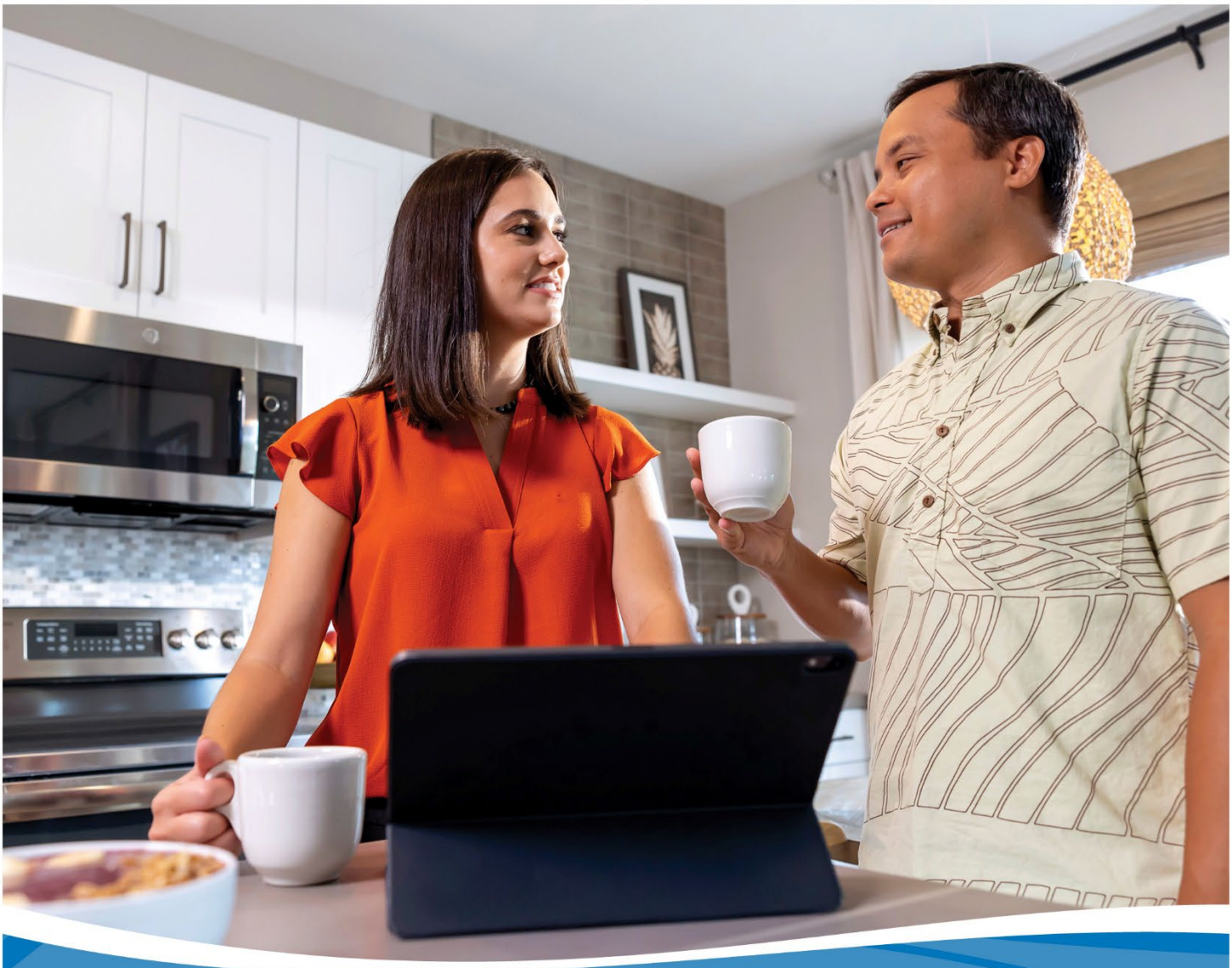

Guide to Benefits

Gold PPO I

Includes Drug and Vision

January 2025

hmsa

An Independent Licensee of the Blue Cross and Blue Shield Association

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CHAPTER 1

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What You Should Know about this Guide to Benefits

About Your PPO Program

Your health care coverage is a ***Preferred Provider Organization***. This means you have benefits for your health care needs including office visits, inpatient facility services, outpatient facility services, and other provider services. This coverage offers you flexibility in the way you get benefits. Your opportunity to take an active role in your health care decisions makes this coverage special. In general, to get the best benefits possible, you should seek services from ***HMSA Participating Providers.***

To keep pace with change, HMSA uses scientific evidence to evaluate new developments in technology and new applications of existing technologies. Thorough reviews are a critical factor in our decisions to cover new technologies and applications. HMSA's Pharmacy and Therapeutics Advisory Committee, composed of practicing physicians and pharmacists from the community, meet quarterly to assess drugs, including new drugs, for inclusion in HMSA's plans. Drugs that meet the Committee's standards for safety, efficacy, ease of use, and value are included in various plan formularies. For more details on coverage under this plan, see *Chapter 4: Description of Benefits* and *Chapter 6: Services Not Covered*.

Pediatric Vision Services

In addition to medical benefits, this plan provides coverage to meet your child's vision care needs. This coverage applies to vision services for children through age 18. For more details see *Chapter 4: Description of Benefits* and *Chapter 6: Services Not Covered.*

Terminology

The terms ***You*** and ***Your*** mean you and your family members enrolled in this plan and eligible for this coverage. ***We***, ***Us***, and ***Our*** refer to HMSA.

The term ***Provider*** means an approved physician or other practitioner who provides you with health care services. Your provider may also be the place where you get services, such as a hospital or extended care facility. Also, your provider may be a supplier of health care products, such as a home or durable medical equipment supplier.

Definitions

Throughout this Guide, terms appear in ***Bold Italics*** the first time they are defined. Terms are also defined in *Chapter 11: Glossary.*

Questions

If you have any questions, please call us. More details about plan benefits will be provided free of charge. We list our phone numbers on the back cover of this Guide.

Summary of Provider Categories

This chart shows how the various provider categories impact your benefits.

	Provider Category				
	HMSA Participating Provider	**BlueCard PPO Medical Provider**	**BlueCard Participating Medical Provider**	**Contracting Provider**	**Nonparticipating Provider (in or out of state)**
Does your provider contract with HMSA?	Yes	No, contracts with the BlueCard PPO Program.	No, contracts with the BlueCard Program.	Yes, contracts with HMSA for transplant services.	No, does not contract with HMSA or the BlueCard program.
Does your provider always file claims for you?	Yes	Yes	Yes	Yes	No, you may have to file your own claims.
Does your provider accept eligible charge as payment in full? If so, you do not pay for any difference between actual charge and eligible charge.	Yes	Yes	Yes	Yes	No, you pay any difference between the actual charge and the eligible charge. See *From What Provider Category Did You Receive Care?* in the section labeled *Questions We Ask When You Receive Care* later in this chapter.
Do you pay deductibles and copayments to the provider? If so, we send benefit payment directly to the provider.	Yes	Yes	Yes	Yes	No, you pay provider in full. We send benefit payments to you.
Is your copayment percentage lower?	Yes	Yes	Yes	Yes	No, your copayment percentage is higher except for copayments for emergency services, air ambulance, and certain non-emergent services provided in participating facilities, which are the same as for services from participating providers.
Does your provider get precertification approvals for you?	Yes	No, you are responsible for getting approval.	No, you are responsible for getting approval.	Yes	No, you are responsible for getting approval.

Care While You are Away from Home

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 other geographic area ("Host Blue"). Some providers ("nonparticipating 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 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 Providers

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 uses 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 insured/self-funded 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 Hawaii

When covered medical services are provided outside of Hawaii by nonparticipating providers, the amount you pay for such services will normally be based on either the Host Blue's nonparticipating provider local payment or the pricing arrangements required by applicable state law. In these situations, you may be liable for the difference between the amount that the nonparticipating provider bills and the payment we will make for the covered medical 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 covered medical services had been obtained within our service area, or a special negotiated payment, to determine the amount we will pay for services provided by nonparticipating providers. In these situations, you may be liable for the difference between the amount that the nonparticipating provider bills and the payment we will make for the covered 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 service 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-BLUE (1-800-810-2583) or call collect at 1-804-673-1177, 24 hours a day, seven days a week.

BlueCard PPO Medical Providers

If you get medical services from a Mainland BlueCard PPO provider you enjoy advantages similar to those available when you receive health care from participating providers in Hawaii.

Finding BlueCard PPO Medical Providers

For help finding BlueCard PPO providers outside Hawaii, call 1-800-810-BLUE (1-800-810-2583).

BlueCard PPO providers may not be in some areas. In areas where BlueCard PPO providers are not available, you can still receive BlueCard PPO advantages if you receive services from a BlueCard participating provider.

Finding BlueCard Participating Medical Providers

The Host Blue in the area where you need services can provide you with information on participating providers in the area. You can also visit the BlueCard Doctor and Hospital Finder web site (www.BCBS.com) or call 1-800-810-BLUE (2583).

Carry Your Member Card

Always carry your HMSA Member Card. Your member card ensures that you get all the conveniences you're used to when you get healthcare services at home in Hawaii. The card tells participating and BlueCard PPO providers which independent Blue Plan you belong to. It also includes information the provider needs to file your claim for you.

Questions We Ask When You Receive Care

Is the Care Covered?

To get benefits, the care you get must be a covered treatment, service, or supply. See *Chapter 4: Description of Benefits* for a listing of covered treatments, services and supplies.

Does the Care Meet Payment Determination Criteria?

All care you get 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; and
- 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 that are not known to be effective in improving health outcomes include, but are not limited to, services that are experimental or investigational.

Definitions of terms and more details on the 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 provider may prescribe, order, recommend, or approve a service or supply does not in itself mean that the service or supply meets Payment Determination Criteria, 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 that are excluded from coverage without getting a written acknowledgement of financial responsibility from you or your representative. See *Chapter 6: Services Not Covered*.

More than one procedure, service, or supply may be appropriate to diagnose and treat your condition. In that case, we reserve the right to approve only the least costly treatment, service, or supply.

You may ask your provider to contact us to decide if the services you need meet our Payment Determination Criteria or are excluded from coverage before you get the care.

Is the Care Consistent with HMSA's Medical Policies?

To be covered, the care you get must be consistent with the provider's scope of practice, state licensure requirements, and HMSA's medical policies. These are policies drafted by HMSA Medical Directors, many of whom are practicing physicians, with community physicians and nationally recognized authorities. Each policy provides detailed coverage criteria for when a specific service, drug, or supply meets payment determination criteria. If you have questions about the policies or would like a copy of a policy related to your care, please call us at one of the phone numbers on the back cover of this Guide.

From What Provider Category Did You Receive Care?

Your benefits may be different depending on the category of provider that you get care from. In general, you will get the maximum benefits possible when you get services from an HMSA participating provider.

When you see a nonparticipating provider you will owe any copayment that applies to the service plus the difference between HMSA's eligible charge and the provider's actual charge. Also, nonparticipating providers have not agreed to HMSA's payment policies and can bill you for services or other charges that HMSA does not cover. Participating providers have agreed not to charge you for these services. These amounts will be included in the nonparticipating provider's actual charge.

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. Please check hmsa.com for details.

For more details on provider categories, see the sections *Summary of Provider Categories* and *Care While You are Away from Home* earlier in this chapter.

Please note: Your participating provider may refer services to a nonparticipating provider and you may incur a greater out-of-pocket expense.

For example, your participating provider may send a blood sample to a nonparticipating lab to analyze. Or, your participating provider may send you to a nonparticipating specialist for added care.

You are encouraged to work with your provider to find suitable specialty care from a participating provider. If no option is available, you may request to have specialty care received from a nonparticipating provider covered at the participating provider benefit level but only in accord with Hawaii law and if all of the following criteria are met:

- You are diagnosed with a condition or disease requiring specialty care.
- A participating provider who can provide the health care services for your condition or disease is either:
  - not available or
  - access to a participating provider requires unreasonable travel or delay.
- Benefits are limited to services received within the State of Hawaii, unless specialty care is not available in the State.
- Services must be approved by HMSA prior to receiving the services. See *Chapter 5: Precertification*. Without prior approval, covered services will be subject to the nonparticipating provider benefit level.

If you need more details, call us at one of phone numbers listed on the back cover of this Guide.

Is the Service or Supply Subject to a Benefit Maximum?

Benefit Maximum is the maximum benefit amount allowed for a covered service or supply. A coverage maximum may limit the duration or the number of visits. For details about benefit maximums, read *Chapter 2: Payment Information* and *Chapter 4: Description of Benefits.*

Is the Service or Supply Subject to Precertification?

Certain services require our prior approval. HMSA participating providers get approval for you, but other providers may not. If you get services from a BlueCard or nonparticipating provider and approval for certain services is not obtained, benefits may be denied. In some cases, benefits are denied entirely. For services subject to approval, read *Chapter 5: Precertification.*

Did You Receive Care from a Provider Recognized by Us?

To determine if a provider is recognized, we look at many factors including licensure, professional history, and type of practice. All participating providers and some nonparticipating providers are recognized. To find out if your provider 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. To find out if a nonparticipating provider is recognized, call us at one of the phone numbers on the back cover of this Guide.

Did a Recognized Provider Order the Care?

All covered treatment, services, and supplies must be ordered by a recognized provider practicing within the scope of his or her license.

What You Can do to Maintain Good Health

Practice Good Health Habits

Staying healthy is the best way to control your health care costs. Take care of yourself all year long. See your provider early. Don't let a minor health problem become a major one. Take advantage of your preventive care benefits.

Be a Wise Consumer

You should make informed decisions about your health care. Be an active partner in your care. Talk with your provider and ask questions. Understand the treatment program and any risks, benefits, and options related to it.

Take time to read and understand your ***Report to Member***. This report shows how we applied benefits. Review your report and let us know if there are any inaccuracies.

You may get copies of your Report to Member online through My Account on hmsa.com or by mail upon request.

Interpreting this Guide

Agreement

The Agreement between HMSA and you is made up of all of the following:

- This Guide to Benefits.
- Any riders and/or amendments.
- The enrollment form submitted to us.

Our Rights to Interpret this Document

We will interpret the provisions of the Agreement and will determine all questions that arise under it. We have the administrative discretion:

- To determine if you meet our written eligibility requirements if you enroll directly with HMSA.
- To determine the amount and type of benefits payable to you or your dependents according to the terms of this Agreement.
- To interpret the provisions of this Agreement as needed to determine benefits, including decisions on medical necessity.

Our determinations and interpretations, and our decisions on these matters are subject to *de novo* review by an impartial reviewer as provided in this Guide to Benefits or as allowed by law. If you do not agree with our interpretation or determination, you may appeal. See *Chapter 8: Dispute Resolution.*

No oral statement of any person shall modify or otherwise affect the benefits, limits and exclusions of this Guide to Benefits, convey or void any coverage, or increase or reduce any benefits under this Agreement.

CHAPTER 2

This Chapter Covers

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Copayment 9
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Annual Copayment Maximum 12
Maximum Allowable Fee 12
Benefit Maximum 12

Eligible Charge

Definition

For most healthcare services, the ***Eligible Charge*** is:

- the lower of either the provider's *actual* charge or the amount we establish as the *maximum allowable fee*, plus may include
- amounts, if any, paid to providers for meeting quality standards established by HMSA.

HMSA's payment, and your copayment, are based on the eligible charge.

Exceptions: For services from participating facilities, HMSA's payment is based on the maximum allowable fee and your copayment is based on the lower of the actual charge or the *maximum allowable fee*. Some services may be rendered by providers who accept monthly payments from HMSA to manage the care of a certain population of their patients.

The base amount on which your copayment is calculated for emergency and air ambulance services from nonparticipating providers, as well as certain non-emergent services provided by nonparticipating providers in participating facilities, is calculated in accord with federal law.

Participating providers agree to accept HMSA's payment plus your copayment as payment in full for covered services. Nonparticipating providers generally do not. If you get services from a nonparticipating provider, you are responsible for a copayment plus any difference between the actual charge and the eligible charge.

Exception: For nonparticipating services included in the No Surprises Act of 2021 you will not have to pay the difference between the actual charge and the *maximum allowable fee*, but your cost-share may be different based on the requirements of the law. Please check HMSA.com for details.

***Please note*:** Eligible charge does not include excise or other tax. You are responsible for all taxes related to the care you receive. If your provider accepts monthly payments to manage your care, you may owe tax on your copayment.

Copayment

Definition

A *copayment* applies to most covered services. It is either a fixed percentage of the eligible charge or a fixed dollar amount. Exception: For services provided at a participating facility, your copayment is based on the lower of the facility's actual charge or the *maximum allowable fee*. You owe a copayment even if the facility's actual charge is less than the *maximum allowable fee*.

Please note*:** If you get services from a nonparticipating or noncontracting provider, you are responsible for the copayment ***plus any difference between *the actual charge and the eligible charge*.

Amount

See *Chapter 3: Summary of Benefits and Your Payment Obligations.*

Examples

Here are two examples of how the copayment works after the annual deductible is met.

Let's say you have a sore throat and go to a participating physician to have it checked.

- The physician's bill or actual charge = $125.
- HMSA's eligible charge = $100.
- Your copayment = $30.

If you go to a nonparticipating physician, your out of pocket will be higher.

- The physician's bill or actual charge = $125.
- HMSA's eligible charge = $100.
- Your copayment = $40 (40% of $100).
- The difference between the actual charge and the eligible charge = $25.
- You owe $65 (your copayment plus the difference between the actual charge and the eligible charge).

Annual Deductible

Definition

Annual Deductible is the fixed dollar amount you must pay each calendar year before benefits subject to the annual deductible become available. You cannot pay the annual deductible amount to us in advance. You must meet the deductible on a claim by claim basis.

The following amounts you pay do not apply toward meeting the annual deductible:

- Copayments for services that are not subject to the annual deductible.
- Payments for services subject to a maximum once you reach the maximum. See *Benefit Maximum* later in this chapter.
- The difference between the actual charge and the eligible charge that you pay when you get services from a nonparticipating provider.
- Payments for noncovered services.
- Any amounts you owe in addition to your copayment for covered services.

***Please note*:** For services subject to the annual deductible see *Chapter 3: Summary of Benefits and Your Payment Obligations*.

Amount

$500 per person or

$1,000 (maximum) per family

How it Works

If you have single coverage, your annual deductible is $500. Each calendar year, you must pay the first $500 of the eligible charges for covered health care services that are subject to the annual deductible.

If you have family coverage, you and each covered family member pays toward their own $500 per person annual deductible, and that amount is also credited toward the family deductible. When the $1,000 family deductible is met, you and your family will not pay any additional deductible amounts for the remainder of the calendar year.

After the annual deductible is met, you owe the copayment amounts listed in *Chapter 3: Summary of Benefits and Your Payment Obligations* for the service or supply you receive.

Example

Here are examples of how the $500 per person or $1,000 maximum per family annual deductible works. Let's say the services you receive are:

- from a participating provider,
- subject to the annual deductible, and
- your copayment is 20% after the annual deductible. ***Please note****:* Your actual copayment amounts vary depending on the type of service or supply. See the copayment amounts listed in *Chapter 3: Summary of Benefits and Your Payment Obligations* for the service or supply you receive.

Calculation of $500 Per Person Annual Deductible Example		Individual's Annual Services			
		Service 1	Service 2	Service 3	Service 4
a	Eligible Charge	$250.00	$200.00	$350.00	$300.00
b	Amount Applied to Annual Deductible	$250.00	$200.00	$50.00	$0.00
c	Remaining Eligible Charge After Annual Deductible[1]	$0.00	$0.00	$300.00	$300.00
d	Copayment Amount for Remaining Eligible Charge[2]	$0.00	$0.00	$60.00	$60.00
e	Annual Deductible and Copayment Amount You Owe[3]	$250.00	$200.00	$110.00	$60.00
f	Cumulative Total of Per Person Annual Deductible[4]	$250.00	$450.00	$500.00	$500.00
g	Individual Annual Deductible Met?[5]	No	No	Yes	Yes

Calculations for the per person annual deductible:
1. a – b = c
2. c * 20% = d
3. b + d = e
4. cumulative total of b
5. f = $500

Calculation of $1,000 Maximum per Family Annual Deductible Example		Family's Annual Services			
		Family Member 1	Family Member 2	Family Member 3	Family Member 4
a	Eligible Charge	$500.00	$400.00	$700.00	$600.00
b	Amount Applied to Annual Deductible	$500.00	$400.00	$100.00	$0.00
c	Remaining Eligible Charge After Annual Deductible[1]	$0.00	$0.00	$600.00	$600.00
d	Copayment Amount for Remaining Eligible Charge[2]	$0.00	$0.00	$120.00	$120.00
e	Annual Deductible and Copayment Amount You Owe[3]	$500.00	$400.00	$220.00	$120.00
f	Cumulative Total of Per Family Annual Deductible[4]	$500.00	$900.00	$1,000.00	$1,000.00
g	Individual Annual Deductible Met?[5]	Yes	No	No	No
h	Family Annual Deductible Met?[6]	No	No	Yes	Yes

Calculations for the family annual deductible:
1. a – b = c
2. c * 20% = d
3. b + d = e
4. cumulative total of b
5. b = $500
6. f = $1,000

Chapter 2: Payment Information

Annual Copayment Maximum

Definition

The ***Annual Copayment Maximum*** is the maximum deductible and copayment amounts you pay in a calendar year. Once you meet the copayment maximum you are no longer responsible for deductible or copayment amounts unless otherwise noted.

Amount

$7,800 per person or

$15,600 (maximum) per family

When You Pay More

The following amounts do not apply toward meeting the copayment maximum. You are responsible for these amounts even after you have met the copayment maximum.

- Copayments for Vision Care Services.
- Payments for services subject to a maximum once you reach the maximum. See *Benefit Maximum* later in this chapter.
- The difference between the actual charge and the eligible charge that you pay when you get services from a nonparticipating provider.
- Payments for noncovered services.
- Any amounts you owe in addition to your copayment for covered services.

Maximum Allowable Fee

Definition

The ***Maximum Allowable Fee*** is the maximum dollar amount HMSA will pay for a covered service, supply, or treatment.

These are examples of some of the methods we use 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 last year.
  - The relative difficulty of the service compared to other services.
  - Changes in technology.
  - Payment for the service under federal, state, and other private insurance programs.
- For *some facility-billed services*, we use a per case, per treatment, or per day fee (per diem) rather than an itemized amount (fee for service). This does not include practitioner-billed facility services. For nonparticipating 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 *services billed by BlueCard PPO and participating medical providers outside of Hawaii*, we use the lower of the provider's actual charge or the negotiated price passed on to us by the on-site Blue Cross and/or Blue Shield Plan. For more details on HMSA's payment practices under the BlueCard Program, see *Care While You are Away from Home* in *Chapter 1: Important Information.*
- For *prescription drugs and supplies*, we use nationally recognized pricing sources and other relevant information. The allowable fee includes a dispensing fee. Any discounts or rebates that we get will not reduce the charges that your copayments are based on. Discounts and rebates are used to calculate the Tier 3 Cost Share and to reduce prescription drugs and supplies coverage rates.

Benefit Maximum

Definition

A ***Benefit Maximum*** is a limit that applies to a specified covered service or supply. A service or supply may be limited by duration or number of visits. The maximum may apply per service or calendar year.

Where to Look for Limitations

See *Chapter 4: Description of Benefits.*

CHAPTER 3

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Benefit and Payment Chart

About this Chart

This benefit and payment chart:

- Is a summary of covered services and supplies. **It is not a complete description of benefits. For coverage criteria, other limitations of covered services, and excluded services, be sure to read *Chapter 1: Important Information, Chapter 4: Description of Benefits,* and *Chapter 6: Services Not Covered.***
- Gives you the page number where you can find more details about the service or supply.
- Tells you if the annual deductible applies and what the copayment percentage or fixed dollar amount is for covered services and supplies.

***Please note*:** Special limits may apply to a service or supply listed in this benefit and payment chart. Please read the benefit details on the page referenced.

✻ = An asterisk next to a service or supply means either:

- A service dollar maximum may apply.
- You may owe amounts in addition to your copayment.

Please read the benefit details on the page referenced.

Chapter 3: Summary of Benefits and Your Payment Obligations

* = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Hospital and Facility Services					
Ambulatory Surgical Center (ASC)	28	Yes	Yes	20%	40%
Extended Care Facility (Skilled Nursing, Sub-Acute, and Long-Term Acute Care Facilities)	28	Yes	Yes	20%	40%
Hospital Ancillary Services	29	Yes	Yes	20%	40%
* Hospital Room and Board	29	Yes	Yes	20%*	40%*
Intensive Care Unit/Coronary Care Unit	30	Yes	Yes	20%	40%
Intermediate Care Unit	30	Yes	Yes	20%	40%
Isolation Care Unit	30	Yes	Yes	20%	40%
Operating Room	30	Yes	Yes	20%	40%
Outpatient Facility	30	Yes	Yes	20%	40%
Emergency Services					
Emergency Room	30	Yes	Yes	20%	20%
Emergency Services - All Other Services and Supplies	30	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive			Same as participating copayment for the service or supply
Online Care					
Online Care	30	No	Not Covered	None	Not Covered
Telehealth					
Telehealth	31	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Physician Services					
Anesthesia	31	Yes	Yes	20%	40%
Consultation Services	31	No	Yes	$60	40%
Physician Visits – Emergency Room	32	No	No	$60	$60
Physician Visits – Primary Care Provider	31	No	Yes	$30	40%
Physician Visits – Specialty Provider	31	No	Yes	$60	40%
Physician Visits – Urgent Care Provider	31	No	Yes	$45	40%

* = see page 13

	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Surgical Services					
Assistant Surgeon Services	32	Yes	Yes	20%	40%
Bariatric Surgery	32	Yes	Not Covered	20%	Not Covered
Cutting Surgery	33	Yes	Yes	20%	40%
Newborn Circumcision	33	Yes	Yes	20%	40%
Non-cutting Surgery	33	Yes	Yes	20%	40%
Oral Surgery	33	Yes	Yes	20%	40%
Reconstructive Surgery	33	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Surgical Supplies	33	Yes	Yes	20%	40%
Testing, Laboratory and Radiology					
Allergy Testing	33	Yes	Yes	20%	40%
Allergy Treatment Materials	33	Yes	Yes	20%	40%
Diagnostic Testing – Inpatient	33	Yes	Yes	20%	40%
Diagnostic Testing – Outpatient	33	Yes	Yes	20%	40%
Genetic Testing and Counseling	33	Yes	Yes	20%	40%
Laboratory and Pathology - Inpatient	34	Yes	Yes	20%	40%
Laboratory and Pathology – Outpatient	34	Yes	Yes	20%	40%
Radiology – General – Inpatient	34	Yes	Yes	20%	40%
Radiology – General – Outpatient	34	Yes	Yes	20%	40%
Radiology – Other – Inpatient	34	Yes	Yes	20%	40%
Radiology – Other – Outpatient	34	Yes	Yes	20%	40%
Chemotherapy and Radiation Therapy					
Chemotherapy – Infusion/Injections	34	Yes	Yes	20%	40%
Radiation Therapy - Inpatient	34	Yes	Yes	20%	40%
Radiation Therapy - Outpatient	34	Yes	Yes	20%	40%

* = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Other Medical Services and Supplies					
Advance Care Planning	34	No	Yes	None	40%
Ambulance (air)	34	Yes	Yes	20%	20%
Ambulance (ground)	35	Yes	Yes	20%	40%
Blood and Blood Products	35	Yes	Yes	20%	40%
Dialysis and Supplies	35	Yes	Yes	20%	40%
Durable Medical Equipment and Supplies	35	Yes	Yes	20%	40%
Evaluations for Hearing Aids	36	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Gender Identity Services	36	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Growth Hormone Therapy	36	Yes	Yes	20%	40%
Implanted Internal Items/Implants – Outpatient	36	Yes	Yes	None	40%
Inhalation Therapy	36	Yes	Yes	20%	40%
Injections-Other than Self-Administered	36	Yes	Yes	20%	40%
Injections-Self-Administered	37	Yes	Yes	20%	40%
Medical Foods	37	Yes	Yes	20%	20%
Medical Nutrition Therapy	37	No	Yes	None	40%
* Orthodontic Services to Treat Orofacial Anomalies	37	No	No	None*	None*
Orthotics and External Prosthetics	37	Yes	Yes	20%	40%
Outpatient IV Therapy	38	Yes	Yes	20%	40%
Vision and Hearing Appliances	38	Yes	Yes	20%	40%
Habilitative and Rehabilitative Therapy					
Cardiac Rehabilitation	38	No	Yes	$30	40%
Dr. Ornish's Program for Reversing Heart Disease ™	38	No	Not Covered	$20 when received from a provider that meets the requirements of the Dr. Ornish Program described in Chapter 4 under *Habilitative and Rehabilitative Therapy*.	

* = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Habilitative and Rehabilitative Services and Devices	38	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Physical and Occupational Therapy - Inpatient	39	Yes	Yes	20%	40%
Physical and Occupational Therapy - Outpatient	39	No	Yes	$30	40%
Pulmonary Rehabilitation – Outpatient	39	No	Yes	20%	40%
Speech Therapy Services - Inpatient	39	Yes	Yes	20%	40%
Speech Therapy Services – Outpatient	39	No	Yes	$30	40%
Special Benefits - Disease Management and Preventive Services					
Annual Preventive Health Evaluation (preventive visit)	40	No	Yes	None	40%
Diabetes Prevention Program	40	No	Not Covered	None when received from a provider that meets the requirements of the Diabetes Prevention Program as described in Chapter 4 under *Special Benefits – Disease Management and Preventive Services*	
Disease Management and Preventive Services Programs	40	No	Not Covered	None	Not Covered
Preventive Health Services	41	No	Yes	None	40%
Prostate Specific Antigen (PSA) Test (screening)	41	Yes	Yes	20%	40%
Well-Being Services	41	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Well Child Care Immunizations	41	No	No	None	None
Well Child Care Laboratory Tests	41	No	No	None	40%
Well Child Care Physician Office Visits	42	No	No	None	40%
Special Benefits for Men					
Erectile Dysfunction	42	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Vasectomy	42	Yes	Yes	20%	40%
Special Benefits for Women					
Artificial Insemination	42	Yes	Yes	20%	40%
Breast Pump	42	No	Not Covered	None	Not Covered

* = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Contraceptive IUD	42	No	Yes	None	40%
Contraceptive Implants	42	No	Yes	None	40%
Contraceptive Injectables	42	No	Yes	None	40%
In Vitro Fertilization	42	Your deductible and copayment amounts vary depending on the type of service or supply. See deductible and copayment amounts listed in this chart for the service or supply you receive.			
Maternity Care – Routine Prenatal Visits, Delivery, and One Postpartum Visit	43	Yes	Yes	20%	40%
Pregnancy Termination	43	Yes	Yes	20%	40%
Tubal Ligation	43	No	Yes	None	40%
Special Benefits for Homebound, Terminal, or Long-Term Care					
Case Management Services	43	Your deductible and copayment amounts vary depending on the type of service. See deductible and copayment amounts listed in this chart for the service you receive.			
Home Health Care	44	Yes	Yes	20%	40%
Hospice Services	44	Yes	Not Covered	None	Not Covered
Supportive Care	44	Yes	Not Covered	None	Not Covered
Behavioral Health - Mental Health and Substance Abuse					
Applied Behavior Analysis Rendered by a Behavior Analyst Recognized by Us	45	Yes	Yes	20%	40%
* Hospital and Facility Services – Inpatient	44	Yes	Yes	20%*	40%*
Hospital and Facility Services – Outpatient	44	Yes	Yes	20%	40%
Physician Services – Inpatient	44	No	Yes	20%	40%
Physician Services – Outpatient	44	No	Yes	$30	40%
Psychological Testing – Inpatient	44	Yes	Yes	20%	40%
Psychological Testing – Outpatient	44	Yes	Yes	20%	40%
Organ and Tissue Transplants					
Corneal Transplant Surgery	46	Yes	Yes	20%	40%
Kidney Transplant Surgery	46	Yes	Yes	20%	40%
Organ Donor Services	46	Yes	Yes	20%	40%

* = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Transplant Evaluation	46	Yes	Not Covered	None	Not Covered

You must get services from a provider that is an approved Blue Distinction Center for Transplants or is under contract with us for the specific type of transplant you will get for these benefits to apply.

* = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is	
		Contracting	Noncontracting	Contracting	Noncontracting
Other Organ and Tissue Transplants					
Heart Transplants	46	Yes	Not Covered	None	Not Covered
Heart and Lung Transplants	46	Yes	Not Covered	None	Not Covered
Liver Transplants	46	Yes	Not Covered	None	Not Covered
Lung Transplants	46	Yes	Not Covered	None	Not Covered
Pancreas Transplants	47	Yes	Not Covered	None	Not Covered
Simultaneous Kidney/Pancreas Transplants	47	Yes	Not Covered	None	Not Covered
Small Bowel and Multivisceral Transplants	47	Yes	Not Covered	None	Not Covered
Stem-Cell Transplants (including Bone Marrow Transplants)	47	Yes	Not Covered	None	Not Covered

Prescription Drugs and Supplies

This plan covers Prescription Drugs (including drugs to treat autism spectrum disorders, insulin and contraceptives) that are listed in the HMSA Metallic Formulary. Except for specific drugs and supplies listed in this section, every drug on the plan's formulary is covered in one of the five cost-sharing tiers listed below. See *Chapter 4: Description of Benefits* for more details.

Outpatient prescription drugs and supplies are covered only when approved by the FDA and prescribed by your Provider. See *Chapter 4: Description of Benefits* for more details.

HMSA has contracted with selected providers to offer a maximum 90-day supply of prescription maintenance medications available for pickup or by mail. Call your nearest HMSA office listed on the back cover of this Guide for a list of our 90-Day at Retail Network or Mail Order Program contract providers.

∗ = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Cost-Sharing Tiers					
Tier 1	50	No	Yes	$15	$15 plus 20% of remaining eligible charge
Tier 2	50	No	Yes	$30	$30 plus 20% of remaining eligible charge
Tier 3	50	No	Yes	$25 plus $25 Tier 3 Cost Share	$25 plus $25 Tier 3 Cost Share and 20% of remaining eligible charge
Tier 4	50	No	Not Covered	$200	Not Covered
Tier 5	50	No	Not Covered	$200	Not Covered
90-Day at Retail Network or Mail Order – Tier 1 (84 – 90 Days)	50	No	Not Covered	$30	Not Covered
90-Day at Retail Network or Mail Order – Tier 2 (84 – 90 Days)	50	No	Not Covered	$60	Not Covered
90-Day at Retail Network or Mail Order – Tier 3 (84 – 90 Days)	50	No	Not Covered	$50 plus $50 Tier 3 Cost Share	Not Covered
90-Day at Retail Network or Mail Order – Tier 4 (31 – 90 Days)	50	Not Covered	Not Covered	Not Covered	Not Covered
90-Day at Retail Network or Mail Order – Tier 5 (31 – 90 Days)	50	Not Covered	Not Covered	Not Covered	Not Covered
Chemotherapy – Oral Drugs					
Oral Chemotherapy – Non-Specialty Drugs	50	No	Yes	None	None
Oral Chemotherapy – Specialty Drugs	50	No	Not Covered	None	Not Covered
90-Day at Retail Network or Mail Order – Oral Chemotherapy – Non-Specialty Drugs (84 – 90 Days)	50	No	Not Covered	None	Not Covered
90-Day at Retail Network or Mail Order – Oral Chemotherapy – Specialty Drugs (31 – 90 Days)	50	Not Covered	Not Covered	Not Covered	Not Covered

∗ = see page 13

	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
Contraceptives					
Contraceptive Diaphragms/Cervical Caps	50	No	Yes	None	$10 per device
Contraceptive – Over-the-counter (OTC)	50	No	Yes	None	$15 plus 20% of remaining eligible charge
Contraceptive - Tier 1	50	No	Yes	None	$15 plus 20% of remaining eligible charge
Contraceptive - Tier 2	50	No	Yes	$30	$30 plus 20% of remaining eligible charge
Contraceptive - Tier 3	50	No	Yes	$25 plus $25 Tier 3 Cost Share	$25 plus $25 Tier 3 Cost Share and 20% of remaining eligible charge
90-Day at Retail Network or Mail Order – Contraceptive Diaphragms/Cervical Caps (84 – 90 Days)	50	No	Not Covered	None	Not Covered
90-Day at Retail Network or Mail Order – Contraceptive – Over-the-counter (OTC) (84 – 90 Days)	50	No	Not Covered	None	Not Covered
90-Day at Retail Network or Mail Order – Contraceptive - Tier 1 (84 – 90 Days)	50	No	Not Covered	None	Not Covered
90-Day at Retail Network or Mail Order – Contraceptive - Tier 2 (84 – 90 Days)	50	No	Not Covered	$60	Not Covered
90-Day at Retail Network or Mail Order – Contraceptive - Tier 3 (84 – 90 Days)	50	No	Not Covered	$50 plus $50 Tier 3 Cost Share	Not Covered
Diabetic Supplies					
Diabetic Supplies – Non-Preferred Formulary	50	No	Yes	$30	$30 plus 20% of remaining eligible charge
Diabetic Supplies – Preferred Formulary	50	No	Yes	None	None
90-Day at Retail Network or Mail Order – Diabetic Supplies – Non-Preferred Formulary (84 – 90 Days)	50	No	Not Covered	$60	Not Covered
90-Day at Retail Network or Mail Order – Diabetic Supplies – Preferred Formulary (84 – 90 Days)	50	No	Not Covered	None	Not Covered
Spacers and Peak Flow Meters					
Spacers and Peak Flow Meters	50	No	Yes	None	None
90-Day at Retail Network or Mail Order – Spacers and Peak Flow Meters (84 – 90 Days)	50	No	Not Covered	None	Not Covered

∗ = see page 13	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges)	
		Participating	Nonparticipating	Participating	Nonparticipating
U.S. Preventive Services Task Force (USPSTF) Recommended Drugs					
USPSTF recommended drugs	50	No	Yes	None	20% of eligible charge
90-Day at Retail Network or Mail Order – USPSTF recommended drugs (84 – 90 Days)	50	No	Not Covered	None	Not Covered

Vision Care Services

Vision care services are covered only when services are rendered in connection with an eye exam for correction of a visual defect and when the frame or lenses are required as a result of such exam and as described in Chapter 4. Pediatric vision services are covered when provided to children through age 18.

✲ = see page 13

		more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges, except where noted)	
			Participating	Nonparticipating	Participating	Nonparticipating
Vision Care Services for Adults						
	Adult Routine Vision Exam	53	No	No	$10	All charges over $35
Vision Care Services for Adults - Appliances			**You may choose either prescription contact lenses or frames, subject to the limits described in Chapter 4 under *Vision Care Services for Adults - Appliances***			
✲	Adult Contact Lenses	53	No	No	All charges over $130✲	All charges over $65
✲	Adult Frames	53	No	No	All charges over $130✲	All charges over $65
	Adult Standard Size Lenses – Single Vision	53	No	No	$10	All charges over $25
	Adult Standard Size Lenses – Bifocal	53	No	No	$10	All charges over $40
	Adult Standard Size Lenses – Trifocal or Lenticular	53	No	No	$10	All charges over $55
Vision Care Services for Adults – Other Services			**Services below are covered in addition to covered prescription glasses or contact lenses**			
	Adult Standard Plastic Scratch-Resistant Coating	53	No	No	None	All charges over $5
Pediatric Vision Care Services						
	Pediatric Routine Vision Exam	53	No	No	None	All charges over $35
Pediatric Vision Care Services - Appliances			**You may choose either prescription lenses or contact lenses, one per calendar year**			
	Pediatric Contact Lenses	53	No	No	None	All charges over $112
	Pediatric Frames	53	No	No	None	All charges over $60
	Pediatric Standard Size Plastic Lenses – Single Vision	53	No	No	None	All charges over $25
	Pediatric Standard Size Plastic Lenses – Bifocal	53	No	No	None	All charges over $40

✲ = see page 13

	more info. on page:	Annual Deductible Applies?		Copayment Is (Percentage copayments are based on eligible charges, except where noted)	
		Participating	Nonparticipating	Participating	Nonparticipating
Pediatric Standard Size Plastic Lenses – Trifocal or Lenticular	53	No	No	None	All charges over $55
Pediatric Vision Care Services – Other Services		**Services below are covered in addition to covered prescription glasses or contact lenses**			
Pediatric Standard Contact Lens Fitting and Follow-Up Visits	53	No	No	None	All charges over $40
Pediatric Photochromic/Transitions Plastic Lenses	53	No	Not Covered	None	Not Covered
Pediatric Standard Plastic Scratch-Resistant Coating	53	No	Not Covered	None	Not Covered
Pediatric Standard Polycarbonate Lenses	53	No	Not Covered	None	Not Covered
Pediatric Standard Progressive Lenses	53	No	No	None	All charges over $55
Pediatric Tinting	53	No	Not Covered	None	Not Covered
Pediatric Ultraviolet (UV) Protective Coating	53	No	Not Covered	None	Not Covered

CHAPTER 4

This Chapter Covers

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About this Chapter

Your health care coverage provides benefits for procedures, services or supplies that are listed in this chapter. You will note that some of the benefits have limitations. These limitations describe criteria, circumstances or conditions that are necessary for a procedure, service or supply to be a covered benefit. These limitations may also describe circumstances or conditions when a procedure, service or supply is not a covered benefit. These limitations and benefits should be read with *Chapter 6: Services Not Covered,* in order to identify all items excluded from coverage.

Additional Coverage Mandated by Law

As may be required by law, including without limitation in response to State and/or Federal emergency declarations, this plan may provide expanded benefits and coverage policies not described in this Guide. Up-to-date information related to such circumstances, including emergency declarations, will be posted on our website at www.hmsa.com.

Continuity of Care

You may be eligible for continuity of care if you are a continuing care patient receiving a course of treatment from a participating provider and one of the following occurs:

- the contractual relationship between the participating provider and HMSA is terminated;
- benefits provided under your plan with respect to the participating provider are terminated because of a change in the terms of the participation of such participating provider in such plan; or
- you are under a group health plan and the contract between such group health plan and HMSA is terminated.

With respect to the above occurrences, the term "terminated" does not include a termination of a contract for failure to meet applicable quality standards or for fraud.

For more details, see *Chapter 10: General Provisions, Continuity of Care*.

Non-Assignment of Benefits

Benefits for covered services described in this Guide cannot be transferred or assigned to anyone. Any attempt to assign this coverage or rights to payment will be void.

Hospital and Facility Services

Review of Inpatient Hospital Care

When your condition requires you to be an inpatient, we may work with your provider to review your medical records to determine if payment determination criteria are met. Inpatient reviews take place after admission and at set intervals thereafter, until you are discharged from the facility. We also review discharge plans for after-hospital care.

If payment determination criteria are not met, our nurse reviewer will discuss your case with a physician consultant. If more details are needed, our nurse or physician consultant may contact your attending physician.

If we inform you that you do not meet payment determination criteria for acute inpatient care but you meet payment determination for skilled nursing, sub-acute, or long-term acute care, you must transfer to the first available extended care facility bed. If you do not transfer, you must pay all acute inpatient charges beginning on the day we informed you that you no longer meet acute inpatient payment determination criteria and an extended care facility bed became available.

Ambulatory Surgical Center (ASC)

Covered, including:
- operating rooms,
- surgical supplies,
- drugs,
- dressings,
- anesthesia services and supplies,
- oxygen,
- antibiotics,
- blood transfusion services,
- routine lab,
- x-ray related to surgery, and
- general nursing services.

Ambulatory Surgical Center is an outpatient facility that provides surgical services without an overnight stay. This facility may be in a hospital or it may be a separate independent facility.

Please note: Anesthesia for dental services are covered in accord with HMSA's medical policy on "Deep Sedation and General Anesthesia for Dental Services" which can be found at www.hmsa.com. The medical policy provides detailed coverage criteria for when services meet HMSA's payment determination criteria.

Extended Care Facility (Skilled Nursing, Sub-Acute, and Long-Term Acute Care Facilities)

Covered in accord with HMSA's medical policies. Information on our policies can be found at www.hmsa.com.

Room and board is covered, but only for semi-private rooms when all of the following are true:
- You are admitted by your physician.
- Care is ordered and certified by your physician.
- Care is for skilled nursing care, sub-acute care, or long-term acute care rendered in an extended care facility.
- Confinement is not primarily for comfort, convenience, a rest cure, or domiciliary care.
- The confinement is not for custodial care.

Benefit Limitation: Coverage for extended care facilities is limited to 120 days per calendar year.

Services and supplies are covered, including:
- routine surgical supplies,
- drugs,
- dressings,
- oxygen,
- antibiotics,
- blood transfusion services,
- diagnostic and therapy services,
- regular and special diets, and
- general nursing services.

Please note: Services from out-of-state providers and from nonparticipating providers must have precertification. See *Chapter 5: Precertification.*

Hospital Ancillary Services

Covered, including:
- surgical supplies,
- hospital anesthesia services and supplies,
- diagnostic and therapy services,
- drugs,
- dressings,
- oxygen,
- antibiotics,
- hospital blood transfusion services,
- regular and special diets, and
- general nursing services.

Please note: Anesthesia for dental services are covered in accord with HMSA's medical policy on "Deep Sedation and General Anesthesia for Dental Services" which can be found at www.hmsa.com. The medical policy provides detailed coverage criteria for when services meet HMSA's payment determination criteria.

Hospital Room and Board

Covered, including:
- Semi-Private Rooms. If you are hospitalized at a participating facility, your copayment is based on the facility's medical/surgical semi-private room rate. If you are hospitalized at a nonparticipating facility, your copayment is based on HMSA's maximum allowable fee for semi-private rooms. Also, you owe the difference between the nonparticipating hospital's room charge and HMSA's maximum allowable fee for semi-private rooms.
- Private Rooms.

  At Participating Hospitals:
  - If you are hospitalized in a participating facility with private rooms only, your copayment is based on HMSA's maximum allowable fee for semi-private rooms.
  - If you are hospitalized in a participating facility with semi-private and private rooms or a BlueCard PPO facility, your copayment is based on the facility's medical/surgical semi-private room rate. Also, you owe the difference between the facility's charges for private and semi-private rooms. ***Exception:*** If you are hospitalized for conditions identified by HMSA as conditions that require a private room, your copayment is based on the facility's medical/surgical private room rate. You may call HMSA for a list of these conditions.

  At Nonparticipating Hospitals:
  - If you are hospitalized in a nonparticipating facility, your copayment is based on HMSA's maximum allowable fee for semi-private rooms. Also, you owe the difference between the facility's private room charge and HMSA's maximum allowable fee for semi-private rooms. ***Exception****:* If you are hospitalized for conditions identified by HMSA as conditions that require a private room, your copayment is based on HMSA's maximum allowable fee for private rooms. Also, you owe the difference between the facility's private room charge and HMSA's maximum allowable fee for private rooms. You may call HMSA for a list of these conditions.

• Newborn nursery care. Covered for the baby's nursery care after birth in accord with the time periods specified later in this chapter under *Maternity and Newborn Length of Stay*.

Please note: Services at nonparticipating and out-of-state post-acute facilities must be precertified. See *Chapter 5: Precertification*.

Intensive Care Unit/Coronary Care Unit	Covered.
Intermediate Care Unit	Covered.
Isolation Care Unit	Covered.
Operating Room	Covered.
Outpatient Facility	Covered, including but not limited to observation room and labor room. ***Please note:*** Certain rehabilitation services outside the State of Hawaii must have precertification. See *Chapter 5: Precertification.*

Emergency Services

Covered, but only to stabilize a medical condition that is accompanied by acute symptoms of sufficient severity (including severe pain) that a prudent layperson could reasonably expect the absence of immediate medical attention to result in:

- Serious risk to the health of the individual (or, with respect to a pregnant woman, the health of the woman and her unborn child).
- Serious impairment to bodily functions.
- Serious dysfunction of any bodily organ or part.

Examples of an emergency include:

- chest pain or other heart attack signs,
- poisoning,
- loss of consciousness,
- convulsions or seizures,
- broken back or neck,
- heavy bleeding,
- sudden weakness on one side,
- severe pain,
- breathing problems,
- drug overdose,
- severe allergic reaction,
- severe burns, and
- broken bones.

Examples of non-emergencies are:

- colds,
- flu,
- earaches,
- sore throats, and
- using the emergency room for your convenience or during normal physician office hours for medical conditions that can be treated in a physician’s office.

If you need emergency services, call 911 or go to the nearest emergency room for care. Pre-authorization is not needed.

Please note: If you are admitted as an inpatient after a visit to the emergency room, hospital inpatient benefits apply and not emergency room benefits.

Online Care

Online Care	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. Initial base conversations as well as conversation extensions are covered for all provider types available on HMSA Online Care.

Please note: Sessions and eligibility are subject to the Online Care Consumer User Agreement.

Telehealth

Telehealth

Covered, in accord with Hawaii law and HMSA's medical policy for "Telehealth Services" which can be found at www.hmsa.com. Telehealth is the use of telecommunications services to transmit medical information, including diagnostic-quality digital images and laboratory results for medical interpretation and diagnosis when the parties are separated by distance. Telecommunications services, include:

- Store and forward technologies.
- Remote monitoring.
- Live consultation.
- Mobile health.

In addition, services provided via telecommunications must be otherwise covered and not excluded by this plan. Your benefit will vary depending on the type of service you receive through telehealth. For instance, if you receive a physician visit through telehealth, the physician visit benefit will apply. See copayment amounts for the service you receive through telehealth in *Chapter 3: Summary of Benefits and Your Payment Obligations*.

"Telecommunications" is defined as the integrated electronic transfer of medical data, including but not limited to real time video conferencing-based communication, secure interactive and non-interactive web-based communication, and secure asynchronous information exchange.

Standard phone contacts, facsimile transmissions, or email texts, in combination or by itself, are not covered.

Physician Services

Anesthesia

Covered, as required by the attending provider and when appropriate for your condition. Services include:

- General anesthesia.
- Regional anesthesia.
- Monitored anesthesia when you meet HMSA's high-risk criteria.

Please note: Anesthesia for dental services are covered in accord with HMSA's medical policy on "Deep Sedation and General Anesthesia for Dental Services" which can be found at www.hmsa.com. The medical policy provides detailed coverage criteria for when services meet HMSA's payment determination criteria.

Consultation Services

Covered, as needed for surgical, obstetrical, pathological, radiological, or other medical conditions when all of these statements are true:

- The attending physician must require the consultation.
- If the consultation is for inpatient services, you must be confined as a registered bed patient.
- If the consultation is for inpatient services, the consultant's report must be acceptable to us. It must also be included as a part of the record kept by the hospital or extended care facility.
- The consultation must be for reasons other than to comply with requirements by the hospital or extended care facility.

Physician Visits

Covered, for an illness or injury, when you are inpatient or outpatient. A physician visit may be received in the physician's office, your home, or a facility setting. You are also covered for family planning counseling. Newborn care is covered in accord with the time periods specified later in this chapter under *Maternity and Newborn Length of Stay*.

Please note: Routine preventive care is described under *Special Benefits – Disease Management and Preventive Services.*

Physician Visits – Emergency Room

Covered, but only to stabilize a medical condition which is accompanied by acute symptoms of sufficient severity (including severe pain) that a prudent layperson could reasonably expect the absence of immediate medical attention to result in:

- Serious risk to the health of the individual (or, with respect to a pregnant woman, the health of the woman and her unborn child).
- Serious impairment to bodily functions.
- Serious dysfunction of any bodily organ or part.

Examples of an emergency include:

- chest pain or other heart attack signs,
- poisoning,
- loss of consciousness,
- convulsions or seizures,
- broken back or neck,
- heavy bleeding,
- sudden weakness on one side,
- severe pain,
- breathing problems,
- drug overdose,
- severe allergic reaction,
- severe burns, and
- broken bones.

Examples of non-emergencies are:

- colds,
- flu,
- earaches,
- sore throats, and
- using the emergency room for your convenience or during normal physician office hours for medical conditions that can be treated in a physician's office.

If you need emergency services, call 911 or go to the nearest emergency room for care. Pre-authorization is not needed.

Please note: If you are admitted to the hospital as an inpatient after a visit to the emergency room, hospital inpatient benefits apply and not emergency room benefits.

Surgical Services

Participating Providers have agreed to comply with HMSA's payment policies and so will not bill you for services or added charges that HMSA does not cover. When you see a nonparticipating provider you will owe any copayment that applies to the service plus the difference between HMSA's eligible charge and the provider's actual charge. This may include services or added charges not covered by HMSA.

Approval for Certain Surgical Procedures

Certain surgical procedures must have precertification from HMSA. See *Chapter 5: Precertification.*

Please note: This list of procedures changes periodically. To ensure your surgical procedure is covered, call us and we will check if it requires approval before you get the surgery.

If you are under the care of a:

- *Participating* physician, the physician will get approval for you.
- *Nonparticipating* physician, the physician may not get approval for you. Getting approval is your responsibility. See *Chapter 5: Precertification.*

Assistant Surgeon Services

Covered, but only when:

- The complexity of the surgery requires an assistant; and
- The facility does not have a resident or training program; or
- The facility has a resident or training program, but a resident or intern on staff is not available to assist the surgeon.

Bariatric Surgery

Covered, but only if you meet HMSA's criteria and when:

	• The facility is located in the state of Hawaii, has a contract with HMSA to perform bariatric surgery and has a comprehensive weight management program; or • The facility is an approved Blue Distinction Center for bariatric surgery with an agreement for continuity of care in the state where the member primarily resides
Cutting Surgery	Covered, including preoperative and postoperative care. ***Please note***: Nonparticipating 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.
Newborn Circumcision	Covered.
Non-cutting Surgery	Covered. Examples of non-cutting surgical procedures include: • diagnostic endoscopic procedures; • diagnostic and therapeutic injections including catheters injections into joints, muscles, and tendons; • orthopedic castings; • destruction of localized lesions by chemotherapy (excluding silver nitrate), cryotherapy or electrosurgery; and • acne treatment.
Oral Surgery	Covered, but only when the dentist performs surgery that could be performed by a physician or a dentist. Coverage is limited to: • the removal of tumors and cysts; • surgery to correct injuries; • cutting and draining of cellulitis; • cutting of sinuses, salivary glands, or ducts; • reduction of dislocations and removal of jawbone joint; and • major oral surgery for augmentation (building up) of the gum ridge.
Reconstructive Surgery	Covered, but only for corrective surgery required to restore, reconstruct or correct: • Any bodily function that was lost, impaired, or damaged as a result of an illness or injury. • Developmental abnormalities when present from birth and that severely impair or impede normal, essential bodily functions. • The breast on which a mastectomy was performed, and surgery for the reconstruction of the other breast to produce a symmetrical appearance (including prostheses). Treatment for complications of mastectomy and reconstruction, including lymphedema, is also covered. Complications of a non-covered cosmetic reconstructive surgery are not covered.
Surgical Supplies	Covered.

Testing, Laboratory, and Radiology

Allergy Testing	Covered.
Allergy Treatment Materials	Covered.
Diagnostic Testing	Covered when related to an injury or illness. Examples of diagnostic tests include: • Electroencephalograms (EEG). • Electrocardiograms (EKG or ECG). • Holter Monitoring. • Stress Tests.
Genetic Testing and Counseling	Covered, but only if you meet HMSA's criteria. Call us for more details. Our phone number is listed on the back cover of this Guide. ***Please note*:** Certain services must have precertification. See *Chapter 5: Precertification.*

	Other services identified on the U.S. Preventive Services Task Force list of Grade A and B Recommendations are described under *Special Benefits – Disease Management and Preventive Services.*
Laboratory and Pathology	Covered, when related to an illness or injury. For other routine and preventive lab services, see later in this chapter in the *Special Benefits – Disease Management and Preventive Services* section.
Radiology - General	Covered. Some examples of general radiology include: • Diagnostic mammography. • X-rays. ***Please note:*** Some radiological procedures must have precertification. See *Chapter 5: Precertification.*
Radiology - Other	Covered. Some examples of other radiology include: • Computerized Tomography Scan (CT Scan). • Interventional radiology. • MRI. • Nuclear Medicine. • Ultrasound. ***Please note:*** Some radiological procedures must have precertification. See *Chapter 5: Precertification.*

Chemotherapy and Radiation Therapy

Chemotherapy – Infusion/Injections	Covered, including chemical agents and their administration to treat malignancy. Chemotherapy drugs must be FDA approved. ***Please note:*** Coverage includes at least one antineoplastic (monoclonal antibodies) drug. ***Please note:*** Benefits for high-dose chemotherapy, high-dose radiation therapy, or related services and supplies are covered when provided in conjunction with stem-cell transplants. See later in this chapter under *Stem-Cell Transplants (including Bone Marrow Transplants)* in the section *Other Organ and Tissue Transplants.*
Radiation Therapy	Covered. ***Please note:*** Benefits for high-dose chemotherapy, high-dose radiation therapy, or related services and supplies are covered when provided in conjunction with stem-cell transplants. See later in this chapter under *Stem-Cell Transplants (including Bone Marrow Transplants)* in the section *Other Organ and Tissue Transplants.*

Other Medical Services and Supplies

Advance Care Planning	Covered.
Ambulance (air)	Covered, for intra-island or inter-island air ambulance services to the nearest, adequate hospital to treat your illness or injury. We will cover your ambulance transportation if the following apply: • Services to treat your illness or injury are not available in the hospital or nursing facility where you are an inpatient. • Transportation starts where an injury or illness took place or first needed emergency care. • Transportation ends at the nearest facility equipped to furnish emergency care. • Transportation is for the purpose of emergency treatment. • Transportation takes you to the nearest facility equipped to furnish emergency treatment.

Please note: Air ambulance is limited to transportation within the state of Hawaii except as described in the next section labeled *"Ambulance (air) – to the Continental United States"*.

Ambulance (air) – 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. Services are covered in accord with HMSA's medical policy on air ambulance services which can be found at www.hmsa.com.

Please note: Air ambulance services to the continental US must be precertified. See *Chapter 5: Precertification*.

Please note*:* Exclusions or limitations may apply. See *Chapter 6: Services Not Covered, Miscellaneous Exclusions*.

Ambulance (ground)

Covered, for ground ambulance services to the nearest, adequate hospital to treat your illness or injury.

We will cover your ambulance transportation if the following apply:
- Services to treat your illness or injury are not available in the hospital or nursing facility where you are an inpatient.
- Transportation starts where an injury or illness took place or first needed emergency care.
- Transportation ends at the nearest facility equipped to furnish emergency care.
- Transportation is for the purpose of emergency treatment.
- Transportation takes you to the nearest facility equipped to furnish emergency treatment.

Blood and Blood Products

Covered, including blood costs, blood bank services, blood processing.

You are not covered for peripheral stem-cell transplants except as described in this chapter under *Stem-Cell Transplants (including Bone Marrow Transplants).*

Dialysis and Supplies

Covered.

Durable Medical Equipment and Supplies

Covered, but only when prescribed by your treating provider.

The equipment must meet all of the following criteria:
- 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 skilled or intermediate nursing facility.
- Necessary and reasonable to treat 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. Habilitative devices are covered, but only as described under *Habilitative and Rehabilitative Services and Devices.*

Durable medical equipment (DME) can be rented or purchased; however, certain items are covered only as rentals.

Supplies and accessories necessary for the effective functioning of the equipment are covered subject to certain limitations and exclusions. Please call your nearest HMSA office listed on the back cover of this Guide for details.

Repair and replacement of durable medical equipment is covered subject to certain limitations and exclusions. Please call your nearest HMSA office listed on the back cover of this Guide for details.

Examples of durable medical equipment include:
- oxygen equipment,
- hospital beds,
- mobility assistive equipment (wheelchairs, walkers, power mobility devices), and
- insulin pumps.

Please note: Certain durable medical equipment must have precertification. See *Chapter 5: Precertification*.

Evaluations for Hearing Aids

Covered, but only when you get the evaluation for the use of a hearing aid in the office of a physician or audiologist.

Gender Identity Services

Covered, in accord with HMSA's medical policy for "Gender Identity Services" which can be found at www.hmsa.com.

The services listed below are covered, but only when deemed medically necessary to treat gender dysphoria. Your copayment may vary depending on the type of service or supply you receive. Copayment amounts are listed in *Chapter 3: Summary of Benefits and Your Payment Obligations.* Benefit details about the service or supply you receive can be found in other sections of this chapter.

- Gender confirmation surgery
- Hospital room and board
- Hormone injection therapy
- Laboratory monitoring
- Other gender confirmation surgery related services and supplies which are medically necessary and not excluded. These include but are not limited to ***sexual identification counseling***, pre-surgery consultations and post-surgery follow-up visits
- Otherwise covered services deemed medically necessary to treat gender dysphoria

Please note: Certain services must be precertified. See *Chapter 5: Precertification*.

Please note*:* Exclusions or limitations may apply. See *Chapter 6: Services Not Covered, Miscellaneous Exclusions*.

Growth Hormone Therapy

Covered, but only if you meet HMSA's criteria and if growth hormone is for replacement therapy services to treat:

- Hypothalamic-pituitary axis damage caused by primary brain tumors, trauma, infection, or radiation therapy.
- Turner's syndrome.
- Growth failure secondary to chronic renal insufficiency awaiting renal transplant.
- AIDS-wasting or cachexia without evidence of suspected or overt malignancy and where other modes of nutritional supplements (e.g., hyperalimentation, enteral therapy) have been tried.
- Short stature.
- Neonatal hypoglycemia secondary to growth hormone deficiency.
- Prader-Willi Syndrome.
- Severe growth hormone deficiency in adults.

Please note: These services must have precertification. See *Chapter 5: Precertification.*

Implanted Internal Items/Implants - Outpatient

Covered, for outpatient implanted internal items. For a description of implanted internal items, see *Chapter 11: Glossary*.

Please note: Certain items must have precertification. See *Chapter 5: Precertification.*

Inhalation Therapy

Covered.

Injections – Other than Self-Administered

Covered, for outpatient services and supplies for the injection or intravenous administration of:

- medication,
- biological therapeutics and biopharmaceuticals, or
- nutrient solutions needed for primary diet.

Injectable drugs must be FDA approved.

Please note: Coverage includes at least one drug in each of the following drug categories and classes:

- Blood products/modifiers/volume expanders (coagulants)
- Immunological agents (immunizing agents, passive)

***Please note*:** Certain services must have precertification. See *Chapter 5: Precertification.*

Injections – Self-Administered

Covered, for FDA approved injectable drugs.

Please note: Certain services must have precertification. See *Chapter 5: Precertification.*

Medical Foods

Covered, to treat inborn errors of metabolism in accord with Hawaii law and HMSA guidelines.

Medical Nutrition Therapy

Covered to treat medical conditions, such as chronic kidney disease, in accord with Hawaii law and HMSA's medical policy on "Medical Nutrition Therapy" which can be found at www.hmsa.com.

If you are diagnosed with an eating disorder by a qualified provider, medical nutrition therapy must be rendered by a recognized licensed dietitian.

Other counseling services identified on the U.S. Preventive Services Task Force list of Grade A and B Recommendations are described in other sections of this chapter. See *Special Benefits – Disease Management and Preventive Services, Preventive Health Services*.

Please note: Certain services must have precertification. See *Chapter 5: Precertification.*

Orthodontic Services to Treat Orofacial Anomalies

Covered, to treat orofacial anomalies resulting from birth defects or birth defect syndromes, in accord with Hawaii law and HMSA's medical policy.

Benefit Limitation: Benefits are limited to a maximum of $6,930 per treatment phase.

Please note: Services must be precertified. See *Chapter 5: Precertification*.

Orthotics and External Prosthetics

Orthotics are covered, when prescribed by your treating provider to provide therapeutic support or restore function.

Supplies necessary for the effective functioning of an orthotic are covered subject to certain limitations and exclusions. Please call your nearest HMSA office listed on the back cover of this Guide for details.

Examples of orthotics include:
- braces,
- orthopedic footwear, and
- shoe inserts.

Foot orthotics are only covered for members with specific diabetic conditions as defined by Medicare guidelines; for partial foot amputations; if they are an integral part of a leg brace; or if they are being prescribed as part of post-surgical or post-traumatic casting care.

External prosthetics are covered when prescribed by your treating provider to replace absent or non-functioning parts of the human body with an artificial substitute.

Supplies necessary for the effective functioning of a prosthetic are covered subject to certain limitations and exclusions. Please call your nearest HMSA office listed on the back cover of this Guide for details.

Repair and replacements are covered subject to certain limitations and exclusions. Please call your nearest HMSA office listed on the back cover of this Guide for details.

Examples of prosthetics include artificial limbs and eyes, post-mastectomy or post-lumpectomy breast prostheses, external pacemakers and post-laryngectomy electronic speech aids.

Please note: Certain prosthetics and orthotics must have precertification. See *Chapter 5: Precertification*.

Habilitative devices are covered, but only as described under *Habilitative and Rehabilitative Services and Devices.*

Outpatient IV Therapy

Covered, for services and supplies for outpatient injections or intravenous administration of medication, biological therapeutics, biopharmaceuticals, or intravenous nutrient solutions needed for primary diet. Drugs must be FDA approved.

***Please note*:** Certain services must have precertification. See *Chapter 5: Precertification.*

Routine Care Associated with Clinical Trials

Covered in accord with the Affordable Care Act. Coverage is limited to services and supplies provided when you are enrolled in a qualified clinical trial if such services would be paid for by HMSA as routine care.

***Please note*:** These services must have precertification. See *Chapter 5: Precertification*.

Vision and Hearing Appliances

Vision appliances, which include eyeglasses and contact lenses, are covered for certain medical conditions and are subject to special limits. Please call your nearest HMSA office listed on the back cover of this Guide for details.

***Please note*:** Exclusions or limits apply. See *Chapter 6: Services Not Covered* under *Vision Care* and *Miscellaneous Exclusions.*

More vision services for children are covered but only as described in this chapter under *Pediatric Vision Care Services* sections.

Hearing aids are limited to one hearing aid per ear every 60 months. Fitting, adjustment, and batteries are not covered.

Please note: Repairs or replacements are covered subject to certain limitations and exclusions. See *Chapter 6: Services Not Covered* under *Miscellaneous Exclusions*.

Please note: Repairs or replacements must be precertified. See *Chapter 5: Precertification*.

Habilitative and Rehabilitative Therapy

Cardiac Rehabilitation

Covered in accord with HMSA's then current medical policy for cardiac rehabilitation which can be found at www.hmsa.com.

Dr. Ornish's Program for Reversing Heart Disease™

Covered in accord with HMSA's then current policy available at www.hmsa.com and when all of the following are true:

- Program services are provided by practitioners who contract with HMSA to provide program services, and
- Services are received in the State of Hawaii at an accredited Ornish Reversal Program.

***Dr. Ornish's Program for Reversing Heart Disease*™** is a comprehensive approach to cardiovascular disease management and overall well-being improvement that addresses modifiable risk factors under the supervision of a multidisciplinary team. It helps members with heart disease and related health issues to assess, track and manage their condition; and, improve key factors such as eating habits, stress management and physical activity. The program consists of eighteen 4 hour sessions which include:

- Supervised exercise
- Yoga and meditation
- Support group
- Experiential education session with group meal

Please note: Coverage is limited to one program per lifetime. If you get benefits for this program under an HMSA plan, you will not be eligible for benefits for the program under any other HMSA plan.

Habilitative and Rehabilitative Services and Devices

Covered, in accord with HMSA's medical policies.

Habilitation is the process of evaluation, treatment and education for the purpose of developing, improving and maintaining partially or fully acquired skills and functions of daily living that the individual has not previously possessed.

Rehabilitation is the process of evaluation, treatment and education for the purpose of improving or restoring skills and functions of daily living that have been lost or impaired due to illness or injury.

Habilitative and rehabilitative services may include, but are not limited to:

- Physical and occupational therapy. Services must meet the criteria listed later in this section under *Physical and Occupational Therapy*.
- Speech/swallowing therapy. Services must meet the criteria listed later in this section under *Speech Therapy Services*.
- Medical equipment, orthotics and prosthetics. Services must meet the criteria listed in the section *Other Medical Services and Supplies* under the *Durable Medical Equipment and Supplies* and *Orthotics and External Prosthetics.*

Physical and Occupational Therapy

Covered in accord with HMSA's medical policy for physical and occupational therapy. Changes to the policy may occur at any time during your plan year. Current medical policies can be found at www.hmsa.com. According to HMSA's current medical policies, therapy services are covered but only when all of the following are true:

- The diagnosis is established by a physician, physician's assistant or advanced practice registered nurse and the medical records document the need for skilled physical and/or occupational therapy.
- The therapy is ordered by a physician, physician's assistant or advanced practice registered nurse under an individual treatment plan.
- The therapy is from a qualified provider of physical or occupational therapy services. A qualified provider is one who is licensed appropriately, performs within the scope of his/her licensure and is recognized by HMSA.
- The therapy is necessary to achieve a specific diagnosis-related goal that will significantly improve physical and functional abilities. (Significant is defined as a measurable and meaningful increase in the level of physical and functional abilities attained through short-term therapy as documented in the medical records). Habilitative services are covered, but only as described under *Habilitative and Rehabilitative Services and Devices.*
- The therapy is short-term.
- The therapy does not duplicate services from another therapy or available through schools and/or government programs.
- The therapy is described as covered in HMSA's medical policies on physical and occupational therapy and habilitative services. Information on our policies can be found at www.hmsa.com.

Please note: Certain services must be precertified. See *Chapter 5: Precertification.*

Group exercise programs and group physical and occupational therapy exercise programs are not covered.

Pulmonary Rehabilitation

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.

***Please note*:** These services must have precertification. See *Chapter 5: Precertification.*

Speech Therapy Services

Covered in accord with HMSA's medical policy for speech therapy. Changes to the policy may occur at any time during your plan year. Current medical policies can be found at www.hmsa.com. According to HMSA's current medical policy, speech therapy is covered to treat communication impairments and swallowing disorders but only when all of the following statements are true:

- The diagnosis is established by a physician, physician's assistant or advanced practice registered nurse and the medical records document the need for skilled speech therapy services.
- The therapy is ordered by a physician, physician's assistant or advanced practice registered nurse.

• The therapy is necessary to achieve a specific diagnosis-related goal that will significantly improve physical and functional abilities. (Significant is defined as a measurable and meaningful increase in the level of physical and functional abilities attained through short-term therapy as documented in the medical records). Habilitative services are covered, but only as described under *Habilitative and Rehabilitative Services and Devices*.
• The therapy is rendered by and requires the judgment and skills of a speech language pathologist certified as clinically competent (SLP CCC) by the American Speech Language Hearing Association (ASHA).
• The therapy is provided on a one-to-one basis.
• The therapy and diagnosis are covered as described in HMSA's medical policies for speech therapy services and habilitative services. Information on our policies can be found at www.hmsa.com.
• The therapy is not for developmental delay/developmental learning disabilities. Habilitative services are covered, but only as described under *Habilitative and Rehabilitative Services and Devices*.
• The therapy does not duplicate service from another therapy or available through schools and/or government programs.

Speech therapy services include:
• speech/language therapy,
• swallow/feeding therapy,
• aural rehabilitation therapy, and
• augmentative/alternative communication therapy.

When patients get occupational, speech and/or physical therapy, each therapy should provide different treatments and not duplicate treatment provided under another specialty treatment plan. Physical, occupational and speech therapy must be provided under separate treatment plans and goals with treatment from the specific therapist in separate treatment sessions and visits. This includes duplicate services available through schools and government programs. Services may be available under a child's individualized education program (IEP). An IEP should be completed before requesting coverage through HMSA.

Please note*:* Certain services must have precertification. See *Chapter 5: Precertification.*

Special Benefits – Disease Management and Preventive Services

Annual Preventive Health Evaluation (preventive visit)

Covered, for one annual preventive health evaluation for members who are 22 and older when received from their primary care provider, including an assessment of any other preventive screenings you might need. See *Disease Management and Preventive Services Programs and Preventive Health Services* for other screenings covered by this plan.

Please note: Similar services for members under age 22 are covered as set forth in *Well-Child Care.*

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.

Covered in accord with HMSA's Diabetes Prevention Program policy available at www.hmsa.com.

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/.

Please note: Coverage is limited to one program per lifetime. If you receive benefits for this program under an HMSA plan, you will not be eligible for benefits for the program under any other HMSA plan.

Disease Management and Preventive Services Programs

Covered, for programs available through HMSA's Health and Well-Being services for members with:
• asthma,
• diabetes,
• cardiovascular disease,

- chronic obstructive pulmonary disease (COPD),
- behavioral health conditions (mental health and substance abuse), and
- normal and at-risk pregnancies.

The programs offer services to help you and your physician manage your care and make informed health choices.

You may be automatically enrolled in some of these programs or referred by your physician. HMSA reserves the right to, at any time, add other programs or to end programs. Call your nearest HMSA office listed on the back cover of this Guide for more details.

Preventive Health Services

Covered in accord with HMSA's medical policy for preventive health. Preventive health services include, but are not limited to the following recommendations or guidelines:

- Screenings and counseling services with a grade A or B recommendations by the U.S. Preventive Services Task Force (USPSTF).
- Bright Futures Recommendations for infants, children and adolescents supported by the Health Resources and Services Administration (HRSA).
- Preventive care and screening for women supported by HRSA guidelines.
- Immunizations recommended by the Centers for Disease Control's Advisory Committee on Immunization Practices (ACIP).

Please note: USPSTF, HRSA, and ACIP recommendations may change. If you need more details about these recommended screenings, including a current list of recommendations please visit our website at www.hmsa.com or call us at one of the phone numbers listed on the back of this Guide.

Coverage may include (but is not limited to):

- Periodic evaluations such as well-woman visits
- Immunizations
- Cancer screenings such as mammograms, pap smears or colonoscopy
- Preventive counseling and screening for diabetes or depression
- Screening for HIV, syphilis, gonorrhea and chlamydia

***Please note*:** Certain services must have precertification. See *Chapter 5: Precertification.*

Prostate Specific Antigen (PSA) Test (screening)

Covered, for men age 50 or older. Benefits are limited to one prostate specific antigen screening test per calendar year. For diagnostic PSA tests, see earlier in this chapter under *Testing, Laboratory, and Radiology*.

Well-Being Services

HMSA offers a variety of well-being tools, programs and services to take care of you and your family. Visit hmsa.com/wellbeing to find the latest benefits available to our members.

Well-Child Care

Covered, from birth through age twenty-one including:

- office visits for history,
- physical exams,
- sensory screenings,
- developmental/behavioral assessments,
- anticipatory guidance,
- lab tests, and
- immunizations.

Well-Child Care means routine and preventive care for children through age twenty-one. If your child needs medical care as the result of an illness or injury, physician visit benefits apply (and not well-child care benefits). See *Physician Services* earlier in this chapter.

Well-Child Care Immunizations

Covered, in accord with Hawaii law and the guidelines set by the Advisory Committee on Immunization Practices (ACIP).

Well-Child Care Laboratory Tests

Covered, in conjunction with office visits, from birth through age twenty-one. Laboratory tests are covered during the well-child care period as identified on the American Academy of Pediatrics Periodicity Schedule of the Bright Futures Recommendations for Preventive Pediatric Health Care, in addition to one urinalysis through age five.

Well-Child Care Physician Office Visits	Covered, including routine sensory screening, and developmental/behavioral assessments based on the American Academy of Pediatrics (AAP) Periodicity Schedule of the Bright Futures Recommendations for Preventive Pediatric Health Care: • Birth to one year: seven visits. • Age one year: three visits. • Age two years: two visits. • Age three years: one visit. • Age four years through twenty-one years: 18 visits with one visit for each year of age and a minimum of 9 months between visits. ***Please note:*** The AAP Bright Futures recommendations may change. If you need more details about the recommended schedule, please visit our website at www.hmsa.com or call us at one of the phone numbers listed on the back of this Guide.

Special Benefits for Men

Erectile Dysfunction	Services, supplies, prosthetic devices, and injectables approved by us are covered to treat erectile dysfunction due to organic cause as defined by HMSA or as described in this chapter under *Other Medical Services and Supplies, Gender Identity Services*.
Vasectomy	Covered, but only the initial surgery for a vasectomy. Benefits do not include the reversal of a vasectomy.

Special Benefits for Women

Artificial Insemination	Covered. Coverage for other related services such as office visits, labs, and radiology are described in other sections of this Guide.
Breast Pump	Covered, for purchase of one device including attachments per pregnancy when purchased from a Participating Provider or Participating Medical Pharmacy that provides medical equipment and supplies. Covered, for the rental of a hospital-grade breast pump in accord with HMSA's medical policy on breast pumps which can be found at www.hmsa.com. ***Please note:*** Hospital-grade rentals must be precertified. See *Chapter 5: Precertification*.
Contraceptive IUD	Covered. ***Please note***: Benefit payment for contraceptives is limited to one contraceptive method per period of effectiveness.
Contraceptive Implants	Covered. ***Please note***: Benefit payment for contraceptives is limited to one contraceptive method per period of effectiveness.
Contraceptive Injectables	Covered. ***Please note***: Benefit payment for contraceptives is limited to one contraceptive method per period of effectiveness.
In Vitro Fertilization	Covered. While you are enrolled or have been enrolled with HMSA (in either a group or individual plan), coverage is limited to a one-time only benefit for one outpatient in vitro fertilization procedure ("IVF Benefit") per: • HMO product (e.g., Health Plan Hawaii) or • PPO product (e.g., Preferred Provider Plan/Comprehensive Medical Plan).

In vitro fertilization services are not covered when a surrogate is used. The in vitro procedures must be performed at a medical facility that conforms to the American College of Obstetricians and Gynecologists' guidelines for in vitro fertilization clinics or to the American Society for Reproductive Medicine's minimal standards for programs of in vitro fertilization.

If you have a male partner, you must meet all of the following criteria:
- You and your male partner have a five-year history of infertility or infertility is related to one or more of the following medical conditions:
  - Endometriosis;
  - Exposure in utero to diethylstilbestrol (DES);
  - Blockage or surgical removal of one or both fallopian tubes; or
  - Abnormal male factors contributing to the infertility.
- You and your male partner have been unable to attain a successful pregnancy through other covered infertility treatments.

If you do not have a male partner, you must meet the following criteria:
- You are not known to be otherwise infertile, and
- You have failed to achieve pregnancy following three cycles of physician directed, appropriately timed intrauterine insemination.

Please note: These services must have precertification. See *Chapter 5: Precertification*.

Please note: Exclusions or limits that may relate to this benefit are described in *Chapter 6: Services Not Covered* in the section labeled *Fertility and Infertility*.

Maternity Care – Routine Prenatal Visits, Delivery, and One Postpartum Visit

Covered, for:
- routine prenatal visits,
- delivery, and
- one postpartum visit.

Coverage for other maternity related services such as nursery care, labor room, hospital room and board, pregnancy termination, diagnostic tests, labs, and radiology are described in other sections of this Guide.

Maternity and Newborn Length of Stay

Covered, for up to:
- 48 hours from time of delivery for normal labor and delivery; or
- 96 hours from time of delivery for a cesarean birth.

All newborns are covered for services described earlier in this chapter for the first 48 or 96 hours. For a description of covered services see *Hospital Room and Board – Newborn Nursery Care* and *Physician Visits*. Newborns are covered after the first 48 or 96 hours if added to your coverage within 31 days of birth.

Newborns with congenital defects and birth abnormalities are covered for the first 31 days of birth even if not added to your coverage. These newborns are covered after 31 days of birth only if added to your coverage within 31 days of birth. See *Chapter 10: General Provisions* under *Eligibility for Coverage*.

Pregnancy Termination

Covered.

Tubal Ligation

Covered, for surgery for a tubal ligation. Reversal of a tubal ligation is not covered.

Special Benefits for Homebound, Terminal, or Long-Term Care

Case Management Services

Covered, for a chronic condition, a serious illness or complex health care needs which may include the following:
- Assessment of individual/family needs related to the understanding of health status and physician treatment plans, self-care and compliance capability and continuum of care.
- Education of individual/family on disease, treatment compliance and self-care techniques.
- Help with organization of care, including arranging for needed services and supplies.
- Assistance in arranging for a primary care provider to deliver and coordinate the care and/or consultation with physician specialists; and

• Referrals to community resources.

Your benefit will vary depending on the type of Case Management Service you receive. For instance, if you receive a physician visit pertaining to Case Management Services, the physician visit benefit will apply. See copayment amounts for the service you receive through case management services in *Chapter 3: Summary of Benefits and Your Payment Obligations*.

Home Health Care

Covered, but only when all of these statements are true:

• Services are prescribed in writing by a physician to treat 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 do leave home, doing so requires a considerable and taxing effort.
• Part-time skilled health services are needed.
• Services are not more costly than alternate services that would be effective to diagnose and treat your condition.
• Without home health care, you would need inpatient hospital or extended care facility services.
• If you need home health care services for more than 30 days, a physician must certify that there is further need for the services and provide an ongoing plan of treatment at the end of each 30-day period of care.
• Services do not exceed 150 visits per calendar year.

Hospice Services

Covered. 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. We follow Medicare guidelines to determine benefits, level of care and eligibility for hospice services. Also, we cover:

• Residential hospice room and board expenses directly related to the hospice care being provided, and
• Hospice referral visits during which a patient is advised of hospice care options, regardless of whether the referred patient is later admitted to hospice care.

While under hospice care, the terminally ill person is not eligible for benefits for the terminal condition except hospice services and attending physician office visits. The person is eligible for all covered benefits unrelated to the terminal condition.

The attending physician must certify in writing that the person is terminally ill and has a life expectancy of six months or less.

Supportive Care

Covered in accord with HMSA's then current Supportive Care policy available at www.hmsa.com.

Supportive Care is a comprehensive approach to care for members with a serious or advanced illness including:

• Stage 3 or 4 cancer,
• advanced Congestive Heart Failure (CHF),
• advanced Chronic Obstructive Pulmonary Disease (COPD), or
• any advanced illness that meets the requirements of the Supportive Care policy.

Members receive comfort-directed care, along with curative treatment from an interdisciplinary team of practitioners. Supportive Care is only available in Hawaii and when a member is referred by his or her physician.

Please note:

• We cover Supportive Care referral visits during which a patient is advised of Supportive Care options, regardless of whether the referred member is later admitted to Supportive Care.
• Coverage is limited to 90 calendar days of services in a 12 month period that begins the first day Supportive Care services are provided.

Behavioral Health – Mental Health and Substance Abuse

Covered, if:

• You are diagnosed with a condition found in the current Diagnostic and Statistical Manual of the American Psychiatric Association.

• The services are from a licensed physician, psychiatrist, psychologist, clinical social worker, marriage and family therapist, licensed mental health counselor, or advanced practice registered nurse.

***Please note*:** The following do not in and of themselves constitute a mental health disorder:
• Epilepsy,
• neurocognitive disorders,
• intellectual disabilities, or
• other developmental disabilities and addiction to or abuse of intoxicating substances.

Benefits for inpatient hospital and facility services are subject to the limits described earlier in this chapter under *Hospital Room and Board*.

Please note: Precertification is required for the admission and continued treatment at all residential treatment facilities. See *Chapter 5: Precertification*.

Alcohol or Drug Dependence Treatment

You are not covered for detoxification services and educational programs to which drinking or drugged drivers are referred by the judicial system solely because you have been referred or services performed by mutual self-help groups.

Applied Behavior Analysis Rendered by a Behavior Analyst Recognized by Us

Covered, but only for autism spectrum disorders, as defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders, in accord with Hawaii law and HMSA's medical policy. Services must be provided in the state where you reside by a Behavior Analyst recognized by us.

Please note: Certain services must be precertified. See *Chapter 5: Precertification.*

Autism Spectrum Disorders – Diagnosis and Treatment

Covered, in accord with Hawaii law and HMSA's medical policies, for the following services:
• Behavioral health treatment. Benefits for Applied Behavior Analysis rendered by a Recognized Behavior Analyst as described more fully in the section labeled "*Applied Behavior Analysis Rendered by a Behavior Analyst Recognized by Us*".
• Psychiatric care.
• Psychological care.
• Therapeutic care.
• Pharmacy care. Benefits for drugs to treat autism spectrum disorders are described later in this chapter under *Prescription Drugs and Supplies.*

You are not covered for care that is custodial in nature or provided by family or household members.

***Please note**:* Certain services must be precertified. See *Chapter 5: Precertification.*

Organ and Tissue Transplants

Covered, but only as described in this section and *Other Organ and Tissue Transplants* and subject to all other conditions and provisions of your Agreement including that the transplant meets payment determination criteria. For a definition of payment determination criteria, see *Chapter 1: Important Information* under *Questions We Ask When You Receive Care.* Expenses related to one transplant evaluation and wait list fees at one transplant facility per approved transplant request are covered.

Benefits are not available for:
• Artificial (mechanical) organs, except for artificial hearts when used as a bridge to a permanent heart transplant.
• Non-human organs.
• Organ or tissue transplants not listed in this section.
• Your transportation for organ or tissue transplant services.
• Transportation of organs or tissues.
• Organ or tissue transplants received out of country.

Corneal Transplant Surgery	Covered, but only if you meet HMSA's criteria. Coverage for related services are described in other sections of this Guide.
Kidney Transplant Surgery	Covered, but only if you meet HMSA's criteria. Coverage for related services are described in other sections of this Guide.
Organ Donor Services	Covered, when you are the recipient of the organ. No benefits are available under this coverage if you are donating an organ to someone else. Please note: 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. Benefits for the screening of donors are limited to expenses of the actual donor. No benefits are available for screening expenses of candidates who do not become the actual donor.
Transplant Evaluation	Covered, if we approve, for: • heart, • heart-lung, • liver, • lung, • pancreas, • simultaneous kidney/pancreas, • small bowel and multivisceral, or • stem-cell transplants. See *Chapter 5: Precertification.* ***Transplant Evaluation*** means those procedures, including: • lab and diagnostic tests, • consultations, and • psychological evaluations that a facility uses in evaluating a potential transplant candidate. This coverage is limited to one evaluation per transplant request and must be rendered either at a facility that is located in the State of Hawaii and has a contract with us to perform the transplant or is an approved Blue Distinction Center for Transplants. For details about donor screening benefits, see in this chapter under *Organ Donor Services*.

Other Organ and Tissue Transplants

Covered, but only as described in this section and *Organ and Tissue Transplants.*

Also, all transplants must:
- Receive our approval. Without approval for the specified transplants, benefits are not available. See *Chapter 5: Precertification*.
- Be from a facility that:
  - Accepts you as a transplant candidate, and
  - Is located in the State of Hawaii and has a contract with us to perform the transplant, or
  - Is an approved Blue Distinction Center for Transplants. You may call HMSA for a current list of providers.

Heart Transplants	Covered, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification*.
Heart and Lung Transplants	Covered, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification.*
Liver Transplants	Covered, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification*.
Lung Transplants	Covered, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification.*

Pancreas Transplants	Covered, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification.*
Simultaneous Kidney/Pancreas Transplants	Covered, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification*.
Small Bowel and Multivisceral Transplants	Covered, for small bowel (small intestine) and the small bowel with liver or small bowel with multiple organs such as the liver, stomach and pancreas, but only if you meet HMSA's criteria and if we approve. See *Chapter 5: Precertification*.
Stem-Cell Transplants (including Bone Marrow Transplants)	Allogeneic stem-cell transplants, reduced intensity conditioning for allogeneic stem-cell transplants and autologous stem-cell transplants are available only for treatment prescribed in accord with HMSA's medical policies and with our approval. See *Chapter 5: Precertification.*

Prescription Drugs and Supplies

Prescription drugs and supplies are covered, as described below when all of the following are true:

- Approved by the FDA, under federal control.
- Prescribed by a licensed Provider.
- Dispensed by a licensed pharmacy or Provider.
- Drugs must be FDA approved for coverage.

Please note: Benefits for drugs dispensed to a registered bed patient are listed under the section *Hospital and Facility Services* under *Hospital Ancillary Services.*

***Please note*:** Some prescription drugs and supplies must have precertification. See *Chapter 5: Precertification*.

Covered Prescription Drugs and Supplies

This plan covers Prescription Drugs (including drugs to treat autism spectrum disorders, insulin and contraceptives) that are listed in the HMSA Metallic Formulary. Except for specific drugs and supplies listed in this section, every drug on the plan's formulary is covered in one of the five cost-sharing tiers listed below. In general the higher the cost-sharing tier number, the higher your cost for the drug. Drugs approved as Non-Formulary Exceptions, inclusive of drugs and supplies listed in this section, will be subject to Tier 3 copayment plus Tier 3 Cost Share for Non-Specialty drugs and Tier 5 copayment for Specialty drugs.

To find out which cost-sharing tier your drug is in, refer to the formulary. Changes to the formulary may occur at any time during your plan year. The current formulary can be found at www.hmsa.com.

Definitions

Biological products

- Biological products, or biologics, are medical products. Many products are made from a variety of natural sources –(i.e., human, animal, or microorganism). It may be produced by biotechnology methods and other cutting-edge technologies. Like drugs, some biologics are intended to treat diseases and medical conditions. Other products are used to prevent or diagnose diseases. Examples may include:
  - Vaccines.
  - Blood and blood products for transfusion and /or manufacturing into other products.
  - Allergenic extracts that are used for both diagnosis and treatment, i.e., allergy shots.
  - Human cells and tissues used for transplantation (e.g., tendons, ligaments and bones).
  - Gene therapies.
  - Cellular therapies.
  - Tests to screen potential blood donors for infectious agents such as HIV.
- ***Reference product*** refers to the original FDA-approved biologic product that a biosimilar is based.
- ***Biosimilar product*** – A biological product that is FDA-approved based on a showing that it is highly similar to an already FDA-approved reference

product. It has no clinically meaningful differences in terms of safety and effectiveness from the reference product. Only minor differences in clinically inactive components are allowable in biosimilar products.
• ***Interchangeable biologic product*** – An FDA-approved biologic product that meets the additional standards for interchangeability to an FDA-approved reference product included in:
  – The Hawaii list of equivalent generic drugs and biological products.
  – The Orange Book.
  – The Purple Book.
  – Other published findings and approvals of the United States Food and Drug Administration.

In accordance with any applicable state and federal regulations and laws, an interchangeable biological product may be substituted for the reference product by a pharmacist without the intervention of the healthcare provider who prescribed the reference product.

Brand name drug is a drug that is marketed under its distinctive trade name. A brand name drug is or at one time was protected by patent laws or deemed to be biosimilar by the U.S. Food and Drug Administration. A brand name drug is a recognized trade name prescription drug product, usually either the innovator product for new drugs still under patent protection or a more expensive product marketed under a brand name for multi-source drugs and noted as such in the national pharmacy database used by HMSA.

Generic drug is a drug or supply that is prescribed or dispensed under its commonly used generic name rather than a brand name. Generic drugs are not protected by patent and are identified by HMSA as "generic". A generic drug shall meet any of the following:
• It is identical or therapeutically equivalent to its brand counterpart in dosage form, safety, strength, route of administration and intended use.
• It is a non-innovator product approved by the FDA under an Abbreviated New Drug Application (an application to market a duplicate drug that has been approved by the FDA under a full New Drug Application).
• It is defined as a generic by Medi-Span or an equivalent nationally recognized source.
• It is not protected by patents(s), exclusivity, or cross-licensure.
• Generic drugs include all single-source and multi-source generic drugs as set forth by a nationally recognized source selected and disclosed by HMSA.
• Unless explicitly defined or designated by HMSA, once a drug has been deemed a generic drug it must be considered a generic drug for purposes of benefit administration.

HMSA Metallic Formulary is a list of drugs by therapeutic category published by HMSA.

Non-Preferred Formulary Drug is a brand name drug or supply that is not identified as preferred or is listed in Tier 3 on the HMSA Metallic Formulary.

Non-Preferred Formulary Specialty Drug is a Specialty Drug or supply that is not identified as a Preferred Formulary Specialty Drug or is listed in Tier 5 on the HMSA Metallic Formulary.

Oral chemotherapy drug is an FDA-approved oral cancer treatment that may be delivered to the patient for self-administration under the direction or supervision of a Provider outside of a hospital, office, or other clinical setting.

Over-the-counter drugs are drugs that may be purchased without a prescription.

Preferred Formulary Drug is a drug or supply identified as preferred or is listed in Tier 2 on the HMSA Metallic Formulary.

Preferred Formulary Specialty Drug is a Specialty Drug or supply that is identified as a Preferred Formulary Specialty or is listed in Tier 4 on the HMSA Metallic Formulary.

Prescription drug is a medication required by Federal law to be dispensed only with a prescription from a licensed provider. Medications that are available as

both a Prescription Drug and a nonprescription drug are not covered as a Prescription drug under this plan.

Specialty Drugs have one or more of the following characteristics:
- High in cost (more than $600).
- 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.

Tier 3 Cost Share is a share of the cost of Tier 3 drugs or devices that you must pay in addition to a Copayment. When you choose Tier 3 drugs, your Copayment plus Tier 3 Cost Share may exceed HMSA's payment to the provider.

Drug Benefit Management

Certain drugs, including drugs listed in the HMSA Metallic Formulary require preauthorization from HMSA. The criteria for preauthorization are that:
- the drug is being used as part of a treatment plan,
- there are no equally effective drug substitutes, and
- the drug meets Payment Determination and other criteria established by us.

Participating providers may prescribe up to a 30-day supply for first time prescriptions of maintenance drugs and contraceptives. For subsequent refills, the participating provider may prescribe up to a 12-month supply for contraceptives, and a maximum 90-day supply for all other drugs after confirming that:
- You have tolerated the drug without adverse side effects that could cause the drug to be discontinued, and
- Your Provider has determined that the drug is effective.

HMSA's 90-Day at Retail Network and Mail Order Providers

HMSA has contracted with selected providers to offer prescription maintenance medications available for pickup or by mail. Call your nearest HMSA office listed on the back cover of this Guide for a list of contracted providers. If you get prescription maintenance drugs and supplies from a provider that does not contract with HMSA, no benefits will be paid.

Please note: Specialty Drugs, including Specialty oral chemotherapy drugs are not available through HMSA's 90-Day at Retail Network or Mail Order Prescription Drug Program.

The contracted provider will fill the prescription in the quantity specified by the Provider up to a 12-month supply for contraceptives. For all other drugs or supplies, copayment amounts are for a maximum 90-day supply or fraction thereof. A 90-day supply means a supply that will last you 90 consecutive days or a fraction thereof. These are examples on how your copayments are calculated:
- You are prescribed a drug in pill form that must be taken only on the last five days of each month. A 90-day supply would be fifteen pills, the number of pills you must take during a three-month period. You owe the 90-day copayment even though the supply dispensed is fifteen pills.
- You are prescribed a 30-day supply with two refills. The contracted pharmacy will fill the prescription in the quantity specified by the Provider, in this case 30 days, and will not send you a 90-day supply. You owe the 30-day copayment.
- You are prescribed a 30-day supply of a drug that is packaged in less than 30-day quantity, for example, a 28-day supply. The pharmacy will fill the prescription by providing you a 28-day supply. You owe the 30-day copayment. If you are prescribed a 90-day supply, the pharmacy would fill the prescription by giving you three packages each containing a 28-day supply of the drug. You would owe a 90-day copayment for the 84-day supply.

Unless your Provider directs the use of a brand name drug by clearly indicating it on the prescription, your prescription will be filled with the Tier 1 equivalent when available and permissible by law.

Refills are available if indicated on your original prescription and only after two-thirds of your prescription has already been used.

Refills	Except for certain drugs managed under Drug Benefit Management, refills will be paid if indicated on your original prescription and only after two-thirds of your 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. Please see our Medication Synchronization policy at www.hmsa.com.
You May Owe Additional Amounts When There is a Generic Equivalent	This plan requires the substitution of Generic Drugs listed on the FDA Approved Drug Products with Therapeutic Equivalence Evaluations for a brand name drug. Exceptions will be made when a Provider directs that substitution is not permissible. If you choose not to use the generic equivalent, we will pay only the amount that would have been paid for the generic equivalent. This provision will apply even if the generic equivalent is out-of-stock or is not available at the pharmacy. In the event a generic equivalent is out-of-stock or not available, you may wish to purchase the generic equivalent from another pharmacy.

Cost-Sharing Tiers

Tier 1	Covered. Tier 1 includes mostly Generic Drugs.
Tier 2	Covered. Tier 2 includes mostly Preferred Formulary Drugs.
Tier 3	Covered. Tier 3 includes mostly Non-Preferred Formulary Drugs.
Tier 4	Covered. Tier 4 includes mostly Preferred Formulary Specialty Drugs. Benefits for Preferred Formulary Specialty Drugs are limited to a maximum 30-day supply or fraction thereof. Your provider may dispense less than a 30-day supply the first time the prescription is dispensed. Your copayment may be pro-rated when a reduced day supply is dispensed for first time prescriptions.
Tier 5	Covered. Tier 5 includes mostly Non-Preferred Formulary Specialty Drugs. Benefits for Non-Preferred Formulary Specialty Drugs are limited to a maximum 30-day supply or fraction thereof. Your provider may dispense less than a 30-day supply the first time the prescription is dispensed. Your copayment may be pro-rated when a reduced day supply is dispensed for first time prescriptions.

Chemotherapy – Oral Drugs

An oral chemotherapy drug is an FDA-approved oral cancer treatment that may be delivered to the patient for self-administration under the direction or supervision of a Provider outside of a hospital, medical office, or other clinical setting.

Oral Chemotherapy – Non-Specialty Drugs	Covered.
Oral Chemotherapy – Specialty Drugs	Covered, but only when purchased from select contracted providers. Limited distribution drugs dispensed by a non-contracted provider will be covered the same as a contracted provider.

Contraceptives

Contraceptives	Covered, including: • diaphragms, • cervical caps, • oral contraceptives, • other contraceptive methods, and

• over-the-counter contraceptives, but only with a written prescription for the contraceptive.

Contraceptive benefits are limited to one contraceptive method per period of effectiveness.

Please note: Benefits for contraceptive injections, implants, and IUD are described under the section *Special Benefits for Women*.

Diabetic Supplies

Diabetic Supplies

Covered.

Diabetic supplies are limited to coverage for:
- Syringes.
- Needles.
- Lancets.
- Lancet devices.
- Test strips.
- Acetone test tablets.
- Insulin tubing.
- Calibration solutions.

Spacers and Peak Flow Meters

Spacers and Peak Flow Meters

Covered, but limited to spacers and peak flow meters listed in the HMSA Metallic Formulary.

U.S. Preventive Services Task Force (USPSTF) Recommended Drugs

U.S. Preventive Services Task Force (USPSTF) Recommended Drugs

Covered for drugs recommended by the U.S. Preventive Services Task Force (USPSTF).

Please note: The list of U.S. Preventive Services Task Force (USPSTF) recommended drugs may change. Examples of drugs recommended include, but are not limited to, aspirin and folic acid. If you need more details about the USPSTF recommended drugs, including a current list of recommendations please visit our website at www.hmsa.com or call us at one of the phone numbers listed on the back of this Guide.

Exceptions and Limitations

Dispensing Limitations

Copayment amounts for covered drugs or supplies are for a maximum 30-day supply or fraction thereof. A 30-day supply means a supply that will last you for a period consisting of 30 consecutive days. For example, if the prescribed drug must be taken by you only on the last five days of a one-month period, a 30-day supply would be the amount of the drug that you must take during those five days.

Except for Specialty Drugs, if you get more than a 30-day supply under one prescription:
- you must pay an additional copayment for each 30-day supply or fraction thereof, and
- The pharmacy will fill the prescription in the quantity specified by your Provider up to a 12-month supply for contraceptives. For all other drugs or supplies the maximum benefit payment is limited to two more 30-day supplies or fractions thereof.

Limitations on Covered Drugs

Products not approved by the U.S. Food and Drug Administration (FDA) are not covered, except those designated as covered in HMSA's Metallic Formulary (for example Phenobarbital).

Compound preparations are covered, but only if they contain at least one prescription drug that is not a vitamin or mineral. For compounds made with covered Non-Specialty drugs, you owe the Tier 3 copayment. For compounds made with a covered Specialty drug(s), you owe the Tier 5 copayment. Subject to the following:

- Compound drugs that are made with bulk chemicals are not covered.
- Compound drugs that are available as similar commercially available prescription drug products are not covered.
- Non-FDA approved drugs are not covered.

Coverage for prescription vitamins and minerals is limited to:

- The treatment of an illness that in the absence of such vitamins and minerals could result in a serious threat to your life (e.g., folic acid used to treat cancer).
- Sodium fluoride, if dispensed as a single drug (e.g., without any other drugs such as vitamins) to prevent tooth decay.

Injectable drugs are limited to those listed as covered in the HMSA Metallic Formulary. Benefits for other injectable drugs are listed in *Chapter 3: Summary of Benefits and Your Payment Obligations* and *Chapter 4: Description of Benefits* under the sections *Physician Services*, *Well-Child Care Immunizations, Chemotherapy and Radiation Therapy, and Other Medical Services and Supplies*.

Smoking cessation drugs are limited to 180 days of treatment per calendar year.

Non-Formulary Exceptions

If your drug is not listed in one of the five tiers and is not excluded in *Chapter 6: Services Not Covered,* you may qualify for a Non-Formulary exception if:

- you have a condition in which treatment with formulary alternatives within the same or similar class of drug have been tried and failed. You must have tried and failed treatment with all or 3 formulary alternatives, whichever is less; or
- formulary alternatives are contraindicated based on your diagnosis, other medical conditions, or other medication 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 one of the Tier 3 Copayment Exception criteria.

If you qualify for a Non-Formulary Exception you owe the Tier 3 Copayment and Tier 3 Cost Share for Non-Specialty drugs or Tier 5 Copayment for Specialty drugs.

Tier 3 Drug 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 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
- all other comparable lower tier drugs are contraindicated based on your diagnosis, other medical conditions, or other medication 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 one of the following criteria.

- 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.
- 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.
- 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 precertification. You or your Provider must provide legible medical records that substantiate the requirements of this section in accord with HMSA's policies and to HMSA's satisfaction.

This exception does not apply to diabetic supplies, Specialty Drugs, Non-Formulary Exceptions, controlled substances, off label uses, Other Brand medications if there is an FDA approved A rated generic equivalent, or if HMSA has a drug specific policy that has criteria different from the criteria in this section. You can call HMSA Customer Service to find out if HMSA has a drug policy specific to the drug prescribed for you.

Vision Care Services

Vision care services are covered only when services are rendered in connection with an eye exam for correction of a visual defect and when the frame or lenses are required as a result of such exam. Benefits for vision care services are described in the following *Vision Care Services for Adults* and *Pediatric Vision Care Services* sections.

Please note: Copayments for Vision Care Services do not apply toward meeting the Annual Copayment Maximum.

Vision Care Services for Adults

Adult vision care services are covered, but only as described in the *Vision Care Services for Adults* sections.

Vision care services for children through age 18 are covered only as specified in *Chapter 3: Summary of Benefits and Your Payment Obligations* and *Chapter 4: Description of Benefits* under *Pediatric Vision Care Services sections*.

Benefits for Vision Care Services for Adults (routine vision exam, frames, and lenses) will not be available in the same calendar year you received similar benefits allowed under the *Pediatric Vision Care Services* sections.

Adult Routine Vision Exam	Covered, but limited to one exam per calendar year.

Vision Care Services for Adults - Appliances

You may choose either contact lenses or frames, subject to the limits described in this section.

Adult Contact Lenses	Covered, but limited to one of the following per calendar year: • One pair of non-disposable contact lenses from a participating provider up to $130, or • Disposable contact lenses from a participating provider up to $130. ***Please note:*** If benefits for a frame have already been paid, no benefits are payable for contact lenses in the same calendar year.
Adult Frames	Covered, but limited to one frame every other calendar year, up to $130 from a participating provider. Charges for repair or replacement of a portion of the frame or cost of accessories are not covered. ***Please note:*** If benefits for contact lenses have already been paid, no benefits are payable for frames in the same calendar year.
Adult Standard Size Lenses	Covered, but limited to one pair per calendar year for standard size single vision or multifocal lenses.

Vision Care Services for Adults – Other Services

Payments for services in this section are made in addition to the benefit payment for covered lenses described in *Vision Care Services for Adults* sections.

Adult Standard Plastic Scratch-Resistant Coating	Covered for standard plastic scratch-resistant coating.

Pediatric Vision Care Services

Vision care services for children through age 18 are covered but only as described in the *Pediatric Vision Care Services* sections.

Pediatric Routine Vision Exam	Covered, but limited to one exam per calendar year.

Pediatric Vision Care Services - Appliances

You may choose either contact lenses or lenses, one per calendar year.

Pediatric Contact Lenses	Covered, but limited to one of the following per calendar year: • One pair of non-disposable contact lenses or • One of the following disposable contact lenses: – Daily Wear – limited up to a 3-month supply of daily disposable single vision spherical contact lenses, or – Extended Wear – limited up to a 6-month supply of single vision spherical or toric contact lenses for either: · Monthly disposable lenses or · 2-week disposable lenses. ***Please note***: If benefits for lenses have already been paid, no benefits are payable for contact lenses in the same calendar year.
Pediatric Frames	Covered, but limited to one frame every calendar year. Charges for repair or replacement of a portion of the frame or cost of accessories are not covered.
Pediatric Standard Size Plastic Lenses	Covered, but limited to one pair per calendar year for standard size single vision or multifocal plastic lenses. ***Please note***: If benefits for contact lenses have already been paid, no benefits are payable for lenses in the same calendar year.

Pediatric Vision Care Services – Other Services

Payments for services in this section are made in addition to the benefit payment for covered lenses described in the Pediatric Vision Care Services sections.

Pediatric Standard Contact Lens Fitting and Follow-Up Visits	Covered for standard contact lens fitting and two follow-up visits after a comprehensive vision exam has been completed.
Pediatric Photochromic/Transitions Plastic Lenses	Covered for photochromic/transitions plastic lenses.
Pediatric Standard Plastic Scratch-Resistant Coating	Covered for standard plastic scratch-resistant coating.
Pediatric Standard Polycarbonate Lenses	Covered, but limited to one pair of standard polycarbonate lenses per calendar year.

Pediatric Standard Progressive Lenses	Covered for standard progressive lenses.
Pediatric Tinting	Covered for solid or gradient tinting.
Pediatric Ultraviolet (UV) Protective Coating	Covered for UV treatment.

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Definitions

Precertification is a special approval process to make sure that certain treatments, procedures, or devices meet payment determination criteria before the service is rendered.

Services and Supplies Which Require Precertification

A few common examples of things you must obtain precertification 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 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,
  - 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
  - positive airway pressure and oral devices to treat obstructive sleep apnea.

The list of services that need prior approval may change periodically. To ensure your treatment or procedure is covered, call us at (808) 948-6464 for Oahu and 1-800-344-6122 for Neighbor islands or visit our website at www.hmsa.com/precert.

When to Request Precertification

If you are under the care of:

- An HMSA participating provider or contracting provider, he or she will:
  - Get approval for you; and
  - Accept any penalties for failure to get approval.
- A BlueCard PPO, BlueCard participating or nonparticipating provider you are responsible for getting the approval. If you do not get approval and get any of the services described in this chapter, benefits may be denied.

Chapter 5: Precertification

How to Request Precertification

Ask for precertification by writing or faxing us at:

HMSA
P.O. Box 2001
Honolulu, HI 96805-2001
(808) 944-5611

If you would like to check on the status of the precertification, call your nearest HMSA office listed on the back cover of this Guide.

Our Response to Your Non-Urgent Precertification Request

If your request for precertification is not urgent, HMSA will respond to your request within a reasonable time that is appropriate to the medical circumstances of your case. We will respond within 15 days after we get your request. We may extend the time once for 15 days if we cannot respond to your request within the first 15 days and if it is due to circumstances beyond our control. If this happens, we will let you know before the end of the first 15 days. We will tell you why we are extending the time and the date we expect to have our decision. If we need more details from you or your provider, we will let you or your provider know and give you at least 45 days to provide it.

Our Response to Your Urgent Precertification Request

Your precertification request is urgent if the time periods that apply to a non-urgent request:

- Could seriously risk your life or health or your ability to regain maximum function, or
- In the opinion of your treating physician, would subject you to severe pain that cannot be adequately managed without the care that is the subject of the request for precertification.

HMSA will respond to your urgent precertification request as soon as possible given the medical circumstances of your case. It will be no later than 72 hours after all information sufficient to make a determination is provided to us.

If you do not provide enough details for us to determine if or to what extent the care you request is covered, we will notify you within 24 hours after we get your request. We will let you know what details we need to respond to your request and give you a reasonable time to respond. You will have at least 48 hours to provide it.

Appeal of Our Precertification Decision

If you do not agree with our precertification decision, you may appeal it. See *Chapter 8: Dispute Resolution.*

CHAPTER 6

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About this Chapter

Your health care coverage does not provide benefits for certain procedures, services or supplies that are listed in this chapter or limited by this chapter or Chapter 4. We divided this chapter with category headings. These category headings will help you find what you are looking for. Actual exclusions are listed across from category headings.

Please note: Even if a service or supply is not specifically listed as an exclusion in this chapter, there are more exclusions as described by the limitations in Chapter 4. If that service or supply is not specifically listed as an exclusion in this chapter or as a limitation exclusion in Chapter 4, it will not be covered unless:

- it is described in *Chapter 4: Description of Benefits*, and meets all of the criteria, circumstances or conditions described, and
- it meets all of the criteria described in *Chapter 1: Important Information* under *Questions We Ask When You Receive Care*.

If a service or supply does not meet the criteria described in Chapter 4, then it should be considered an exclusion or service that is not covered. This chapter should be read in conjunction with Chapter 4 in order to identify all items that are excluded from coverage.

If you are unsure if a specific procedure, service or supply is covered or not covered, please call us, and we will help you. We list our phone numbers on the back cover of this Guide.

Counseling Services

Bereavement Counseling

You are not covered for bereavement counseling or services of volunteers or clergy.

Genetic Counseling

You are not covered for genetic counseling, except as described in *Chapter 4: Description of Benefits* under *Testing, Laboratory, and Radiology* and *Special Benefits – Disease Management and Preventive Services* or as identified on the U.S. Preventive Services Task Force list of Grade A and B Recommendations. If you need more details about USPSTF recommended counseling, including a

current list of recommendations, please visit our website at www.hmsa.com or call us at one of the phone numbers listed on the back of this Guide.

Marriage or Family Counseling

You are not covered for marriage and family counseling or other training services, except as described in *Chapter 4: Description of Benefits*. See *Behavioral Health – Mental Health and Substance Abuse*.

Sexual Orientation Counseling

You are not covered for ***sexual orientation counseling***.

Coverage Under Other Programs or Laws

Military

You are not covered for treatment of an illness or injury related to military service when you get care in a hospital operated by an agency of the U.S. government. You are not covered for services or supplies that are needed to treat an illness or injury received while you are on active status in the military service.

Payment Responsibility

You are not covered when someone else has the legal obligation to pay for your care, and when, in the absence of this coverage, you would not be charged.

Third Party Reimbursement

You are not covered for services or supplies for an injury or illness caused or alleged to be caused by a third party and/or you have or may have a right to get payment or recover damages in connection with the illness or injury. You are not covered for services or supplies for an illness or injury for which you may recover damages or get payment without regard to fault. For more details about third party reimbursement, see *Chapter 9: Coordination of Benefits and Third Party Liability.*

Drugs

Drugs

Except as described in *Chapter 4: Description of Benefits* under *Prescription Drugs and Supplies* or as designated as covered in HMSA's Metallic Formulary, you are not covered for drugs and supplies including:

- Products not approved by the U.S. Food and Drug Administration (FDA).
- Convenience packaged drugs, including kits.
- Drugs from foreign countries.
- Lifestyle drugs and pharmaceutical products that improve a way or style of living rather than alleviating a disease. Lifestyle drugs that are not covered include, but are not limited to: creams used for prevention of skin aging, and drugs to enhance athletic performance.
- Over-the-counter drugs that may be purchased without a prescription.
- Replacements for lost, stolen, damaged, or destroyed drugs and supplies.
- Unit dose drugs.

Vision Care

Eyeglasses and Contacts

Except as described in *Chapter 4: Description of Benefits* under *Other Medical Services and Supplies, Vision and Hearing Appliances,* and the *Vision Care Services for Adults and Pediatric Vision Care Services* sections, you are not covered for:

- Contact lens fitting and follow-up visits.
- Lenses including:
  - Nonstandard items for lenses including:
    - anti-reflective coating,
    - scratch-resistant coating,
    - tinting,
    - UV treatment, and
    - blending.
  - Oversized lenses,
  - invisible bifocals or trifocals,
  - progressive lenses, and
  - polycarbonate lenses.
- Nonprescription industrial safety goggles.
- Prescription inserts for diving masks or other protective eyewear.
- Repair and replacement of frame parts and accessories.

- Sunglasses.

Vision Services

You are not covered for:
- Refractive eye surgery to correct visual acuity problems.
- Replacement of lost, stolen or broken lenses, contact lenses or frames.
- Vision training.
- Aniseikonic studies and prescriptions.
- Reading problem studies or other procedures determined to be special or unusual.

Dental Care

Dental Care

You are not covered for dental care under this health coverage except those oral surgery services listed in *Chapter 4: Description of Benefits* under *Surgical Services, Oral Surgery.* The following exclusions apply regardless of the symptoms or illnesses being treated:
- Orthodontics except as described in *Chapter 4: Description of Benefits* under *Other Medical Services and Supplies, Orthodontic Services to Treat Orofacial Anomalies.*
- Dental splints and other dental appliances.
- Dental prostheses.
- Maxillary and mandibular implants (osseointegration) and all related services.
- Removal of impacted teeth.
- Any other dental procedures involving the teeth, gums and structures supporting the teeth.
- Any services in connection with the treatment of TMJ (temporomandibular joint) problems or malocclusion of the teeth or jaws, except for limited medical services related to the initial diagnosis of TMJ or malocclusion.

Fertility and Infertility

Contraceptives

You are not covered for contraceptives except as described in *Chapter 3: Summary of Benefits and Your Payment Obligations* and *Chapter 4: Description of Benefits* under *Special Benefits for Women* and *Prescription Drugs and Supplies*.

Infertility Treatment

Except as described in *Chapter 4: Description of Benefits* under *Special Benefits for Women*, you are not covered for services or supplies related to the treatment of infertility, including, but not limited to:
- Collection, storage and processing of sperm.
- Cryopreservation of oocytes, sperm and embryos.
- In vitro fertilization benefits when services of a surrogate are used.
- Cost of donor oocytes and donor sperm.
- Any donor-related services, including but not limited to collection, storage and processing of donor oocytes and donor sperm.
- Ovum transplants.
- Gamete intrafallopian transfer (GIFT).
- Zygote intrafallopian transfer (ZIFT).
- Services related to conception by artificial means, including prescription drugs and supplies related to such services except as described in *Chapter 4: Description of Benefits* under *Special Benefits for Women.*
- In vitro fertilization services that are inconsistent with the benefit maximums described in *Chapter 4: Description of Benefits* under *Special Benefits for Women, In Vitro Fertilization.*

Sterilization Reversal

You are not covered for the reversal of a vasectomy or tubal ligation.

Preventive and Routine

Immunizations

You are not covered for immunizations except those described in *Chapter 4: Description of Benefits.*

Physical Exams (routine annual check-up)

Physical exams and any associated screening procedures in connection with third party requests or requirements, such as those for:

- employment,
- participation in employee programs,
- sports,
- camp,
- insurance,
- disability licensing, or
- on court order or for parole or probation are not covered.

This limitation is not intended to affect coverage of physical exams or associated screening procedures that would otherwise have been covered, and that have separately and incidentally been requested or required by a third party.

Routine Circumcision

You are not covered for routine circumcision except as stated in *Chapter 4: Description of Benefits* under the *Surgical Services* section.

Routine Foot Care

You are not covered for services or supplies related to routine foot care.

Provider Type

Complementary and Alternative Medicine Provider

You are not covered for complementary and alternative medicine services or supplies including but not limited to:

- botanical medicine,
- aromatherapy,
- herbal/nutritional supplements,
- medication techniques,
- relaxation techniques,
- movement therapies,
- energy therapies, and
- massage therapy when not part of rehabilitative therapy.

Dietitian

You are not covered for nutritional counseling services except as described in *Chapter 4: Description of Benefits.* See *Other Medical Services and Supplies, Medical Nutrition Therapy* or *Special Benefits – Disease Management and Preventive Services, Preventive Health Services*.

Provider is an Immediate Family Member

You are not covered for professional services or supplies when furnished to you by a provider who is within your immediate family. ***Immediate Family*** is a parent, child, spouse, or yourself.

Provider Nondiscrimination

To the extent an item or service is a Covered Service under this Plan and consistent with reasonable medical management techniques specified under this Plan with respect to the frequency, method, treatment or setting for an item or service, HMSA shall not discriminate based on a provider's license or certification, to the extent the provider is acting within the scope of the provider's license or certification under Hawaii law. HMSA is not required to accept all types of providers into its network. And HMSA has discretion governing provider reimbursement rates, which may be subject to quality, performance, or market standards and considerations.

Social Worker

You are not covered for services and supplies from a social worker. This exclusion does not apply to covered mental health or substance abuse services or Covered Services within the scope of the social worker's professional license issued in Hawaii.

Please note: Social workers are not Participating Providers under this plan except as noted above. You will be responsible for your copayment, if any, plus the difference between HMSA's eligible charge and the social worker's billed charge.

Transplants

Living Donor Transport

You are not covered for expenses of transporting a living donor.

Living Organ Donor Services	You are not covered for organ donor services if you are the organ donor.
Mechanical or Non-Human Organs	You are not covered for mechanical or non-human organs, except for artificial hearts when used as a bridge to a permanent heart transplant.
Organ Purchase	You are not covered for the purchase of any organ.
Transplant Services or Supplies	You are not covered for transplant services or supplies or related services or supplies other than those described in *Chapter 4: Description of Benefits* under *Organ and Tissue Transplants* and *Other Organ and Tissue Transplants*. ***Related Transplant Supplies*** are those that would not meet payment determination criteria but for your receipt of the transplant, including, and without limit, all forms of stem-cell transplants.
Transportation Related to Organ and Tissue Transplants	You are not covered for transportation for organ or tissue transplant services or transportation of organs or tissues.

Miscellaneous Exclusions

Act of War	To the extent allowed by law, you are not covered for services needed to treat an injury or illness that results from an act of war or armed aggression, whether or not a state of war legally exists.
Acupuncture	You are not covered for services or supplies related to acupuncture.
Airline Oxygen	You are not covered for airline oxygen.
Ambulance (air)	You are not covered for air ambulance services except as described in *Chapter 4: Description of Benefits.* The following air ambulance services are 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.
Biofeedback	You are not covered for biofeedback and any related tests.
Blood	You are not covered for blood except as described in *Chapter 4: Description of Benefits.*
Carcinoembryonic Antigen (CEA)	You are not covered for carcinoembryonic antigen when used as a screening test.
Cardiac Rehabilitation	You are not covered for cardiac rehabilitation services except as described in *Chapter 4: Description of Benefits* under *Cardiac Rehabilitation* and *Dr. Ornish's Program for Reversing Heart Disease™.*
Chemotherapy (High-Dose)	You are not covered for high-dose chemotherapy except when provided in conjunction with stem-cell transplants described in *Chapter 4: Description of Benefits* under *Stem-Cell Transplants (including Bone Marrow Transplants).*
Complementary and Alternative Medicine Services	You are not covered for complementary and alternative medicine services or supplies including, but not limited to: • botanical medicine, • aromatherapy, • herbal/nutritional supplements, • medication techniques, • relaxation techniques, • movement therapies, • energy therapies, and • massage therapy when not part of rehabilitative therapy.
Complications of a Non-Covered Procedure	You are not covered for complications of a non-covered procedure, including complications of recent or past cosmetic surgeries, services or supplies.

Convenience Treatments, Services or Supplies

You are not covered for treatments, services or supplies that are prescribed, ordered or recommended primarily for your comfort or convenience, or the comfort or convenience of your provider or caregiver. Such items may include:

- ramps,
- home remodeling,
- hot tubs,
- swimming pools,
- deluxe/upgraded items, or
- personal supplies such as surgical stockings.

Cosmetic Services, Surgery or Supplies

You are not covered for cosmetic services or supplies that are primarily intended to improve your natural appearance but do not restore or materially improve a physical function. You are not covered for complications of recent or past cosmetic surgeries, services or supplies.

Custodial Care

You are not covered for custodial care, sanatorium care, or rest cures. ***Custodial Care*** consists of training in personal hygiene, routine nursing services, and other forms of personal care, such as:

- help in walking,
- getting in and out of bed,
- bathing,
- dressing,
- eating, and
- taking medicine.

Also excluded are supervising services by a physician or nurse for a person who is not under specific medical, surgical, or psychiatric care to improve that person's condition and to enable that person to live outside a facility providing this care.

Developmental Delay

You are not covered for treatment of developmental delay or services related to developmental delay that are available through government programs or agencies.

Ductal Lavage

You are not covered for ductal lavage.

Duplicate Item

You are not covered for duplicate items that are intended to be used as a back-up device, for multiple residences, or for traveling, including:

- durable medical equipment and supplies,
- orthotics and external prosthetics, and
- vision and hearing appliances

Some examples of duplicate items are 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.

Effective Date

You are not covered for services or supplies that you get before the effective date of this coverage.

Electron Beam Computed Tomography (EBCT or Ultrafast CT)

You are not covered for electron beam computed tomography for coronary artery calcifications.

Enzyme-potentiated Desensitization

You are not covered for enzyme-potentiated desensitization for asthma.

Erectile Dysfunction

You are not covered for services and supplies (including prosthetic devices) related to erectile dysfunction except if due to an organic cause or to treat gender dysphoria as described in *Chapter 4: Description of Benefits* under *Other Medical Services and Supplies*, *Gender Identity Services*. This includes, but is not limited to, penile implants. You are not covered for drug therapies related to erectile dysfunction except certain injectables approved by us to treat erectile dysfunction due to an organic cause or to treat gender dysphoria as described in *Chapter 4: Description of Benefits* under *Other Medical Services and Supplies*, *Gender Identity Services*.

Extracorporeal Shock Wave Therapy

You are not covered for extracorporeal shock wave therapy except to treat kidney stones.

False Statements

You are not covered for services and supplies if you are eligible for care only by reason of a fraudulent statement or other intentional misrepresentation that you made on an enrollment form for membership or in any claims for benefits. If we pay benefits to you or your provider before learning of any false statement, you are responsible for reimbursing us.

Foot Orthotics

You are not covered for 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;
- 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.

Genetic Testing

You are not covered for genetic tests except as stated in *Chapter 4: Description of Benefits* under *Testing, Laboratory, and Radiology* and *Special Benefits – Disease Management and Preventive Services*.

Growth Hormone Therapy

You are not covered for growth hormone therapy except as stated in *Chapter 4: Description of Benefits* under *Other Medical Services and Supplies*.

Hair Loss

You are not covered for services or supplies related to the prevention and/or treatment of baldness or hair loss regardless of condition. This includes hair transplants and topical medications.

Hypnotherapy

You are not covered for hypnotherapy.

Incontinence Supplies

You are not covered for incontinence supplies including but not limited to pads, diapers, protective underwear, underpads, gloves and wipes.

Intradiscal Electro Thermal Therapy (IDET)

You are not covered for intradiscal electro thermal therapy.

Massage Therapy

Massage therapy is not covered unless rendered as part of an approved rehabilitative therapy treatment plan.

Microprocessor (Upper/Lower Prostheses and Orthoses)

You are not covered for microprocessor or computer controlled, or myoelectric parts of upper and lower limb prosthetic and orthotic devices.

Motor Vehicles

This plan does not cover the cost to buy or rent motor vehicles such as cars and vans. You are also not covered for equipment and costs related to converting a motor vehicle to accommodate a disability.

Non-Medical Items

You are not covered for durable medical equipment and supplies, orthotics and external prosthetics, and vision and hearing appliances that are not primarily medical in nature. Some examples of non-medical items that are not primarily medical in nature are:

- environmental control equipment or 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, and
- educational equipment.

Non-Related Items Exclusion

You are not covered for any service, procedure, or supply that is directly or indirectly related to a non-covered service, procedure, or supply.

Private Duty Nursing

You are not covered for private duty nursing.

Prohibited by Law

You are not covered for services or supplies we are prohibited from covering under the law.

Radiation (High-dose)

You are not covered for high-dose radiotherapy except when provided in conjunction with stem-cell transplants described in *Chapter 4: Description of Benefits* under *Stem-Cell Transplants (including Bone Marrow Transplants)*.

Radiation (Nonionizing)

You are not covered for treatment with nonionizing radiation.

Recreational Therapy

You are not covered for recreational therapy and/or programs such as:
- wilderness therapy,
- health resorts,
- horseback riding,
- swimming with dolphins,
- outdoor skills programs,
- relaxation or lifestyle programs, and
- any other services provided in conjunction or related to (or as part of) those programs.

Repair/Replacement

You are not covered for the repair or replacement of any item covered under the manufacturer or supplier warranty, including:
- durable medical equipment and supplies,
- orthotics and external prosthetics, and
- vision and hearing appliances

Replacement items 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 are also not covered.

Reversal of Gender Confirmation Surgery

You are not covered for reversal of gender confirmation surgery, except in the case of a serious medical barrier to completing gender confirmation or the development of a serious medical condition requiring a reversal.

Self-Help or Self-Cure

You are not covered for self-help and self-cure programs or equipment.

Services Related to Employment

You are not covered for services related to getting or maintaining employment.

Stand-by Time

You are not covered for a provider's waiting or stand-by time.

Supplies

You are not covered for take home supplies or supplies billed separately by your provider when the supplies are integral to services being performed by your provider.

Thoracic Electric Bioimpedance (Outpatient/Office)

You are not covered for outpatient thoracic electric bioimpedance in an outpatient setting which includes a physician’s office.

Topical Hyperbaric Oxygen Therapy

You are not covered for topical hyperbaric oxygen therapy.

Travel or Lodging Cost

You are not covered for the cost of travel or lodging.

Vertebral Axial Decompression (VAX-D)

You are not covered for vertebral axial decompression.

Vitamins, Minerals, Medical Foods, and Food Supplements

You are not covered for:
- vitamins,
- minerals,
- medical foods, or
- food supplements except as described in *Chapter 4: Description of Benefits* under *Other Medical Services and Supplies* and *Prescription Drugs and Supplies*.

Weight Reduction Programs

You are not covered for weight reduction programs and supplies, whether or not weight reduction is medically appropriate. This includes:
- dietary supplements,
- food,
- equipment,
- lab tests,
- exams, and
- prescription drugs and supplies.

Wigs	You are not covered for wigs and artificial hairpieces.

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When to File Claims

When to File Claims

All participating and most nonparticipating providers in Hawaii file claims for you. If your nonparticipating provider does not file for you, please submit an itemized bill or receipt which lists the services you received. No payment will be made on any claim or itemized bill or receipt received by us more than one year after the last day on which you received services. If you have any questions after reading this section, please call us. Our phone numbers appear on the back cover of this Guide.

How to File Claims

One Claim Per Person and Per Provider

File a separate claim for each covered family member and each provider.

You should follow the same procedure for filing a claim for services received in- or out-of-state or out-of-country.

What Information You Must File

Subscriber Number

The subscriber number that appears on your member card.

Provider Statement

The provider statement must be from your provider. All services must be itemized. (Statements you prepare, cash register receipts, receipt of payment notices or balance due notices cannot be accepted.) Without the provider statement, claims are not eligible for benefits. It is helpful to us if the provider statement is in English on the stationery of the provider who performed the service. An accompanying English translation is acceptable.

The provider statement must include:

- Provider's full name and address.
- Patient's name.
- Date(s) you received service(s).
- Date of the injury or start of illness.
- The charge for each service in U.S. currency.
- Description of each service.
- Diagnosis or type of illness or injury.
- Where you received the service (office, outpatient, hospital, etc.).
- If applicable, information about other health coverage you may have.

Phone Number

Please include a phone number where you can be reached during the day.

Signature

Make sure you sign the claim.

Other Claim Filing Information

Where to Send Claim

For Professional claims, send to:
HMSA – CMS 1500 Claims
P.O. Box 44500
Honolulu, Hawaii 96804-4500

For Facility claims, send to:
HMSA – UB-04 Claims
P.O. Box 32700
Honolulu, Hawaii 96803-2700

Keep a Copy

You should keep a copy of the information for your records.

Information given to us will not be returned to you.

Report to Member

Once we get and process your claim, a report explaining your benefits will be provided. You may get copies of your report online through My Account on hmsa.com or by mail upon request. The ***Report To Member*** tells you how we processed the claim. It includes services performed, the actual charge, any adjustments to the actual charge, our eligible charge, the amount we paid, and the amount you owe.

If we need more details to make a decision about your claim, need more time to review your claim due to circumstances beyond our control or deny your claim, this report will let you know within 15 days of receipt of written claims or 7 days of receipt of claims filed electronically. If we need more details, you will have at least 45 days to provide it. Otherwise, we will reimburse you within 30 days of receipt of written claims and 15 days from receipt of claims filed electronically.

If, for any reason, you believe we wrongly denied a claim or coverage request, please call us for help. Our phone numbers appear on the back cover of this Guide. If you are not satisfied with the information you get, and you wish to pursue a claim for coverage, you may request an appeal. See *Chapter 8: Dispute Resolution.*

Cash or Deposit any Benefit Payment in a Timely Manner

If a check is enclosed with your Report To Member, you must cash or deposit the check before the check's expiration date. If you ask us to reissue the expired check, there will be a service charge.

CHAPTER 8

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Your Request for an Appeal

Writing Us to Request an Appeal

If you wish to dispute a decision made by HMSA related to coverage, reimbursement, this Agreement, or any other decision or action by HMSA you must ask for an appeal. Your request must be in writing unless you are asking for an expedited appeal. We must get it within one year from the date of the action or decision you are contesting. In the case of coverage or reimbursement disputes, this is one year from the date we first informed you of the denial or limitation of your claim, or of the denial of coverage for any requested service or supply.

Send written requests to:

HMSA Member Advocacy and Appeals
P.O. Box 1958
Honolulu, HI 96805-1958

Or, send us a fax at (808) 952-7546 or (808) 948-8206

And, provide the information described in the section below labeled “What Your Request Must Include”. Requests that do not comply with the requirements of this chapter will not be recognized or treated as an appeal by us.

If you have any questions about appeals, you can call us at (808) 948-5090, or toll free at 1-800-462-2085.

Appeal of Our Precertification Decision

We will respond to your appeal as soon as possible given the circumstances of your case. It will be within 30 days after we get your appeal.

Appeal of Any Other Decision or Action

We will respond to your appeal within 60 calendar days after we get your appeal.

Expedited Appeal

You may ask for an expedited appeal if the time periods for appeals above may:

- Seriously risk your life or health,
- Seriously risk your ability to gain maximum functioning, or
- Subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the appeal.

You may request expedited external review of our initial decision if you have requested an expedited internal appeal and the adverse benefit determination involves a healthcare condition for which the completion of an expedited internal appeal would meet the requirements above. The process for requesting an expedited external review is discussed below.

You may ask for an expedited appeal by calling us at (808) 948-5090, or toll free at 1-800-462-2085.

We will respond to your request for expedited appeal as soon as possible taking into account your healthcare condition. It will be no later than 72 hours after all information sufficient to make a determination is provided to us.

Who Can Request an Appeal

Either you or your authorized representative may ask for an appeal. Authorized representatives include:

- Any person you authorize to act on your behalf as long as you follow our procedures. This includes filing a form with us. To get a form to authorize a person to act on your behalf, call us at (808) 948-5090, or toll free at 1-800-462-2085. (Requests for appeal from an authorized representative who is a physician or practitioner must be in writing unless you are asking for an expedited appeal.)
- A court appointed guardian or an agent under a health care proxy.
- A person authorized by law to provide substituted consent for you or to make health care decisions on your behalf.
- A family member or your treating health care professional if you are unable to provide consent.

What Your Request Must Include

To be recognized as an appeal, your request must include all of this information:

- The date of your request.
- Your name and phone number (so we may contact you).
- The date of the service we denied or date of the contested action or decision. For precertification for a service or supply, it is the date of our denial of coverage for the service or supply.
- The subscriber number from your member card.
- The provider name.
- A description of facts related to your request and why you believe our action or decision was in error.
- Any other details about your appeal. This may include written comments, documents, and records you would like us to review.

You should keep a copy of the request for your records. It will not be returned to you.

Information Available From Us

If your appeal relates to a claim for benefits or request for precertification, we will provide upon your request and free of charge, reasonable access to, and copies of, all documents, records, and other information relevant to your claim as defined by the Employee Retirement Income Security Act.

If our appeal decision denies your request or any part of it, we will provide an explanation, including the specific reason for denial, reference to the health plan terms on which our decision is based, a statement of your external review rights, and other information on our denial.

If You Disagree with Our Appeal Decision

If you would like to appeal HMSA's decision, you must do one of the following:

- If you are appealing an issue of medical necessity, appropriateness, health care setting, level of care, or effectiveness; or a determination by HMSA that the service or treatment is experimental or investigational, you must request review by an Independent Review Organization (IRO) selected by the Insurance Commissioner.
- For all other issues, you must:
  - Request arbitration before a mutually selected arbitrator; or
  - File a lawsuit against HMSA under section 502(a) of ERISA.

Request Review by Independent Review Organization (IRO) Selected by the Insurance Commissioner

If you choose review by an IRO, you must submit your request to the Insurance Commissioner within 130 days of HMSA's decision on appeal to deny or limit the service or supply.

Unless you qualify for expedited external review of our appeal decision, before requesting review, you must have exhausted HMSA's internal appeals process or show that HMSA violated federal rules related to claims and appeals unless the violation was 1) de minimis; 2) non-prejudicial; 3) attributable to good cause or matters beyond HMSA's control; 4) in the context of an ongoing good-faith exchange of information; and 5) not reflective of a pattern or practice of non-compliance.

Your request must be in writing and include:

- A copy of HMSA's final internal appeal decision.

- A completed and signed authorization form releasing your medical records relevant to the subject of the IRO review. Copies of the authorization form are available from HMSA by calling (808) 948-5090, or toll free at 1-800-462-2085 or on HMSA.com.
- A complete and signed conflict of interest form. Copies of the conflict of interest form are available from HMSA by calling (808) 948-5090, or toll free at 1-800-462-2085 or on HMSA.com.
- A check for $15.00 made out to the Insurance Commissioner. It will be refunded to you if the IRO overturns HMSA's decision. You are not required to pay more than $60.00 in any calendar year.

You must send the request to the Insurance Commissioner at:

Hawaii Insurance Division
ATTN: Health Insurance Branch – External Appeals
335 Merchant Street, Room 213
Honolulu, HI 96813
Phone: (808) 586-2804

You will be informed by the Insurance Commissioner within 14 business days if your request is eligible for external review by an IRO.

You may submit more information to the IRO. It must be received by the IRO within 5 business days of your receipt of notice that your request is eligible. Information received after that date will be considered at the discretion of the IRO.

The IRO will issue a decision within 45 calendar days of the IRO's receipt of your request for review.

The IRO decision is final and binding except to the extent HMSA or you have other remedies available under applicable federal or state law.

Expedited IRO Review

You may request expedited IRO review if:

- You have requested an expedited internal appeal at the same time and the timeframe for completion of an expedited internal appeal would seriously jeopardize your life, health, or ability to gain maximum functioning or would subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the adverse determination;
- The timeframe for completion of a standard external review would seriously jeopardize your life, health, or ability to gain maximum functioning, or would subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the adverse determination; or
- If the final adverse determination concerns an admission, availability of care, continued stay, or health care service for which you received emergency services; provided you have not been discharged from a facility for health care services related to the emergency services.

Expedited IRO review is not available if the treatment or supply has been provided.

The IRO will issue a decision as expeditiously as your condition requires but in no event more than 72 hours after the IRO's receipt of your request for review.

External Review of Decisions Regarding Experimental or Investigational Services

You may request IRO review of an HMSA determination that the supply or service is experimental or investigational.

Your request may be oral if your treating physician certifies, in writing, that the treatment or supply would be significantly less effective if not promptly started.

Written requests for review must include, and oral requests must be promptly followed up with, the same documents described above for standard IRO review plus a certification from your physician that:

- Standard health care services or treatments have not been effective in improving your condition;
- Standard health care services or treatments are not medically appropriate for you; or

- There is no available standard health care service or treatment covered by your plan that is more beneficial than the health care service or treatment that is the subject of the adverse action.

Your treating provider must certify in writing that the service recommended is likely to be more beneficial to you, in the physician's opinion, than any available standard health care service or treatment, or your licensed, board certified or board eligible physician must certify in writing that scientifically valid studies using accepted protocols demonstrate the service that is the subject of the external review is likely to be more beneficial to you than any available standard health care services or treatment.

The IRO will issue a decision as expeditiously as your condition requires but in no event more than 7 calendar days of the IRO's receipt of your request for review.

Request Arbitration

If you choose arbitration, you must submit a written request for arbitration to HMSA, Legal Services, P.O. Box 860, Honolulu, Hawaii 96808-0860. Your request for arbitration will not affect your rights to any other benefits under this plan. You must have fully complied with HMSA's appeals procedures described above and we must get your request for arbitration within one year of the decision rendered on appeal. In arbitration, one person (the arbitrator) reviews the positions of both parties and makes the final decision to resolve the issue. No other parties may be joined in the arbitration. The arbitration is binding and the parties waive their right to a court trial and jury.

Before arbitration starts, both parties (you and we) must agree on the person to be the arbitrator. If we both cannot agree within 30 days of your request for arbitration, either party may ask the First Circuit Court of the State of Hawaii to appoint an arbitrator.

The arbitration hearing shall be in Hawaii. The rules of the arbitration shall be those of the Dispute Prevention and Resolution, Inc. to the extent not inconsistent with this *Chapter 8: Dispute Resolution.* The arbitration shall be conducted in accord with the Federal Arbitration Act, 9 U.S.C. §1 et seq., and such other arbitration rules as both parties agree upon.

The arbitrator will make a decision as quickly as possible and will give both parties a copy of this decision. The decision of the arbitrator is final and binding. No further appeal or court action can be taken except as provided under the Federal Arbitration Act.

HMSA will pay the arbitrator's fee. You must pay your attorney's or witness's fees, if you have any, and we must pay ours. The arbitrator will decide who will pay all other costs of the arbitration.

HMSA waives any right to assert that you have failed to exhaust administrative remedies because you did not select arbitration.

CHAPTER 9

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What Coordination of Benefits Means

Coverage that Provides Same or Similar Coverage

You may have other benefit coverage that provides benefits that are the same or similar to this plan. No coordination rules apply to services described in Chapter 3 and Chapter 4 under the *Vision Care Services* sections, except for routine vision exam benefits.

When this plan is primary, its benefits are determined before those of any other plan and without considering any other plan's benefits. When this plan is secondary, its benefits are determined after those of another plan and may be reduced when the combination of the primary plan's payment and this plan's payment exceed the Eligible Charge. As the secondary plan, this plan's payment will not exceed the amount this plan would have paid if it had been your only coverage. Also, when this plan is secondary, benefits will be paid only for those services or supplies covered under this plan.

Any Tier 3 Cost Share you owe under this plan will first be subtracted from the benefit payment. You remain responsible for the Tier 3 Cost Share owed under this plan, if any.

If there is a benefit maximum under this plan, the service or supply for which payment is made by either the primary or the secondary plan shall count toward that benefit maximum. For example, this plan covers one well woman exam per calendar year, if this plan is secondary and your primary plan covers one well woman exam per calendar year, the exam covered under the primary plan will count toward the yearly benefit maximum and this plan will not provide benefits for a second exam within the calendar year. However, the first twenty days of confinement to an extended care facility that are paid in full by Medicare shall not count toward the benefit maximum.

What You Should Do

When you get services, you need to let us know if you have other coverage. Other coverage includes:

- Group insurance.
- Other group benefit plans.
- Nongroup insurance.
- Medicare or other governmental benefits.
- The healthcare benefits coverage in your automobile insurance (whether issued on a fault or no fault basis).

You should also let us know if your other coverage ends or changes.

You will get a letter from us if we need more details. If you do not give us the details we need to coordinate your benefits, your claims may be delayed or denied.

To help us coordinate your benefits, you should:

- Inform your provider by giving him or her information about the other coverage at the time services are rendered, and
- Indicate that you have other coverage when you fill out a claim form by completing the appropriate boxes on the form.

What We Will Do

Once we have the details about your other coverage, we will coordinate benefits for you. There are certain rules we follow to help us determine which plan pays first when there is other insurance or coverage that provides the same or similar benefits as this plan.

General Coordination Rules

This section lists four common coordination rules. The complete text of our coordination of benefits rules is available on request.

No Coordination Rules

The coverage without coordination of benefits rules pays first.

Member Coverage

The coverage you have other than as a dependent (i.e., as an employee, subscriber, or policyholder) pays before the coverage you have as a spouse or dependent child.

Active Employee Coverage

The coverage you have as the result of your active employment or as a dependent of an active employee pays before coverage you hold as a retiree or under which you are not actively employed.

Earliest Effective Date

When none of the general coordination rules apply (including those not described above), the coverage with the earliest continuous effective date pays first.

Dependent Children Coordination Rules

Birthday Rule

For a child who is covered by both parents who are not separated or divorced and have joint custody, the coverage of the parent whose birthday occurs first in a calendar year pays first.

Court Decree Stipulates

For a child who is covered by separated or divorced parents and a court decree says which parent has health insurance responsibility, that parent's coverage pays first.

Court Decree Does Not Stipulate

For a child who is covered by separated or divorced parents and a court decree does not stipulate which parent has health insurance responsibility, then the coverage of the parent with custody pays first. The payment order for this dependent child is as follows:

- Custodial parent.
- Spouse of custodial parent.
- Other parent.
- Spouse of other parent.

Earliest Effective Date

If none of these rules apply, the parent’s coverage with the earliest continuous effective date pays first.

If You Are Hospitalized When Coverage Begins

If You are Hospitalized on the Effective Date of Coverage

If you are an inpatient on the effective date of this coverage and you had other insurance or coverage that was not with us immediately prior to the effective date, we will work with your prior insurer or coverage to decide if our coverage will supplement the prior insurance or coverage. Please call us if this applies to you so that we can coordinate with your prior insurer or coverage. If you had coverage with us immediately prior to the effective date of this coverage, or if you had no other insurance or coverage immediately prior to the effective date, then our coverage terms for services related to the hospitalization will apply.

Motor Vehicle Insurance Rules

Automobile Coverage

If your injuries or illness are due to a motor vehicle accident or other event for which we believe motor vehicle insurance coverage reasonably appears available under Hawaii Revised Statutes Chapter 431, Article 10C, then that motor vehicle coverage will pay before this coverage. You are responsible for any cost sharing payments required under such motor vehicle insurance coverage. We do not cover such cost sharing payments. Before we pay benefits under this coverage for an injury covered by motor vehicle insurance, you must give us a list of healthcare expenses paid by the motor vehicle insurance. The list must show the date expenses were incurred, the provider of service, and the amount paid by the motor vehicle insurance. We will review the list of expenses to verify that the motor vehicle insurance coverage available under Hawaii Revised Statutes Chapter 431, Article 10C is exhausted. After it is verified, you are eligible for covered services in accord with this Guide to Benefits. ***Healthcare*** includes medical, vision, and prescription drug benefits provided or payments on your behalf.

Please note that you are also subject to the Third Party Liability Rules at the end of this chapter if:

- your injury or illness is caused or alleged to have been caused by someone else and you have or may have a right to recover damages or receive payment in connection with the illness or injury, or
- you have or may have a right to recover damages or receive payment without regard to fault (other than personal injury protection coverage available under Hawaii Revised Statutes Chapter 431, Article 10C-103.5).

Any benefits paid by us in accord with this section or the *Third Party Liability Rules*, are subject to the provisions described later in this chapter under *Third Party Liability Rules*.

Medicare Coordination Rules

This Plan Secondary Payer to Medicare

If you receive services covered under both Medicare and this plan, and Medicare is allowed by law to be the primary payer, this plan will cover over and above what Medicare pays 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 get 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).

Benefits will be paid after we apply any deductible you may have under this plan.

Facilities or Providers Not Eligible or Entitled to Medicare Payment

When you get services at a facility or by a provider that is not eligible or entitled to reimbursement from Medicare, and Medicare is allowed by law to be the primary payer, 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 such payments, regardless of whether or not Medicare benefits are paid.

Third Party Liability Rules

If You have Coverage Under Worker's Compensation or Motor Vehicle Insurance

If you have or may have coverage under worker's compensation or motor vehicle insurance for the illness or injury, please note:

- **Worker's Compensation Insurance.** If you have or may have coverage under worker's compensation insurance, such coverage will apply instead of the coverage under this Guide to Benefits. Healthcare expenses from injuries or illness covered under worker's compensation insurance are excluded from coverage under this Guide to Benefits.

• **Motor Vehicle Insurance.** If you are or may be entitled to healthcare benefits from your automobile coverage, you must exhaust those benefits first, before receiving benefits from us. Please refer to the section in this Chapter entitled "Motor Vehicle Insurance Rules" for a detailed explanation of the rules that apply to your automobile coverage.

What Third Party Liability Means

Third party liability is when you are injured or become ill and:

• The illness or injury is caused or alleged to have been caused by someone else and you have or may have a right to recover damages or get payment in connection with the illness or injury; or
• You have or may have a right to recover damages or get payment without regard to fault.

In such cases, any payment made by us on your behalf in connection with such injury or illness will only be in accord with the following rules.

What You Need to Do

Your cooperation is required for us to determine our liability for coverage and to protect our rights to recover our payments. We will provide benefits in connection with the injury or illness in accord with the terms of this Guide to Benefits only if you cooperate with us by doing the following:

• **Give Us Timely Notice.** You must give us timely notice in writing of each of the following:
  – your knowledge of any potential claim against any third party or other source of recovery in connection with the injury or illness;
  – 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
  – 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.

To give timely notice, your notice must be no later than 30 calendar days after the occurrence of each of the events stated above.

• **Sign Requested Documents.** You must promptly sign and deliver to us all liens, assignments, and other documents we deem necessary to secure our rights to recover payments. You hereby authorize and direct any person or entity making or receiving any payment on account of such injury or illness to pay to us so much of such payment as needed to discharge your reimbursement obligations described above;
• **Provide Us Information.** You must promptly provide us any and all information reasonably related to our investigation of our liability for coverage and our determination of our rights to recover payments. We may ask you to complete an Injury/Illness report form, and provide us healthcare records and other relevant information;
• **Do Not Release Claims Without Our Consent.** You must not release, extinguish, or otherwise impair our rights to recover our payments, without our express written consent; and
• **Cooperate With Us**. You must cooperate to help protect our rights under these rules. This includes giving notice of our lien as part of any written claim or demand made against any third party or other source of recovery in connection with the illness or injury.

Any written notice required by these Rules must be sent to:

HMSA
Attn: 8 CA/Other Party Liability
P.O. Box 860
Honolulu, Hawaii 96808-0860

If you do not cooperate with us as described above, your claims may be delayed or denied. We shall be entitled to reimbursement of payments made on your behalf to the extent that your failure to cooperate has resulted in erroneous payments of benefits or has prejudiced our rights to recover payments.

Payment of Benefits Subject to Our Right to Recover Our Payments

If you have complied with the rules above, we will pay benefits in connection with the injury or illness to the extent that the healthcare treatment would otherwise be a covered benefit payable under this Guide to Benefits. However, we shall have a right to be reimbursed for any benefits we provide, from any recovery received from or on behalf of any third party or other source of

recovery in connection with the injury or illness, including, but not limited to, proceeds from any:

- Settlement, judgment, or award;
- Motor vehicle insurance (other than personal injury protection benefits) including liability insurance or your underinsured or uninsured motorist coverage;
- Workplace liability insurance;
- Property and casualty insurance;
- Malpractice coverage; or
- Other insurance.

We shall have a first lien on such recovery proceeds, up to the amount of total benefits we pay or have paid related to the injury or illness. You must reimburse us for any benefits paid out of the corresponding amount of special damages recovered by you, or on your behalf by your legal representatives, heirs, or attorney, even if the recovery proceeds obtained by insurance or settlement:

- Do not expressly include healthcare expenses;
- Are stated to be for general damages only;
- Are for less than the actual loss or alleged loss suffered by you due to the injury or illness;
- Are obtained on your behalf by any person or entity, including your estate, legal representative, parent, or attorney;
- Are without any admission of liability, fault, or causation by the third party or payor.

If a settlement or insurance recovery is stated to be for general damages only, we must prove that it duplicates our healthcare expenses paid in order to exercise our right to reimbursement. Our lien will be reduced by a reasonable sum for the attorney's fees and costs incurred by you in bringing a civil action or claim for your injuries.

Our lien will attach to and follow such recovery proceeds even if you distribute or allow the proceeds to be distributed to another person or entity. Our lien may be filed with the court, any third party or other source of recovery money, or any entity or person receiving payment regarding the illness or injury.

If a court or arbitrator determines that we are entitled to reimbursement of payments made on your behalf under HRS § 663-10 and these rules, and we do not promptly receive full reimbursement, we shall have a right to set-off from any future payments payable on your behalf under this Guide to Benefits.

For any payment made by us under these rules, you are still responsible for your copayments, deductibles, timeliness in submission of claims, and other obligations under this Guide to Benefits.

Nothing in these Third Party Liability Rules shall limit our ability to coordinate benefits as described in this Chapter.

CHAPTER 10

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Eligibility for Coverage

When You are Eligible for Coverage

If you purchase this coverage from Healthcare.gov, you must meet the eligibility criteria used by Healthcare.gov.

If you purchase this coverage directly from HMSA, you must meet all of the following:

- Enroll during an open enrollment period or qualify for a special enrollment period in accord with federal law.
- You are not incarcerated.
- You meet one of these requirements:
  - You are a resident of the State of Hawaii
  - You intend to reside in the State of Hawaii. HMSA reserves the right to request documentation verifying that you have moved to and reside in Hawaii. If HMSA determines, in its sole discretion, that such documentation does not verify that you have fulfilled your intent to reside in Hawaii, HMSA may rescind your coverage.
  - You have entered the State of Hawaii with a job commitment
  - You are seeking employment in the State of Hawaii
  - Your parent or caretaker resides in Hawaii and you reside with the parent or caretaker
- If you meet the above residency standards, you may enroll your dependent who lives outside Hawaii in this plan if you claim that dependent on your tax return.
- You complete, sign and submit an enrollment form that is accepted by us.

We reserve the right to request, at any time, documentation that demonstrates in our sole discretion and to our satisfaction that you meet the above criteria. Your refusal to provide such documentation or to provide documentation that in HMSA's sole discretion demonstrates the criteria have been met shall result in immediate termination of this coverage.

Categories of Coverage

There are different categories of coverage you may hold.

- With single coverage, you the subscriber, are the only one covered.
- With family coverage, you the subscriber, and your spouse, and each of your eligible, dependent children are eligible for enrollment in the plan. Each covered family member enrolled in the plan must be listed on the subscriber's enrollment form or added later as a new dependent.

Please note: If you buy this coverage directly from HMSA, we must approve any dependents added to this plan. Each dependent will have his or her own effective date when he or she first becomes eligible for this plan's coverage.

What You Should Know about Enrolling Your Child(ren)

In general, you may enroll a child if the child meets all of these requirements:

- The child is your son, daughter, stepson or stepdaughter, your legally adopted child or a child placed with you for adoption, a child for whom you are the court-appointed guardian, or your eligible foster child (defined as an individual who is placed with you by an authorized placement agency or by judgment, decree, or other court order).
- The child is under 26 years of age.

Also, you may enroll children who meet all of the criteria in one of these categories:

- Children with Special Needs
- Children Who Are Newborns or Adopted.

Children with Special Needs

You may enroll your child if he or she is disabled by providing us with written documentation acceptable to us demonstrating that:

- Your child is incapable of self-sustaining support because of a physical or mental disability.
- Your child's disability existed before the child turned 26 years of age.
- Your child relies primarily on you for support and maintenance as a result of his or her disability.

You must provide this documentation to us within 31 days of the child's 26th birthday, or anticipated enrollment with HMSA, and subsequently at our request but not more frequently than annually.

Children Who are Newborns or Adopted

You may enroll a newborn or adopted child, effective as of the date listed below, if you comply with the requirements described below and enroll the child in accord with our usual enrollment process:

- The birth date of a newborn, providing you comply with our usual enrollment process within 60 days of the child's birth.
- The date of adoption, providing you comply with our usual enrollment process within 60 days of the date of adoption.
- The birth date of a newborn adopted child, providing we get notice of your intent to adopt the newborn within 60 days of the child's birth.
- The date the child is placed with you for adoption, providing we get notice of the placement within 60 days of the placement. Placement occurs when you assume a legal obligation for total or partial support of the child in anticipation of adoption.

When Coverage Begins

When You are Eligible to Receive Benefits

This coverage takes effect and you are eligible for benefits on your effective date, as long as:

- Your initial dues were paid; and
- We accepted your enrollment form and gave you written notice of your effective date. By submitting the enrollment form, you also accept and agree to the provisions of our constitution and bylaws now in force and as amended in the future.

When Coverage Ends

Reasons for Coverage Termination

If you purchased this coverage from Healthcare.gov, you may end your coverage at any time by notifying Healthcare.gov.

If you purchased this coverage directly from HMSA, you may end your coverage at any time by writing us a letter.

We may end your coverage at any time if you purchased this coverage directly from us and you do not meet the criteria described in *When You are Eligible for Coverage* above, fail to respond within 30 days to our request that you provide documentation sufficient to demonstrate that you meet the criteria, or fail to make payments to us when due.

Your coverage will end at the end of the month in which any of these take place:

- You choose to end this coverage. In this case, you must provide us written notice of your intent to terminate 30 days before the termination date.

- You fail to make payments to us when due.
- For *the subscriber's spouse* enrolled in the plan as an eligible dependent, upon your termination of coverage or upon the dissolution of the marriage.
- For *the subscriber's children* enrolled in the plan as an eligible dependent, when any of the following occurs:
  - The subscriber's coverage ends; or
  - The child fails to meet the criteria outlined earlier in this chapter under *What You Should Know about Enrolling Your Child(ren).*

Notifying Us When Your Child's Eligibility Ends

You must inform us, in writing, if a child no longer meets the eligibility requirements. You must notify us on or before the first day of the month following the month the child no longer meets the requirements. For example, let's say that your child turns 26 on June 1. You would need to notify us by July 1.

If you fail to inform us that your child is no longer eligible, and we make payments for services on his or her behalf, you must reimburse us for the amount we paid.

Termination for Fraud

Your eligibility for coverage will end if you use this coverage fraudulently or intentionally misrepresent or conceal material facts on your enrollment form or in any claim for benefits.

If we determine that you have committed fraud or made an intentional misrepresentation or concealment of material facts, we will provide you written notice 30 days prior to termination of your coverage. During that time, you have a right to appeal our determination of fraud or intentional misrepresentation. For more details on your appeal rights, see *Chapter 8: Dispute Resolution.*

If your coverage is terminated for fraud, intentional misrepresentation, or the concealment of material facts:

- We will not pay for any services or supplies provided after the date the coverage is terminated.
- You agree to reimburse us for any payments we made under this coverage.
- We will retain our full legal rights. This includes the right to initiate a civil action based on fraud, concealment, or misrepresentation.

Continuity of Care

Continuing Care Patient

You may be eligible for continuity of care if you are a continuing care patient receiving a course of treatment from a participating provider and one of the following occurs:

- the contractual relationship between the participating provider and HMSA is terminated;
- benefits provided under your plan with respect to the participating provider are terminated because of a change in the terms of the participation of such participating provider in such plan; or
- you are under a group health plan and the contract between such group health plan and HMSA is terminated.

With respect to the above occurrences, the term "terminated" does not include a termination of a contract for failure to meet applicable quality standards or for fraud.

A "Continuing Care Patient" is defined as an individual who, with respect to a provider:

- is undergoing a course of treatment for a serious and complex condition from the provider,
- is undergoing a course of institutional or inpatient care from the provider,
- is scheduled for non-elective surgery from the provider, including receipt of post-operative care from such provider with respect to such a surgery,
- is pregnant and undergoing a course of treatment for the pregnancy from the provider, or
- is or was determined to be terminally ill and is receiving treatment for such illness from such provider.

For purposes of the "Continuing Care Patient" definition, a serious and complex condition means either:

• in the case of an acute illness, a condition that is serious enough to require specialized medical treatment to avoid the reasonable possibility of death or permanent harm; or
• in the case of a chronic illness or condition, a condition that is (i) life-threatening, degenerative, potentially disabling, or congenital and (ii) requires specialized medical care over a prolonged period of time.

If we determine you are eligible for continuity of care, we will inform you of the options under transitional care. If you qualify for transitional care, you may elect to continue your current benefits and copayments under this Plan with respect to the course of treatment furnished by such provider relating to your status as a continuing care patient. Plan benefits will apply, beginning on the date HMSA's notice of termination is provided and ending 90 days later or when you are no longer eligible as a continuing care patient, whichever is sooner.

No Surprises Act Emergency Services and Surprise Bills

Under the No Surprises Act ("NSA"), a provider or emergency facility may not bill or hold you liable for a payment amount that exceeds the copayment requirement had such service or item been received from a participating provider unless you signed a valid consent allowed by law.

If coverage is approved and applies, benefits for services rendered subject to the NSA will be paid directly to the nonparticipating provider. Services or items subject to the NSA are:
• Emergency Services rendered by a nonparticipating provider;
• Non-emergency items and services furnished or rendered by a nonparticipating provider at certain participating health care facilities, provided the beneficiary has not validly waived the applicability of the NSA; and
• Air ambulance services covered by the Plan and provided by nonparticipating air ambulance providers.

Please note: Copayment amounts will apply toward meeting the annual deductibles and annual copayment maximums.

Confidential Information

Your healthcare records and information about your care are confidential. HMSA does not use or disclose your healthcare information except as allowed or required by law. You may need to provide information to us about your healthcare treatment or condition. In accordance with law, we may use or disclose your healthcare information (including providing this information to third parties) for the purpose of payment activities and health care operations; such as:
• quality assurance;
• disease management;
• provider credentialing;
• administering the plan;
• complying with government requirements; and
• research or education.

Privacy Policies and Practices for Member Financial Information

Notice of our privacy policies and practices for personal financial information required by law*

HMSA and our affiliated organizations throughout the state of Hawaii have established the following policies and practices:
• Maintain physical, electronic, and procedural safeguards to protect the privacy, confidentiality and integrity of personal information.
• Ensure that those in our workforce who have access to or use your personal information need that information to perform their jobs and have been trained to properly handle personal information. Our employees are fully accountable to management for following our policies and practices.
• Require that third parties who access your personal information on our behalf comply with applicable laws and agree to HMSA's strict standards of confidentiality and security.

Effective July 1, 2002, HMSA is required by state law to provide an annual notice of our privacy policies and practices for personal financial information to members that are enrolled in our individual health plans. This section contains information on how we collect and disclose personal financial information about our members to our affiliates and to nonaffiliated third parties. This applies to former as well as current HMSA members.

* Privacy of Consumer Financial Information, H.R.S. Chapter 431, Article 3A

Collection of personal financial information

HMSA collects personal financial information about you that is necessary to administer your health plan. We may collect personal financial information about you from sources such as enrollment forms and other forms that you complete, and your transactions with us, our affiliates or others.

Sharing of personal financial information

HMSA may share with our affiliates and with nonaffiliated third parties any of the personal financial information that is necessary to administer your health plan, as permitted by law. Nonaffiliated third parties are those entities that are not part of the family of organizations controlled by HMSA. We do not otherwise share your personal financial information with anyone without your permission.

Relationship with Blue Cross and Blue Shield Association

You hereby expressly acknowledge your understanding that this Agreement constitutes a contract solely between you and HMSA, which is an independent plan operating under a license from the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans, (the "Association") permitting HMSA to use the Blue Cross and Blue Shield Service Marks in the State of Hawaii, and that HMSA is not contracting as the agent of the Association. You further acknowledge and agree that you have not entered into this Agreement based upon representations by any person other than HMSA and that no person, entity, or organization other than HMSA shall be held accountable or liable to you for any of HMSA's obligations to you created under this Agreement. This paragraph shall not create any other obligations whatsoever on the part of HMSA other than those obligations created under other provisions of this Agreement.

Dues and Terms of Coverage

Dues and Timely Payments

You must pay us on or before the first day of the month in which benefits are to be provided. We have the right to change the monthly dues after 30 days written notice to you.

If you fail to pay monthly dues on or before the due date, we may end coverage effective the last day of the month for which dues were paid, unless all dues are brought current within 10 days of our written notice of default to you. We are not liable for benefits for services received after the termination date.

Who We Accept Payment From

We will accept premium payments directly from you. In addition, HMSA will accept third-party payment of premiums and cost sharing payments on behalf of a member from the following:

- The member's family;
- The member's current employer;
- Local, state or federal government programs, including grantees directed by a government program to make payments on its behalf;
- Ryan White HIV/AIDS programs;
- Indian tribes or tribal organizations/governments; and
- Religious institutions and other not-for-profit organizations when each of the following criteria is met:
  - The assistance is provided on the basis of the insured's financial need;
  - The institution or organization is not a healthcare provider; and
  - The institution or organization is financially disinterested (i.e., the institution/organization does not receive funding from entities with a pecuniary interest in the payment of health insurance claims).

As provided under applicable law and regulatory guidance, HMSA will not accept premium payments from third-parties not included in numbers 1-6 above.

Authority to Terminate, Amend, or Modify Coverage

You have the authority to end this coverage upon 30 days written notice to us. If you end this coverage, you are not eligible to receive benefits under this coverage after the termination date.

We have the authority to end or modify the Agreement as long as we give 30 days prior written notice to you regarding the modification.

Governing Law

To the extent not superseded by the laws of the U.S., this coverage will be construed in accord with and governed by the laws of the state of Hawaii. Any action brought because of a claim against this coverage will be litigated, arbitrated, or otherwise resolved in the state of Hawaii and in no other.

Payment in Error

If for any reason we make payment under this coverage in error, we may recover the amount we paid.

Notice Address

You may send any notice required by this chapter to:

HMSA
P.O. Box 860
Honolulu, Hawaii 96808-0860

Any notice from us will be acceptable when addressed to you at your address as it appears in our records.

CHAPTER 11

Accidental Injury — An injury, separate from a disease or bodily infirmity of any other cause, that happens by chance and needs care right away.

Actual Charge — The amount a provider bills for a covered service or supply.

Acute Care — Inpatient 24-hour hospital care that needs physician and nursing care on a minute-to-minute, hour-to-hour basis.

Admission — The formal acceptance of a patient into a facility for medical, surgical, or obstetric care.

Advance Care Planning — Advance care planning (ACP) prepares members in the event they become very sick. Members discuss with their doctor what matters most to them and document the desired care. ACP becomes important when a member cannot communicate decisions.

Agreement — The document made up of:
- This Guide to Benefits;
- Any riders or amendments; and
- The enrollment form submitted to us.

Alcohol Dependence — Any use of alcohol that produces a pattern of pathological use that causes impairment in social or occupational functions or produces physiological dependence evidenced by physical tolerance or withdrawal.

Allogeneic Transplant — Transplant in which the tissue or organ for a transplant is obtained from someone other than the person receiving the transplant.

Ambulance Service — Air or ground emergency transport to a hospital.

Ambulatory Surgical Center — A facility that provides surgical services on an outpatient basis for patients who do not need an inpatient, acute care hospital bed.

Ancillary Services — Facility charges other than room or board. For example, charges for inpatient drugs and biologicals, dressings, or medical supplies.

Anesthesia — The use of anesthetics to produce loss of feeling or consciousness, usually with medical treatment such as surgery.

Annual Copayment Maximum — The maximum deductible and copayment amounts you pay in a calendar year. Once you meet the copayment maximum you are no longer responsible for deductible or copayment amounts unless otherwise noted.

Annual Deductible — The fixed dollar amount you must pay each calendar year before benefits subject to the annual deductible become available. You cannot pay the annual deductible

amount to us in advance. You must meet the deductible on a claim by claim basis.

Applied Behavior Analysis

The design, implementation, and evaluation of environmental modifications, using behavioral stimuli and consequences, to produce socially significant improvement in human behavior, including the use of:
- direct observation,
- measurement, and
- functional analysis of the relations between environment and behavior.

Arbitration

When one person (an arbitrator) reviews the positions of two parties who have a dispute and makes a decision to end the dispute.

Assisting Surgeon

A physician who actively assists the physician in charge during a surgical procedure.

Autologous Transplant

Transplant in which the tissue or organ for a transplant is obtained from the person receiving the transplant.

Benefit Maximum

A limit that applies to a specified covered service or supply. A service or supply may be limited by duration or the number of visits. The maximum may apply per service or calendar year.

Benefits

Services and supplies that are medically necessary and qualify for payment under this coverage.

Bereavement Services

Services that focus on healing from emotional loss.

Biofeedback

A technique in which a person uses information about a normally unconscious bodily function, such as blood pressure, to gain conscious control over that function. The condition to be treated must be a normally unconscious physiological function. A device or feedback monitoring equipment (i.e., external feedback loop) must be used to treat the condition. The purpose of treatment is to exert control over that physiological function.

Biological Products

Biological products, or biologics, are medical products. Many products are made from a variety of natural sources (i.e., human, animal, or microorganism). It may be produced by biotechnology methods and other cutting-edge technologies. Like drugs, some biologics are intended to treat diseases and medical conditions. Other products are used to prevent or diagnose diseases. Examples may include:
- Vaccines.
- Blood and blood products for transfusion and /or manufacturing into other products.
- Allergenic extracts that are used for both diagnosis and treatment, i.e., allergy shots.
- Human cells and tissues used for transplantation (e.g., tendons, ligaments and bones).
- Gene therapies.
- Cellular therapies.
- Tests to screen potential blood donors for infectious agents such as HIV.

Biological Therapeutics and Biopharmaceuticals

Any biology-based therapeutics that structurally mimic compounds found in the body. This includes:
- recombinant proteins,
- monoclonal and polyclonal antibodies,
- peptides,
- antisense oligonucleotides,
- therapeutic genes, and
- certain therapeutic vaccines.

Biosimilar Product

A biological product that is FDA-approved based on a showing that it is highly similar to an already FDA-approved reference product. It has no clinically meaningful differences in terms of safety and effectiveness from the reference

product. Only minor differences in clinically inactive components are allowable in biosimilar products.

Birthing Center

A facility that provides services for normal childbirth. This facility may be in a hospital or it may be a separate, independent facility.

Blood Transfusion

Transferring blood products such as blood, blood plasma, and saline solutions into a blood vessel, usually a vein.

BlueCard Participating Provider

A provider that participates with the BlueCard Program. BlueCard participating providers file claims for you and accept the eligible charge as payment in full.

BlueCard PPO Program

The Blue Cross and Blue Shield Association program that gives HMSA members access to preferred provider organizations throughout the U.S.

BlueCard PPO Provider

A provider that contracts with the BlueCard PPO program. BlueCard PPO providers file claims for you and accept the eligible charge as payment in full.

BlueCard Program

The Blue Cross and Blue Shield Association program that gives HMSA members access to participating providers throughout the U.S.

Breast Prostheses (External)

Artificial breast forms intended to simulate breasts for women who have uneven- or unequal-sized breasts who decide not to, or are waiting to, undergo surgical breast reconstruction after a covered mastectomy or lumpectomy. They include:

- mastectomy bras (surgical bras),
- forms,
- garments and
- sleeves.

Calendar Year

The period starting January 1 and ending December 31 of any year. The first calendar year for anyone covered by this plan begins on that person's effective date and ends on December 31 of that same year.

Cardiac Rehabilitation

A comprehensive medically supervised program in the outpatient setting that aims to improve the function of patients with heart disease and prevent future cardiac events.

Chemotherapy

Treatment of infections or malignant diseases by drugs that act selectively on the cause of the disorder, but which may have substantial effects on normal tissue. Chemotherapy drugs must be FDA approved.

Chemotherapy - Oral

An FDA-approved oral cancer treatment that may be delivered for self-administration under the direction or supervision of a Provider outside of a hospital, office, or other clinical setting.

Child

Means any of the following: your son, daughter, stepson or stepdaughter, your legally adopted child or a child placed with you for adoption, a child for whom you are the court-appointed guardian, or your eligible foster child (defined as an individual who is placed with you by an authorized placement agency or by judgment, decree or other court order).

Chiropractor

A health care professional who practices the system of healing through spinal manipulation and specific adjustment of body structures.

Claim

A written request for payment of benefits for services covered by this coverage.

Consultation Services

A formal discussion between physicians on a case or its treatment.

Chapter 11: Glossary

Contact Lenses

Ophthalmic corrective lenses ground as prescribed by a physician or optometrist who fit the lenses directly to your eyes.

Contraceptive Services

Services that facilitate the use of contraceptives to prevent pregnancy.

Contraceptives

Any prescription contraceptive supplies or devices, including:
- oral medicine,
- implants,
- injectables,
- IUDs or
- other appropriate methods intended to prevent pregnancy.

Coordination of Benefits (COB)

Applies when you are covered by more than one insurance policy providing benefits for like services.

Copayment

A copayment applies to most covered services. It is either a fixed percentage of the eligible charge or a fixed dollar amount. Exception: For services provided at a participating facility, your copayment is based on the lower of the facility's actual charge or the maximum allowable fee. You owe a copayment even if the facility's actual charge is less than the maximum allowable fee.

Cosmetic Services

Services that are primarily intended to improve your natural appearance but do not restore or materially improve a physical function, or are prescribed for psychological or psychiatric reasons.

Covered Services

Services or supplies that meet payment determination criteria and are:
- Listed in this Guide in *Chapter 4: Description of Benefits,* and
- Not listed in this Guide in *Chapter 6: Services Not Covered*.

Custodial Care

Care that helps you meet your daily living activities. This type of care does not need the ongoing attention and help from licensed medical or trained paramedical personnel.

Custom-Fabricated

Items that are individually made for a specific patient (no other patient would be able to use it) starting with basic materials including, but not limited to:
- plastic,
- metal,
- leather, or
- cloth in the form of sheets, bars, etc.

It involves substantial work such as:
- vacuum forming,
- cutting,
- bending,
- molding,
- sewing, etc.

It may involve the incorporation of some prefabricated components but it involves more than:
- trimming,
- bending, or
- making other modifications to a substantially prefabricated item.

Deductible

The fixed dollar amount you pay for certain covered services before benefits are available in a calendar year.

Deluxe/Upgraded Items

Items that have certain convenience or luxury features that enhance standard or basic equipment. Standard equipment is equipment that meets the healthcare needs of a patient to perform activities of daily living primarily in the home and is not designed or customized for a specific individual's use.

Dependent

The subscriber's spouse and/or eligible child(ren).

Detoxification Services

A process of detoxifying a person who is dependent on alcohol and/or drugs. The process involves helping a person through the period of time needed to get rid of, by metabolic or other means, the intoxicating alcohol or drug dependency factors.

Diagnosis

The medical description of the disease or condition.

Diagnostic Testing

A measure used to help identify the disease process and signs and symptoms.

Dr. Ornish's Program for Reversing Heart Disease™

A comprehensive approach to cardiovascular disease management and overall well-being improvement that addresses modifiable risk factors under the supervision of a multidisciplinary team.

Drug

Any chemical compound that may be used on or given to help diagnose, treat or prevent disease or other abnormal condition, to relieve pain or suffering, or to control or improve any physiologic or pathogenic condition.

Drug Dependence

Any pattern of pathological use of drugs that cause impairment in social or occupational function and produces psychological or physiological dependence or both, as evidenced by physical tolerance or withdrawal.

Dues

The monthly premium amount for HMSA membership.

Durable Medical Equipment

An item that meets these criteria:

- 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 skilled or intermediate nursing facility.
- Necessary and reasonable to treat 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

Examples of durable medical equipment include:

- oxygen equipment,
- hospital beds,
- mobility assistive equipment (wheelchairs, walkers, power mobility devices), and
- insulin pumps.

Effective Date

The date on which you are first eligible for benefits under this coverage.

Eligible Charge

The Eligible Charge is:

- the lower of either the provider's actual charge or the amount we establish as the maximum allowable fee, plus may include
- amounts, if any, paid to providers for meeting quality standards established by HMSA.

HMSA's payment, and your copayment, are based on the eligible charge.

Exceptions: For services from participating facilities, HMSA's payment is based on the maximum allowable fee and your copayment is based on the lower of the actual charge or the maximum allowable fee. Some services may be rendered by providers who accept monthly payments from HMSA to manage the care of a certain population of their patients.

Emergency

A healthcare condition accompanied by acute symptoms of sufficient severity (including severe pain) so that a prudent layperson could reasonably expect the absence of immediate medical attention to result in:

- serious risk to the health of the person (or, with respect to a pregnant woman, the health of the woman and her unborn child);
- serious impairment to bodily functions; or
- serious dysfunction of any bodily organ part.

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Extended Care Facility — A facility that provides ongoing skilled nursing care, sub-acute care, or long-term acute care as ordered and certified by your attending Provider.

Facility — Examples include hospitals, extended care facilities, birthing centers, and ambulatory surgical facilities

False Statement — Any fraudulent or intentional misrepresentation you made on your membership enrollment form or in any claims for benefits.

Family Coverage — Means coverage for you the subscriber, and your spouse, and each of your eligible, dependent children.

Family Member — The subscriber's spouse and/or children who are eligible and enrolled for this coverage.

Foot Orthotics — Devices that are placed into shoes to assist in restoring or maintaining normal alignment of the foot, relieve stress from strained or injured soft tissues, bony prominences, deformed bones and joints and inflamed or chronic bursae.

Frame — A standard plastic eyeglass frame or similar frame into which two lenses are fitted.

Gender Dysphoria — The distress experienced when a person's gender assigned at birth does not match their gender identity.

Gender Identity — A person's internal sense of being male, female, a gender different from the gender assigned at birth, a transgender person, or neither male nor female.

Gender Transition — The process of a person changing the person's outward appearance, including sex characteristics, to accord with the person's gender identity.

Generic Drug — A drug or supply that is prescribed or dispensed under its commonly used generic name rather than a brand name. A generic drug is not protected by patent, or is identified by HMSA as "generic".

Guide to Benefits — This document, along with any riders or amendments that provide a written description of your health care coverage.

HMSA — Hawai'i Medical Service Association, an independent licensee of the Blue Cross and Blue Shield Association.

HMSA Directory of Participating Providers — A complete list of HMSA participating providers.

HMSA Metallic Formulary — A list of drugs by therapeutic category published by HMSA.

HMSA Participating Provider — A provider that contracts with HMSA, files claims for you, accepts the eligible charge as payment in full, and handles precertification for you.

Habilitative Services and Devices — Services and devices that develop, improve, or maintain skills and functioning for daily living that are typically learned or acquired during childhood development and that were never learned or acquired to a developmentally appropriate level.

Healthcare.gov — Federal online health insurance marketplace managed by the U.S. Centers for Medicare and Medicaid Services.

High-Dose Chemotherapy A form of chemotherapy in which the dose and/or manner of administration is expected to damage a person's bone marrow or suppress bone marrow function so that a stem-cell transplant is needed.

High-Dose Radiotherapy A form of radiation therapy in which the dose and/or manner of administration is expected to damage a person's bone marrow or suppress bone marrow function so that a stem-cell transplant is needed.

Homebound Due to an illness or injury, you are unable to leave home, or leaving your home requires a large and taxing effort.

Home Health Agency (HHA) An approved agency that provides skilled nursing care in your home.

Home Infusion Therapy Treatment in the home that involves giving nutrients, antibiotics and other drugs and fluids intravenously or through a feeding tube. Drugs must be FDA approved.

Hospice Program A program that provides care in a comfortable setting for patients who are terminally ill and have a life expectancy of six months or less. Care is normally provided in the patient's home.

Hospital An institution that provides diagnostic and therapeutic services for surgical and medical diagnosis, treatment and care of injured or sick persons.

Illness or Injury Any bodily disorder, injury, disease or condition, including pregnancy and its complications.

Immediate Family Member Your child, spouse, parent, or yourself.

Immunization An injection with a specific antigen to promote antibody formation to make you immune to a disease or less susceptible to a contagious disease.

Implanted Internal Items/Implants (Surgical/Orthopedic) Internal prosthetic devices used during surgery that are necessary for anatomical repair or reconstructive purposes. These devices remain in the body and replace a missing biological structure or support or enhance a damaged biological structure.

Examples include, but are not limited to:

- cardiac pacemakers,
- defibrillators,
- heart valves and stents,
- breast implants for post-mastectomy reconstruction,
- hip and knee replacements,
- hardware necessary to anchor fractured bones,
- implanted cataract lenses,
- cochlear implants,
- adjustable gastric bands for bariatric surgery, and
- human tissue.

The device must be FDA-approved for the purpose it is being used.

Incidental Procedure A procedure that is an integral part of another procedure. Such procedures are not reimbursed separately.

Inhalation Therapy Therapy to treat conditions of the cardiopulmonary system.

Injection The introduction of a drug, biological therapeutic, biopharmaceutical, or vaccine into the body by using a syringe and needle. Injectable drugs must be FDA approved.

Chapter 11: Glossary

Inpatient Admission

A stay in an inpatient facility, usually involving overnight care.

Interchangeable Biologic Product

An FDA-approved biologic product that meets the additional standards for interchangeability to an FDA-approved reference product included in:

- The Hawaii list of equivalent generic drugs and biological products.
- The Orange Book.
- The Purple Book.
- Other published findings and approvals of the United States Food and Drug Administration.

In accordance with any applicable state and federal regulations and laws, an interchangeable biological product may be substituted for the reference product by a pharmacist without the intervention of the healthcare provider who prescribed the reference product.

Intravenous Injection

An injection made into the vein.

In Vitro Fertilization

A method used to treat infertility in women.

Laboratory Services

Services used to help diagnose, prevent, or treat disease.

Legal Resident

Legal resident means:

- every individual domiciled in the state of Hawaii, and
- every other individual whether domiciled in the state of Hawaii or not, who resides in the state.

To "reside" in the state means to be in the state of Hawaii for other than a temporary or transitory purpose. Every individual who is in the state of Hawaii for more than two hundred days of the taxable year in the aggregate shall be presumed to be a resident of the state of Hawaii.

Lenses

Ophthalmic corrective lenses ground as prescribed by a physician or optometrist for fitting into a frame.

Limited Services

Those covered services that are limited per service, per episode, per calendar year or per lifetime.

Long-Term Acute Care

A level of care for patients who:

- no longer require care in an acute hospital,
- are chronically and severely ill,
- are felt to have the potential for improvement, and
- require an intensity and specialization of care that is beyond that provided in any other level of post-acute care.

Examples include:

- skilled nursing facility,
- home healthcare,
- inpatient rehabilitation facility, and
- for a limited period until the condition is stabilized or a predetermined treatment course is completed.

Mammogram

An x-ray exam of the breast using equipment dedicated specifically for mammography.

Mammography (screening)

An x-ray film that screens for breast abnormalities.

Maternity Care

Routine prenatal visits, delivery, and one postpartum visit.

Maximum Allowable Fee

The maximum dollar amount HMSA will pay for a covered service, supply, or treatment.

Medicaid	A form of public assistance sponsored jointly by the federal and state governments providing healthcare assistance for eligible persons whose income falls below a certain level. The Hawaii Department of Human Services pursuant to Title XIX of the federal Social Security Act administers this program.
Medication	The treatment of disease without surgery.
Medicine	To diagnose and treat disease and to maintain health.
Member	The subscriber and the subscriber's eligible dependents enrolled in the plan.
Member Card	Your member card issued to you by us. You must present this card to your provider at the time you get services.
Mental Health Outpatient Facility	A mental health clinic, institution, center, or community mental health center that provides for the diagnosis, treatment, care or rehabilitation of people who are mentally ill.
Mental Health Illness/Disorder	A syndrome of clinically significant psychological, biological, or behavioral abnormalities that result in personal distress or suffering, impairment of capacity to function, or both. Mental health illness and disorder are used interchangeably in this Guide and as defined in the most recent Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, or in the International Classification of Disease.
Microprocessor-Controlled Prosthetic Device	Prosthetic devices that use feedback from sensors to adjust joint movement on a real-time as-needed basis.
Myoelectric Prosthetic Device	Prosthetic devices powered by electric motors with an external power source. For example, the movement of an upper limb prosthesis (e.g., hand, wrist, and/or elbow) is driven by micro-chip-processed electrical activity in the muscles of the remaining limb stump.
Newborn	A recently born infant.
Newborn Care	All routine non-surgical physician services and nursery care provided to a newborn during the mother's initial hospital stay.
Non-Assignment	When benefits for covered services and supplies cannot be transferred or assigned to anyone for use.
Non-Preferred Formulary Drug or Supply	A brand name drug or supply that is not identified as preferred or is listed in Tier 3 on the HMSA Metallic Formulary.
Non-Preferred Formulary Specialty Drug	A Specialty Drug or supply that is not identified as a Preferred Formulary Specialty Drug or is listed in Tier 5 on the HMSA Metallic Formulary.
Nonparticipating Providers	Providers that are not under contract with HMSA or any other Blue Cross and/or Blue Shield Plan.
Nurse Midwife	A health care professional who provides services such as pre and post natal care, normal delivery services, routine gynecological services, and any other services within the scope of his or her certification.
Occupational Therapy	A form of therapy involving the treatment of neurological and musculoskeletal dysfunction through the use of specific tasks or goal-directed activities designed to improve the functional performance of an individual.

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Online Care	Care provided by video conferencing, phone or web if obtained from HMSA Online.
Ophthalmologist	A physician specializing in the diagnosis and treatment of diseases and defects of the eye.
Optometrist	One who specializes in the examination, diagnosis, treatment and management of diseases and disorders of the visual system, the eye and related structures.
Organ Donor Services	Services related to the donation of an organ.
Orofacial Anomalies	Cleft lip or cleft palate and other birth defects of the mouth and face affecting functions such as eating, chewing, speech, and respiration.
Orthodontic Services to Treat Orofacial Anomalies	Direct or consultative services from a licensed dentist with a certification in orthodontics by the American Board of Orthodontics.
Orthotics/Orthotic Devices/Orthoses	Rigid or semi-rigid devices that are used for the purpose of supporting a weak or deformed body part or restricting or eliminating motion in a diseased or injured part of the body. They must provide support and counterforce (i.e., a force in a defined direction of a magnitude at least as great as a rigid or semi-rigid support) on the limb or body part that it is being used to brace. An orthotic can be either prefabricated or custom-fabricated.
Osteopathy	Medicine that specializes in diseases of the bone.
Osteoporosis	The loss of minerals from the bone.
Other Providers	Health care providers other than facilities and practitioners. Examples include hospice agencies, ambulance services, retail pharmacies, home medical equipment suppliers, and independent labs.
Our	Reference to HMSA (Hawai‘i Medical Service Association).
Outpatient	Care received in a practitioner's office, the home, an ambulatory infusion suite, the outpatient department of a hospital or ambulatory surgery center.
Participating Medical Pharmacy	A participating retail pharmacy that also contracts with us to provide items that are covered under this plan such as medical equipment and supplies.
Participating Provider	A provider that participates with us or a Blue Cross and/or Blue Shield Plan.
Physical Therapy	A form of therapy involving treatment of disease, injury, congenital anomaly or prior therapeutic intervention through the use of therapeutic modalities and other interventions that focus on a person’s ability to go through the functional activities of daily living and on alleviating pain.
Physician	A medical doctor (M.D.), doctor of osteopathy (D.O.), or doctor of podiatric medicine (D.P.M.).
Physician Assistant	A practitioner who provides care under the supervision of a physician.
Physician Services	Professional services necessarily and directly performed by a doctor to treat an injury or illness.
Plan	This hospital and health benefits program offered to you.

Podiatrist	A health care professional who specializes in conditions of the feet.
Podiatry	Care and study of the foot.
Post-Acute Care	Comprehensive inpatient care (medical or behavioral health) designed for an individual who has an acute illness, injury or exacerbation of a disease process. It is goal-oriented treatment rendered immediately after acute inpatient hospitalization to treat one or more specific active complex medical conditions or to administer one or more technically complex treatments. Post-acute care requires the coordinated services of an interdisciplinary team and is given as part of a specifically designed treatment plan.
Postoperative Care	Care given after a surgical operation.
Postpartum	The period of time after childbirth.
Precertification	The process of getting prior approval for specified services and devices. Failure to get our approval will result in a denial of benefits if the services or devices do not meet HMSA's payment determination criteria. HMSA participating providers agree to get approval for you. All other providers do not agree to get approval for you, therefore you are responsible.
Preferred Formulary Drug or Supply	A drug or supply identified as preferred or is listed in Tier 2 on the HMSA Metallic Formulary.
Preferred Formulary Specialty Drug	A Specialty Drug or supply that is identified as a Preferred Formulary Specialty or is listed in Tier 4 on the HMSA Metallic Formulary.
Preferred Provider Organization (PPO)	A health care program that offers you advantages when you get services from contracting and participating providers.
Preoperative Care	Care that occurs, is performed, or is administered before, and usually close to, a surgical operation.
Prescription	The instructions written by a provider with statutory authority to prescribe directing a pharmacist to dispense a particular drug in a specific dose.
Primary Care Provider (PCP)	The provider you choose to act as your personal health care manager, and who renders general medical care focusing on preventive care and treatment of routine injuries and illnesses.
Private Duty Nursing	24-hour nursing services by an approved nurse who is dedicated to one patient.
Prosthetic Appliances	Devices used as artificial substitutes to replace a missing natural part of the body and other devices to improve, aid, or increase the performance of a natural function.
Provider	An approved physician or other practitioner, facility, or other health care provider, such as an agency or program.
Psychological Testing	A standard task used to assess some aspect of a person's cognitive, emotional, or adaptive function.
Psychologist	An approved provider who specializes in the treatment of mental health conditions.
Radiology	The use of radiant energy to diagnose and treat disease.

Chapter 11: Glossary

Reference Product
Refers to the original FDA-approved biologic product that a biosimilar is based.

Registered Bed Patient
A person who is registered by a hospital or extended care facility as an inpatient for an illness or injury covered by this Guide.

Report to Member
The report you get from us that notes how we applied benefits to a claim. You may get copies of your report online through My Account on hmsa.com or by mail upon request.

Sexual Identification Counseling
Psychotherapy for a person with gender dysphoria.

Sexual Orientation Counseling
Treatment of an enduring pattern of emotional, romantic and/or sexual attractions to men, women or both sexes. Sexual orientation also refers to a person's sense of identity based on those attractions, related behaviors and membership in a community of others who share those attractions.

Single Coverage
Coverage for the subscriber only.

Skilled Nursing Care
A level of care for patients who require skilled nursing and/or rehabilitation care, i.e., services that must be performed by or under the supervision of professional or technical personnel, on a daily basis.

Skilled Nursing Facility
A facility that provides ongoing skilled nursing services as ordered and certified by your attending Provider.

Specialist
A provider who is specifically trained in a certain branch of medicine related to a service or procedure, body area or function, or disease.

Specialty Drugs
Drugs have one or more of the following characteristics:
- High in cost (more than $600).
- 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.

Speech Therapy Services
Services for the diagnosis, assessment and treatment of communication impairments and swallowing disorders.

Spouse
The subscriber’s husband or wife as the result of a marriage who is legally recognized in the state of Hawaii.

Stand by Time
Any period of time that is used for waiting, or is idle.

Sub-Acute Care
A level of care for patients who no longer require care in an acute hospital and require more intensive skilled care that is beyond that traditionally provided in a skilled nursing facility, e.g., require frequent and recurrent patient assessment and review of clinical course and treatment plan.

Subcutaneous Implant
A medication that is surgically placed beneath the skin to release the drug in the bloodstream. An example is the Norplant contraceptive.

Subscriber
The person who meets eligibility requirements and who executes the enrollment form that is accepted in writing by us. It does not include anyone enrolled in the plan as an eligible dependent.

Subscriber Number	The number that appears on your HMSA member card.
Substance Abuse Services	Providing medical, psychological, nursing, counseling, or therapeutic services as treatment for alcohol or drug dependence or both. Services may include aftercare and individual, group and family counseling services.
Supportive Care	A comprehensive approach to care for members with a serious or advanced illness including Stage 3 or 4 cancer, advanced Congestive Heart Failure (CHF), advanced Chronic Obstructive Pulmonary Disease (COPD), or any advanced illness that meets the requirements of the Supportive Care policy. Members get comfort-directed care, along with curative treatment from an interdisciplinary team of practitioners.
Surgical Services	Cutting, suturing, diagnostic, and therapeutic endoscopic procedures; debridement of wounds, including burns; surgical management or reduction of fractures and dislocations; orthopedic casting manipulation of joints under general anesthesia or destruction of localized surface lesions by chemotherapy cryotherapy, or electrosurgery.
Third Party Liability	Our rights to reimbursement when you or your family members get benefits under this coverage for an illness or injury and you have a lawful claim against another party or parties for compensation, damages, or other payment.
Tier 3 Cost Share	A share of the cost of Tier 3 drugs or devices that you must pay in addition to a copayment.
Transgender Person	A person who has gender identity disorder or gender dysphoria, received health care services related to gender transition, adopts the appearance or behavior of the opposite sex, or otherwise identifies as a gender different from the gender assigned to that person at birth.
Transplant	The transfer of an organ or tissue for grafting into another area of the same body or into another person.
Treatment	Management and care of the patient to combat a disease or disorder.
Tubal Ligation	A sterilization procedure for women.
Us	HMSA (Hawai‘i Medical Service Association).
Vasectomy	A sterilization procedure for men.
Vision Services	Services that test eyes for visual acuity and identify and correct visual acuity problems with lenses and other equipment.
We	HMSA (Hawai‘i Medical Service Association).
Well-Being Services	A variety of well-being tools, programs and services to take care of you and your family. Visit hmsa.com/wellbeing to find the latest benefits available to our members.
You and Your Family	You and your family members enrolled in this plan and eligible for this coverage.

Serving you

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to **hmsa.com/contact** before your visit.

HMSA Center in Honolulu

818 Keeaumoku St.
Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400
Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Hilo

Waiakea Center | 303A E. Makaala St.
Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Kahului

Puunene Shopping Center | 70 Hookele St.
Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Office in Lihue

Kuhio Medical Center | 3-3295 Kuhio Highway, Suite 202
Monday–Friday, 8 a.m.–4 p.m.

Contact HMSA. We're here with you.

Call (808) 948-6111 or 1 (800) 776-4672.

hmsa.com

@hmsahawaii

Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.

hmsa