
Physician's Services/Office Visit	Covered same as Physician Services - Office Visit	Covered same as Physician Services - Office Visit
Outpatient Facility	Plan pays 80% ^	Plan pays 60% ^
Advanced Radiological Imaging (ARI)	Includes MRI, MRA, CAT Scan, PET Scan, etc.	
Outpatient Facility	Plan pays 80% ^	Plan pays 60% ^
Physician's Services/Office Visit	Plan pays 80% ^	Plan pays 60% ^
Outpatient Therapy Services		
Outpatient Physical Therapy, Speech Therapy, Hearing Therapy and Occupational Therapy	Plan pays 80% ^	Plan pays 60% ^
Annual Limits:		
 All Therapies Combined – Includes Physical, Speech, Hearing and Occupational Therapies – 25 visits 		
Limits are not applicable to mental health conditions for Physical, Speech and Occupational Therapies.		
Note: Therapy visits, provided as part of an approved Home Health Care plan, accumulate to the applicable Home Health Care maximum.		
Chiropractic Care	Plan pays 80% ^	Plan pays 60% ^
Annual Limit:		· · ·
Chiropractic Care – 20 visits		

Benefit	In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with a	a caret (^). Plan deductible always applies befor	re benefit copays/deductibles.
Hospice		
Inpatient Facilities	Plan pays 80% ^	Plan pays 60% ^
Outpatient Services	Plan pays 80% ^	Plan pays 60% ^
Note: Includes Bereavement counseling provided as part of a hos	pice program.	
Medical Pharmaceutical Drugs		
Outpatient Facility	Plan pays 80% ^	Plan pays 60% ^
Physician's Office	Plan pays 100% ^	Plan pays 60% ^
Home	Plan pays 80% ^	Plan pays 60% ^
Note: This benefit only applies to the cost of the Infusion Therapy drugs administered. This benefit does not cover the related Facility, Office Visit or Professional charges.		
Family Planning		
Women's Services	Plan pays 100%	Coverage varies based on Place of Service
Includes contraceptive devices as ordered or prescribed by a phys		
Men's Services	Plan pays 100% ^	Coverage varies based on Place of Service
Includes surgical sterilization services, such as vasectomy (exclud	les reversals)	
Abortion		
Abortion Services	Plan pays 100% [^]	Coverage varies based on Place of Service
Note: Elective and non-elective procedures		
Infertility		
Infertility Treatment	Coverage varies based on Place of Service	Coverage varies based on Place of Service
Infertility covered services: lab and radiology test, counseling, surg Lifetime Maximum: Unlimited 	gical treatment, includes artificial insemination, in-v	itro fertilization, GIFT, ZIFT, etc.
Other Health Care Facilities/Services		
Home Health Care	Plan pays 80% ^	Plan pays 60% ^
Annual Limit: 120 visits (The limit is not applicable to mental health and substance use disorder conditions.)		
Organ Transplants	Covered same as Inpatient benefit	Not Covered
 Services paid at in-network level if performed at Cigna Life Travel Maximum - Cigna LifeSOURCE Transplant Network 		Inlimited maximum per Transplant per Lifetime
01/01/2025		

OR Open Access Plus HDHPQ - HDHPQ OAP

Benefit	In-Network	Out-of-Network
Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.		
Condition-Specific Care	Plan pays 100% [^]	Not Applicable
 Must be enrolled in the Condition-Specific Care program for orthopedic treatment prior to surgery and receive care from a specifically designated provider in order to qualify. Includes specific services for surgery, including Facility and Professional charges from admission through discharge. Some limitations may apply. 		
Travel Maximum - After the deductible is met, \$600 per procedure		
Durable Medical Equipment and External Prosthetic Appliances Annual Limit: Unlimited 	Plan pays 80% ^	Plan pays 60% ^
Breast Feeding Equipment and Supplies		
 Limited to the rental of one breast pump per birth as ordered or prescribed by a physician Includes related supplies 	Plan pays 100%	Plan pays 60% ^
Temporomandibular Joint Disorder (TMJ)		
 Annual Limit: Unlimited for Surgical and Non-Surgical treatment 	Coverage varies based on Place of Service	Coverage varies based on Place of Service
Note: Provided on a limited, case-by-case basis. Excludes applia	nces and orthodontic treatment.	
Hearing Aids	Plan pays 80% ^	Plan pays 60% ^
 Maximum of 2 devices (one per ear) per 36 months Includes testing and fitting of hearing aid devices Coverage through age 18, or through age 25 if enrolled in a secondary school or an accredited educational institution 		
Acupuncture Annual Limit: 12 visits	Plan pays 80% ^	Plan pays 60% ^
Note: Services where plan deductible applies are noted with a caret (^).		
Mental Health and Substance Use Disorder		
Inpatient Mental Health	Plan pays 80% ^	Plan pays 60% ^
Outpatient Mental Health – Physician's Office	Plan pays 80% ^	Plan pays 60% ^
Outpatient Mental Health - MDLIVE Behavioral Services	Plan pays 80% ^	Not Covered
Outpatient Mental Health – All Other Services	Plan pays 80% ^	Plan pays 60% ^
Inpatient Substance Use Disorder	Plan pays 80% ^	Plan pays 60% ^
Outpatient Substance Use Disorder – Physician's Office	Plan pays 80% ^	Plan pays 60% ^
Outpatient Substance Use Disorder - MDLIVE Behavioral Services	Plan pays 80% ^	Not Covered
Outpatient Substance Use Disorder – All Other Services	Plan pays 80% [^]	Plan pays 60% ^

Note: Services where plan deductible applies are noted with a caret (^).

Annual Limits:

Unlimited maximum

Notes:

- Inpatient includes Acute Inpatient and Residential Treatment.
- Outpatient Physician's Office and MDLIVE Behavioral Services may include Individual, family and group therapy, psychotherapy, medication management, etc.
- Outpatient All Other Services may include Partial Hospitalization, Intensive Outpatient Services, Applied Behavior Analysis (ABA Therapy), etc.

Important Note on Mental Health and Substance Use Disorder Coverage: Covered medical services listed above, which are received to diagnose or treat a Mental Health or Substance Use Disorder condition will be payable according to this section titled "Mental Health and Substance Use Disorder."

Pharmacy	In-Network
Cost Share and Supply	
Med Pharmacy Cost Share	Once the medical deductible is met then the customer is responsible for the cost share
Retail – up to 90-day supply	
 Home Delivery – up to 90-day supply 	Retail:
	You pay 20% ^
	Your plan pays 80% ^
	Home Delivery:
	You pay 20% ^
	Your plan pays 80% ^

- Member Choice Cigna 90 Now: This network of pharmacies includes major retail chains of Walgreens and CVS, in addition to other grocery, retailer, and independent pharmacies. You will be aligned to either the Walgreens or CVS network based on your existing pharmacy relationship. Where no relationship exists, you will be aligned to Plan sponsor elected CVS pharmacy. If that designation is not right for you, there is the option to select Walgreens. For more information, go to myCigna.com or call the number on the back of your ID card. Retail drugs for a 30 day supply may be obtained In-Network at a wide range of pharmacies across the nation although prescriptions for a 90 day supply (such as maintenance drugs) will be available at select network pharmacies.
- This plan will not cover out-of-network pharmacy benefits.
- Cigna 90 Now Program: You can choose to fill your medications in a 30- or 90-day supply. If you choose to fill a 30-day prescription, it can be filled at any network retail pharmacy or network home delivery pharmacy. If you choose to fill a 90-day prescription, it must be filled at a 90-day network retail pharmacy or network home delivery pharmacy to be covered by the plan.
- Specialty medications are used to treat an underlying disease which is considered to be rare and chronic including, but not limited to, multiple sclerosis, hepatitis C or rheumatoid arthritis. Specialty Drugs may include high cost medications as well as medications that may require special handling and close supervision when being administered.
- You can elect brand or generic with no penalty (MAC C).
- Your pharmacy benefits share an annual deductible and out-of-pocket maximum with the medical/behavioral benefits. The applicable cost share for covered drugs applies after the combined deductible has been met.

Drugs Covered

Prescription Drug List:

Your Cigna Advantage Prescription Drug List includes a full range of drugs including all those required under applicable health care laws. Some of the more expensive drugs are excluded when there are less expensive alternatives. To check which drugs are included in your plan, please log on to myCigna.com. Some highlights:

- Coverage includes Self Administered injectable drugs, but excludes infertility drugs.
- Contraceptive devices and drugs are covered with federally required products covered at 100%.
- Insulin, glucose test strips, lancets, insulin needles & syringes, insulin pens and cartridges are covered.
- Oral Fertility drugs are covered.

Pharmacy Program Information

Pharmacy Clinical Management: Essential

Your plan features drug management programs and edits to ensure safe prescribing, and access to medications proven to be the most reliable and cost effective for the medical condition, including:

- Prior authorization requirements
- Step Therapy on select classes of medications and drugs new to the market
- Quantity limits, including maximum daily dose edits, quantity over time edits, duration of therapy edits, and dose optimization edits
- Age edits, and refill-too-soon edits
- Plan exclusion edits
- Current users of Step Therapy medications will be allowed one 30-day fill during the first three months of coverage before Step Therapy program applies.
- Your plan includes Specialty Drug Management features, such as prior authorization and quantity limits, to ensure the safe prescribing and access to specialty medications.
- For customers with complex conditions taking a specialty medication, we will offer Accredo Therapeutic Resource Centers (TRCs) to provide specialty
 medication and condition counseling. For customers taking a specialty medication not dispensed by Accredo, Cigna experts will offer this important specialty
 medication and condition counseling.

Clinical Day Supply Program

Your plan includes the Clinical Day Supply Program for specialty drugs which provides a balance between specialty drug waste control and improved therapy adherence. During a stabilization period, certain specialty drugs, dispensed by a Cigna designated specialty pharmacy, may be limited to less than a consecutive 90 day supply. Further, for some drugs with a very high risk for early discontinuation, a split-fill (either 14 or 15 days), may be dispensed. Your cost share will be prorated to reflect the actual days' supply dispensed.

Patient Assurance Program

Your plan includes the Patient Assurance Program, which waives the deductible and reduces the amount you owe for certain medications used to treat chronic conditions included in the program. Additionally:

- Any amount you pay for these medications only count toward meeting your out-of-pocket maximum.
- Any discount provided by a pharmaceutical manufacturer for these medications only count toward meeting your out-of-pocket maximum.

Additional Information

Cigna Diabetes Prevention Program in collaboration with Omada

Cigna Diabetes Prevention Program in collaboration with Omada is a program to help you avoid the onset of diabetes, as well as health risks that might lead to heart disease or a stroke. The program is covered by your health plan at the preventive level, just like for your wellness visit. Program participants have access to a professional virtual health coach, an online support group, interactive lessons, and a smart-technology scale. The program will help you make small changes in your eating, activity, sleep, and stress to achieve healthy weight loss through a series of 16 weekly lessons and tools to help you maintain weight loss over time. You will also be offered the opportunity to join a gym for a low monthly fee and no enrollment fee.

Maximum Reimbursable Charge

The allowable covered expense for non-network services is based on the lesser of the health care professional's normal charge for a similar service or a percentage of a fee schedule (110%) developed by Cigna that is based on a methodology similar to one used by Medicare to determine the allowable fee for the same or similar service in a geographic area. In some cases, the Medicare based fee schedule will not be used and the maximum reimbursable charge for covered services is based on the lesser of the health care professional's normal charge for a similar service or a percentile (80th) of charges made by health care professionals of such service or supply in the geographic area where it is received. If sufficient charge data is unavailable in the database for that geographic area to determine the Maximum Reimbursable Charge, then data in the database for similar services may be used. Out-of-network services are subject to a Calendar Year deductible and maximum reimbursable charge limitations.

Out-of-Network Emergency Services Charges

1. Emergency Services are covered at the In-Network cost-sharing level as required by applicable state or federal law if services are received from a non-participating (Out-of-Network) provider.

2. The allowable amount used to determine the Plan's benefit payment for covered Emergency Services rendered in an Out-of-Network Hospital, or by an Out-of-Network provider in an In-Network Hospital, is the amount agreed to by the Out-of-Network provider and Cigna, or as required by applicable state or federal law.

The member is responsible for applicable In-Network cost-sharing amounts (any deductible, copay or coinsurance). The member is not responsible for any charges that may be made in excess of the allowable amount. If the Out-of-Network provider bills you for an amount higher than the amount you owe as indicated on the Explanation of Benefits (EOB), contact Cigna Customer Service at the phone number on your ID card.

Medicare Coordination

In accordance with the Social Security Act of 1965, this plan will pay Secondary to Medicare Part A and B as follows:

(a) a former Employee such as a retiree, a former Disabled Employee, a former Employee's Dependent Spouse and/or Dependent Child(ren), including a former Employee's Domestic Partner, or a COBRA continuant (whose insurance is continued for any reason), and who is also eligible for Medicare due to age or disability; (b) an Employee's Domestic Partner who is also eligible for Medicare due to age;

(c) an Employee, a former Employee's or former Employee's Dependent Spouse and/or Dependent Child(ren), an Employee's Dependent, including a Domestic Partner, who is eligible for Medicare due to End Stage Renal Disease after that person has been eligible for Medicare for 30 months.

When a person is eligible for Medicare A and B as described above, this plan will pay as the Secondary Plan to Medicare Part A and B regardless if the person is actually enrolled in Medicare Part A and/or Part B and regardless if the person seeks care at a Medicare Provider or not for Medicare covered services. One Guide

Available by phone or through myCigna mobile application. One Guide helps you navigate the health care system and make the most of your health benefits and programs.

Additional Information

Complete Care Management

Pre-authorization is required on all inpatient admissions and selected outpatient procedures, diagnostic testing, and outpatient surgery. Network providers are contractually obligated to perform pre-authorization on behalf of their customers. For an out-of-network provider, the customer is responsible for following the pre-authorization procedures. If a customer does not follow requirements for obtaining pre-treatment authorization, a \$750 penalty will be applied.

Pre-Existing Condition Limitation (PCL) does not apply.

Well-Being Solution: Core Plus

- Health assessment
- Device/app integration
- Personalized online content and data-driven actions
- Social connections/challenges

Definitions

Coinsurance - After you've reached your deductible, you and your plan share some of your medical costs. The portion of covered expenses you are responsible for is called Coinsurance.

Copay - A flat fee you pay for certain covered services such as doctor's visits or prescriptions.

Deductible - A flat dollar amount you must pay out of your own pocket before your plan begins to pay for covered services.

Out-of-Pocket Maximum - Specific limits for the total amount you will pay out of your own pocket before your plan coinsurance percentage no longer applies. Once you meet these maximums, your plan then pays 100 percent of the "Maximum Reimbursable Charges" or negotiated fees for covered services.

Place of Service - Your plan pays based on where you receive services. For example, for hospital stays, your coverage is paid at the inpatient level.

Prescription Drug List - The list of prescription brand and generic drugs covered by your pharmacy plan.

Professional Services - Services performed by Surgeons, Assistant Surgeons, Hospital Based Physicians, Radiologists, Pathologists and Anesthesiologists **Transition of Care** - Provides in-network health coverage to new customers when the customer's doctor is not part of the Cigna network and there are approved clinical reasons why the customer should continue to see the same doctor.

Exclusions

What's Not Covered (This Is Not All Inclusive; check your plan documents for a complete list)

- Services that aren't medically necessary
- Experimental or investigational treatments, except for routine patient care costs related to qualified clinical trials as described in your plan document
- Accidental injury that occurs while working for pay or profit
- Sickness for which benefits are paid or payable under any workers' compensation or similar law
- Services provided by government health plans
- Cosmetic surgery, unless it corrects deformities resulting from illness, breast reconstruction surgery after a mastectomy, or congenital defects of a newborn or adopted child or child placed for adoption
- Dental treatments and implants
- Custodial care
- Surgical procedures for the improvement of vision that can be corrected through the use of glasses or contact lenses
- Vision therapy or orthoptic treatment
- Reversal of sterilization procedures
- Nonprescription drugs or anti-obesity drugs
- Gene manipulation therapy

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OR

Open Access Plus HDHPQ - HDHPQ OAP

Exclusions

- Smoking cessation programs
- Non-emergency services incurred outside the United States
- Bariatric surgery

These are only the highlights

This summary outlines the highlights of your plan. For a complete list of both covered and not covered services, including benefits required by your state, see your employer's insurance certificate, service agreement or summary plan description -- the official plan documents. If there are any differences between this summary and the plan documents, the information in the plan documents takes precedence.

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EHB State: OR