

AWARD-WINNING

NORTHWEST +HEALTH SERVICES



MEDICAL



DENTAL



COUNSELING



PHARMACY

2020 EMPLOYEE BENEFITS BROCHURE



Medical - HSA



BlueCross BlueShield
of Kansas City

	Network	Non-Network
Deductible		
Individual	\$2,800	\$2,800
Family	\$5,600	\$5,600
Co-Insurance	100%	80%
Out-of-Pocket Maximum (Includes deductible, co-insurance, per visit and RX copays)		
Individual	\$2,800	\$5,600
Family	\$5,600	\$11,200
Common Services		
Physician Office Visits		
NHS Physician	100% after Deductible	80% after Deductible
All Other Physicians	100% after Deductible	80% after Deductible
Hospital Services Inpatient & Outpatient		
	100% after Deductible	80% after Deductible
Diagnostic Lab & X-Ray		
	100% after Deductible	80% after Deductible
Urgent Care (Includes lab only)		
	100% after Deductible	80% after Deductible
Emergency Room		
	100% after In-Network Deductible	
Preventive Services (Includes Well Woman Exam, Prostate Exam, Skin Cancer Screening, Routine Physical Exam, and Well Baby Care)		
	100% Deductible Waived	80% after Deductible
Prescription Drugs 30-day - Retail (90-day mail order twice the retail copay)		
Generic	100% after Deductible	50% after Deductible
Brand - Preferred	100% after Deductible	50% after Deductible
Brand - Non-Preferred	100% after Deductible	50% after Deductible

HSA Medical Rates - Cost Per Pay Period

	Tobacco	Non-Tobacco
Employee Only	\$37.37	\$27.37
Employee Spouse	\$146.66	\$136.66
Employee Child(ren)	\$128.48	\$118.48
Family	\$212.59	\$202.59

This document is intended to give a summary description of the plan and is not a contract. For complete benefit information please refer to the plan documents for each benefit. In the event of a discrepancy between this brochure and the plan document, the plan document will prevail. Possession of this document is not a guarantee of coverage. See full summary of benefits at nwhs.millercare.com

Medical - NHS



BlueCross BlueShield
of Kansas City

	Network	Non-Network
Deductible		
Individual	\$2,800	\$2,800
Family	\$5,600	\$5,600
Co-Insurance	100%	80%
Out-of-Pocket Maximum (Includes deductible, co-insurance, per visit and RX copays)		
Individual	\$2,800	\$5,600
Family	\$5,600	\$11,200
Common Services		
Physician Office Visits		
NHS Physician	100% after \$10 Copay	80% after Deductible
All Other Physicians	100% after Deductible	80% after Deductible
Hospital Services Inpatient & Outpatient		
	100% after Deductible	80% after Deductible
Diagnostic Lab & X-Ray		
	100% after Deductible	80% after Deductible
Urgent Care (Includes lab only)		
	100% after Deductible	80% after Deductible
Emergency Room		
	100% after In-Network Deductible	
Preventive Services (Includes Well Woman Exam, Prostate Exam, Skin Cancer Screening, Routine Physical Exam, and Well Baby Care)		
	100% Deductible Waived	80% after Deductible
Prescription Drugs 30-day - Retail (90-day mail order twice the retail copay)		
Generic	100% after Deductible	50% after Deductible
Brand - Preferred	100% after Deductible	50% after Deductible
Brand - Non-Preferred	100% after Deductible	50% after Deductible

NHS Medical Rates - Cost Per Pay Period

	Tobacco	Non-Tobacco
Employee Only	\$37.37	\$27.37
Employee Spouse	\$146.66	\$136.66
Employee Child(ren)	\$128.48	\$118.48
Family	\$212.59	\$202.59

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Medical - Buy-Up



BlueCross BlueShield
of Kansas City

	Network	Non-Network
Deductible		
Individual	\$1,000	\$1,000
Family	\$2,000	\$2,000
Co-Insurance	80%	60%
Out-of-Pocket Maximum (Includes deductible, co-insurance, per visit and RX copays)		
Individual	\$3,000	\$6,000
Family	\$6,000	\$12,000
Common Services		
Physician Office Visits		
NHS Physician	100% after \$10 Copay	60% after Deductible
All Other Physicians	100% after \$30 Copay	60% after Deductible
Hospital Services Inpatient & Outpatient		
	80% after Deductible	60% after Deductible
Diagnostic Lab & X-Ray		
	80% after Deductible	60% after Deductible
Urgent Care (Includes lab only)		
	100% after \$30 Copay	60% after Deductible
Emergency Room		
	\$150 Copay then 80% after In-Network Deductible	
Preventive Services (Includes Well Woman Exam, Prostate Exam, Skin Cancer Screening, Routine Physical Exam, and Well Baby Care)		
	100% Deductible & Copay Waived	60% after Deductible
Prescription Drugs 30-day - Retail (90-day mail order twice the retail copay)		
Generic	100% after \$10 Copay	50% after \$10 Copay
Brand - Preferred	100% after \$30 Copay	50% after \$30 Copay
Brand - Non-Preferred	100% after \$50 Copay	50% after \$50 Copay

Buy-up Medical Rates - Cost Per Pay Period

	Tobacco	Non-Tobacco
Employee Only	\$60.37	\$50.37
Employee Spouse	\$186.77	\$176.77
Employee Child(ren)	\$175.50	\$160.50
Family	\$272.51	\$262.51

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Dental



Predetermination of Benefits: Before treatment begins for inlays, onlays, single crowns, prosthetics, periodontics and oral surgery, you may file a dental treatment plan with Guardian. Guardian will provide a written response indicating benefits that may be payable for the proposed treatment.

This chart provides you a brief summary of the key benefits of the dental coverage available from Guardian. For a complete list of all your dental coverage benefits and restrictions, please see your official plan documents.

PPO Plan		
	In-Network DentalGuard Preferred Network	Non-Network
Calendar Year Deductible		
Individual	\$25	\$50
Family Limit	\$75	\$150
Waived For	Preventive	Preventive
Charges Covered For You (Co-Insurance)		
Preventive Care	100%	100%
Basic Care	80%	80%
Major Care	50%	50%
Orthodontia (under age 19)	25%	25%
Benefit Maximum		
Annual Maximum Benefit	\$1,500	\$1,500
Preventive Services Exempt from Maximum	Yes	
Lifetime Orthodontia Maximum	\$1,500	
Dependent Age Limit	26	
Maximum Rollover		

To qualify for a \$1,250 Maximum Rollover Account, you must have a paid claim (not just a visit) and must not have exceeded the paid claims threshold during the benefit year. See your official plan documents for more detail.

Dental Rates	
	Cost Per Pay Period
Employee Only	\$0.00
Employee Spouse	\$14.05
Employee Child(ren)	\$14.09
Family	\$29.55



Additional Discounts

40% OFF

Complete pair of prescription eyeglasses

20% OFF

Non-prescription sunglasses

20% OFF

Remaining balance beyond plan coverage

These discounts are for in-network providers only

Take a sneak peek before enrolling

- You're on the INSIGHT Network
- For a complete list of **in-network** providers near you, use our **Enhanced** Provider Locator on www.eyemed.com or call **1-866-804-0982**.
- For Lasik providers, call 1-877-5LASER6.

SUMMARY OF BENEFITS

Vision Care Services	In-Network Member Cost	Out-of-Network Reimbursement
Exam With Dilation as Necessary	\$10 Co-pay	Up to \$40
Retinal Imaging	Up to \$39	N/A
Frames	\$0 Co-pay; \$130 allowance; 20% off balance over \$130	Up to \$91
Standard Plastic Lenses		
Single Vision	\$25 Co-pay	Up to \$30
Bifocal	\$25 Co-pay	Up to \$50
Trifocal	\$25 Co-pay	Up to \$70
Standard Progressive Lens	\$90 Co-pay	Up to \$80
Premium Progressive Lens ^A	\$110 Co-pay - \$135 Co-pay	
Tier 1	\$110 Co-pay	Up to \$50
Tier 2	\$120 Co-pay	Up to \$50
Tier 3	\$135 Co-pay	Up to \$50
Tier 4	\$90 Co-pay, 80% of charge less \$120 Allowance	Up to \$50
Lenticular	\$25 Co-pay	Up to \$70
Lens Options (paid by the member and added to the base price of the lens)		
UV Treatment	\$15	N/A
Tint (Solid and Gradient)	\$15	N/A
Standard Plastic Scratch Coating	\$15	N/A
Standard Polycarbonate	\$40	N/A
Standard Polycarbonate - Kids under 19	\$40	N/A
Standard Anti-Reflective Coating	\$45	N/A
Premium Anti-Reflective Coating ^A	\$57 - \$68	N/A
Tier 1	\$57	N/A
Tier 2	\$68	N/A
Tier 3	80% of charge	N/A
Photochromic/Transitions	\$75	N/A
Polarized	20% off retail price	N/A
Other Add-Ons and Services	20% off retail price	N/A
Contact Lens Fit and Follow-Up (Contact lens fit and two follow up visits are available once a comprehensive eye exam has been completed)		
Standard Contact Lens Fit & Follow-Up	Up to \$55	N/A
Premium Contact Lens Fit & Follow-Up	10% off retail	N/A
Contact Lenses		
Conventional	\$0 Co-pay; \$130 allowance; 15% off balance over \$130	Up to \$130
Disposable	\$0 Co-pay; \$130 allowance; plus balance over \$130	Up to \$130
Medically Necessary	\$0 Co-pay, Paid-in-Full	Up to \$210
Laser Vision Correction		
Lasik or PRK from U.S. Laser Network	15% off the retail price or 5% off the promotional price	N/A
Hearing Care		
Hearing Health Care from Amplifon Hearing Network	40% off hearing exams and a low price guarantee on discounted hearing aids	N/A
Frequency		
Examination	Once every 12 months	
Lenses or Contact Lenses	Once every 12 months	
Frame	Once every 24 months	

Vision Rates

	Cost Per Pay Period
Employee Only	\$3.18
Employee Spouse	\$6.04
Employee Child(ren)	\$6.36
Family	\$9.35

Group Life



Employer Paid - to all employees working a minimum of 20 hours a week.

- The benefit is equal to 1x your annual salary, up to \$50,000 maximum.
- Beneficiary information can be updated as needed throughout the year.
It is important to have up-to-date information on file with Northwest Health Services.
- Coverage amount(s) will reduce according to the following schedule:
 - 65% at age 70
 - 45% at age 75

Long-term Disability



Employer Paid - to all employees working a minimum of 20 hours a week.

- The benefit is equal to 60% of your base wage to a maximum monthly benefit of \$10,000.
- Pre-existing condition exclusion: 3/12.



Voluntary Life



Employee Paid

Your Term Life and AD&D coverage options are:

Employee: Up to 5 times salary in increments of \$10,000
Not to exceed \$500,000.

Spouse: Up to 100% of employee amount in increments of \$5,000.

Not to exceed \$500,000. Benefits will be paid to the employee.

Child: Up to 100% of employee coverage amount in increments of \$5,000.

Not to exceed \$10,000.

The maximum death benefits for a child between the ages of live birth and 6 months is \$1,000. Benefits will be paid to the employee.

If you and your eligible dependents enroll within 31 days of your eligibility date, you may apply for any amount of life insurance coverage up to \$140,000 for yourself and any amount of coverage up to \$30,000 for your spouse. Any life insurance coverage over the Guarantee Issue amount(s) will be subject to evidence of insurability.

If you and your eligible dependents do not enroll within 31 days of your eligibility date, you can apply for coverage only during your annual enrollment period and will be required to furnish evidence of insurability for the entire amount of coverage.

Rates

Employee Age	Employee Monthly Rate		Spouse Monthly		Child Rate
	Non-Tobacco	Tobacco	Non-Tobacco	Tobacco	
15-24	\$0.40	\$0.67	\$0.20	\$0.34	\$1.00 Per \$5,000
25-29	\$0.40	\$0.67	\$0.20	\$0.34	
30-34	\$0.50	\$0.87	\$0.25	\$0.44	
35-39	\$0.78	\$1.40	\$0.39	\$0.70	
40-44	\$1.13	\$2.06	\$0.57	\$1.03	
45-49	\$1.74	\$3.24	\$0.87	\$1.62	
50-54	\$2.84	\$5.33	\$1.42	\$2.67	
55-59	\$4.64	\$8.52	\$2.32	\$4.26	
60-64	\$7.46	\$12.82	\$3.73	\$6.41	
65-69	\$13.99	\$22.87	\$7.00	\$11.44	
70-74	\$28.82	\$41.47	\$14.41	\$20.74	
75+	\$28.82	\$41.47	\$14.41	\$20.74	
Voluntary AD&D	Employee Monthly Rate		Spouse Monthly Rate		Child Monthly Rate
	\$0.20 Per \$1,000		\$0.10 Per \$5,000		\$0.10 Per \$5,000

NOTE: Spouse rate is based on employee's insurance age. Your rate will increase as you age and move to the next age band. Your rate is based on your insurance age, which is your age immediately prior to and including the anniversary/effective date.

PTO

Years of Service	Non-exempt based on 40 hours schedule	Max Allowed in PTO Account
0-5	4.6 weeks/year or 7.67 hours/pay period	240 hours
6-10	5.6 weeks/year or 9.33 hours/pay period	240 hours
11+	6.6 weeks/year or 11 hours/pay period	240 hours

Holiday Pay

Northwest Health Services facilities will be closed on the following nine (9) paid holidays:

New Year's Day	Independence Day	Black Friday
Good Friday	Labor Day	Christmas Day
Memorial Day	Thanksgiving Day	Christmas Eve

Holidays falling on Saturday will be observed the preceding Friday. Holidays falling on Sunday will be observed the following Monday.

Employee Discounts

NEW

Tickets at Work

- www.ticketsatwork.com
- Company Code: NWHS1
- Register using your personal email address
- Endless savings opportunities nationwide

NEW

VIP Savings through NACHC

- www.provistaco.com/savings
- Register using email address and organization name: Northwest Health Services
- Member ID (MID) Number: 804534
- Endless savings opportunities nationwide
- Download the App Employee Discounts by Vizient

Worlds of Fun

- www.worldsoffun.com/save
- Username: Northland
- Password: 2019

Premier/CNECT

AT&T

- 25% discount
- www.att.com/wireless/premiergpo
- FAN Code: 07408345
- Excludes unlimited data plans

Sprint

- 23% discount – www.sprint.com/verify
- Corporate ID: HPRM3-_-NHS_ZZZ
- \$5 discount off unlimited plans

Verizon

- 22% discount
- www.verizonwireless.com/discount
- Enter your work email and scan and upload a copy of current pay stub.
- Excludes unlimited data plans

Hertz

- Discounts on travel rates and benefits
- www.hertz.com or call 800-654-3131
- Hertz CDP-ID: 1789573

Office Depot

- 10% off nearly all office supplies – See employee purchasing card

Pedors

- 30% off professional footwear retail pricing
- www.pedors.com
- Discount code: Premier30
- You must put your facility address in the order notes at checkout

Health Savings Account

Your UMB Health Savings Account (HSA) is a versatile tool that allows you to decide whether to spend your money to pay for qualified medical expenses or save your money to allow your HSA to grow for future expenses like retirement. Qualified medical expenses are defined by the IRS Code Section 213(d) and include amounts paid for your medical needs.

The IRS requires that you keep itemized receipts to document your withdrawals. Your qualified tax free HSA withdrawals may be expenses made by you, your spouse, or your eligible dependents, regardless of whether they are covered on the medical plan or not.

Start a Savings Plan for Your Health

By enrolling in your company's high-deductible health plan you may be eligible to open and save in a health savings account (HSA) from United Missouri Bank, Member FDIC. Here is some information about how an HSA works and directions for getting started.

What is an HSA?

Think of an HSA as a savings plan for health care you'll need today, tomorrow and into the future. It works like a regular bank account, but you don't pay federal income tax on the money you deposit. When you use your HSA money to pay for qualified medical expenses, you won't pay income taxes on the money, either. You even build your savings into a nest egg for retirement.

Unlike a flexible spending account (FSA), your savings grow from year to year. There's no "use it or lose it" rule. The money is there when you need it. And it's yours to keep.

Why have an HSA?

An HSA simply helps you plan, save and pay for health care.

You own it.

The money belongs to you, even deposits made by others, such as an employer or family member. You keep it, even if you change jobs or health plans.

It has triple tax benefits.

- Money deposited is federal income tax-free.
- Savings grow tax-free.
- Withdrawals made for qualified expenses are also income-tax free.

Anyone can contribute.

You, your employer or a loved-one. There are no restrictions on who can put money into your account.

It's not just for doctor visits.

You can use your HSA to pay for medical needs such as eyeglasses, hearing aids and qualified prescriptions. You can even use your savings to pay for other kinds of health insurance, such as COBRA, long-term care and any health plan coverage you have while receiving unemployment compensation. When you turn 65, you can use HSA savings to pay for any tax deductible health insurance (except for Medicare supplemental insurance).

You can invest it.

Once your balance reaches the investment threshold, you can begin investing in mutual funds. If you earn money on your investments, you don't pay income tax on that money, either.

You can save for the future.

By saving in an HSA, you can be ready for expenses due to illness or accident. And, after you turn 65 or become entitled to Medicare benefits, you may withdraw money from your HSA for expenses that are not qualified medical expenses which are subject to standard income taxes, without penalty. Save as much as you can now, and you could possibly have a nest egg when you retire.

What else you need to know about an HSA

Eligibility rules apply.

To deposit money into an HSA, you must be enrolled in an HSA-eligible health plan. You are eligible if:

- You are covered under an eligible high deductible health plan (HDHP).
- You are covered by no other health coverage, unless it is permissible coverage like vision or dental.
- You are not enrolled in Medicare.
- You cannot be claimed as a dependent on someone else's tax return.

Some other restrictions apply. Please consult your tax, benefits or financial advisor.

If you switch to a health plan that makes you ineligible to continue depositing money in an HSA, you may continue to use the money in your account for qualified medical expenses, but you can no longer make deposits.

Contribution limits are determined every year by the IRS.

For 2020, you can deposit up to \$3,550 if you have individual coverage and \$7,100 if you have a family policy. The IRS also allows you to make an extra catch-up deposit of \$1,000 if you are 55 or older.

You can make contributions all the way up to the tax-filing deadline (usually April 15) and still get tax credit for the previous year.

Flexible Spending Account



A Flexible Spending Account (FSA) is a valuable employee benefit. Under IRS Code 125, employees can set aside pre-tax dollars from their paycheck and be reimbursed with those dollars throughout the year for qualified medical, daycare, and other allowable expenses. Depending on your personal situation, you may want to participate in one or a combination of the available accounts within the FSA. As qualified expenses are incurred, you are reimbursed from the account with your pre-tax dollars. For every dollar set aside from your paycheck to the plan, you save on taxes that are not withheld. By reducing your income taxes, you increase your take-home pay.

Employees have the option to elect a healthcare FSA and/or a dependent care FSA administered by Citizen Bank.

Healthcare Flexible Spending Account

Healthcare expenses that are not covered by insurance can be reimbursed through a healthcare FSA. Examples of qualified expenses include copays, deductibles, prescriptions, eye glasses or contacts, dental services, and more.

Annual Contribution Limit: \$2,700

“Use-It-or-Lose-It” Rule: Remember to fund based on your needs. At the end of the plan year, any unused funds will be forfeited, with the exception of \$500.

Dependent Care Flexible Spending Account - Citizen Bank

Dependent care can be costly. Using the Dependent Care FSA, you can pay for qualified care costs for a child or adult. You pay for the expense when incurred, and then submit a reimbursement claim form or file a claim online for reimbursement. Remember that both spouses or custodial parents must be employed and dependent must be:

- A child under age 13 or;
- A child, spouse or other dependent who is physically or mentally incapable of self-care and spends at least 8 hours in your household.

Annual Contribution Limit: \$5,000

Employee Assistance Program

Basic EAP

Northwest Health Services



Life's not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

We're Here to Help

Mutual of Omaha's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

- Emotional Well-Being
- Family and Relationships
- Legal and Financial
- Healthy Life Styles
- Work and Life Transitions

EAP Benefits

- Access to EAP Professionals 24 hours a day, seven days a week
- Provides information and referral resources
- Service for employees and eligible dependents
- Online resources for:
 - *Substance use and other addictions*
 - *Dependent and Elder Care resources*

- Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap
 - *Legal library and online forms*
 - *Financial and online tools*

What to Expect

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. If additional services are needed, your EAP will help locate appropriate resources in your area.

Don't delay if you need help. Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

Legal Notices

Notice of Special Enrollment Rights

If you are declining enrollment for yourself or your dependents (including your spouse) because of other health insurance or group health plan coverage, you may be able to enroll yourself and your dependents in this plan if you or your dependents lose eligibility for that other coverage (or if the employer stops contributing towards your or your dependents' other coverage). However, you must request enrollment within 30 days after your or your dependents' other coverage ends (or after the employer stops contributing toward the other coverage). In addition, if you have a new dependent as a result of marriage, birth, adoption, or placement for adoption, you may be able to enroll yourself and your dependents. However, you must request enrollment within 30 days after the marriage, birth, adoption, or placement for adoption.

Notice of Patient Protections

Your plan generally allows the designation of a primary care provider. You have the right to designate any primary care provider who participates in our network and who is available to accept you or your family members. For children, you can designate a pediatrician as the primary care provider. For information on how to select a primary care provider, and for a list of the participating primary care providers, contact the Human Resources Department.

You do not need prior authorization from your plan or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, contact the Human Resources Department.

Women's Health and Cancer Rights Act

Do you know that your plan, as required by the Women's Health and Cancer Rights Act of 1998, provides benefits for mastectomy-related services including all stages of reconstruction and surgery to achieve symmetry between the breasts, prostheses, and complications resulting from a mastectomy, including lymphedema? Call your plan administrator for more information.

Newborns' and Mothers' Health Protection Act

Group health plans and health insurance issuers generally may not, under Federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than eight hours following a vaginal delivery, or less than 96 hours following a cesarean section. However, federal law generally does not prohibit the mother's or newborn's attending provider, after consulting with the mother, from discharging the mother or her newborn earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not, under Federal law, require that a provider obtain authorization from the plan or the insurance issuer for prescribing a length of stay in excess of 48 hours (or 96 hours).

HIPAA Privacy

Your employer is required by law to take reasonable steps to ensure the privacy and inform you about the uses of your protected health information (PHI). The use and disclosure of PHI is regulated by the federal law known as HIPAA (the Health Insurance Portability and Accountability Act). A more complete description of your privacy rights and protections is available to you on request. Contact the Human Resources Department with any questions or to request a copy of the full HIPAA privacy notice.

Premium Assistance Under Medicaid and the Children's Health Insurance Program (CHIP)

If you or your children are eligible for Medicaid or CHIP and you're eligible for health coverage from your employer, your state may have a premium assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren't eligible for Medicaid or CHIP, you won't be eligible for these premium assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit www.healthcare.gov.

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial 1-877-KIDS NOW or www.insurekidsnow.gov to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer-sponsored plan.

If you or your dependents are eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you aren't already enrolled. This is called a "special enrollment" opportunity, and you must request coverage within 60 days of being determined eligible for premium assistance. If you have questions about enrolling in your employer plan, contact the Department of Labor at www.askebsa.dol.gov or call 1-866-444-EBSA (3272).

If you live in one of the following states, you may be eligible for assistance paying your employer health plan premiums. The following list of states is current as of July 31, 2019. Contact your State for more information on eligibility –

KANSAS - Medicaid
Website: <http://www.kdheks.gov/hcf/>
Phone: 1-785-296-3512

MISSOURI - Medicaid
Website: <http://www.dss.mo.gov/mhd/participants/pages/hipp.htm>
Phone: 573-751-2005

To see if any other states have added a premium assistance program since July 31, 2019, or for more information on special enrollment rights, contact either:

U.S. Department of Labor
Employee Benefits Security Administration
www.dol.gov/agencies/ebsa
1-866-444-EBSA (3272)

U.S. Department of Health and Human Services
Centers for Medicare & Medicaid Services
www.cms.hhs.gov
1-877-267-2323, Menu Option 4, Ext. 61565

Notices



Health Insurance Marketplace Coverage Options and Your Health Coverage

General Information

The Health Insurance Marketplace offers individuals that qualify a way to buy health insurance other than through an employer-sponsored plan. To assist you as you evaluate options for you and your family, this notice provides some basic information about the Marketplace and employment-based health coverage offered by your employer.

What is the Health Insurance Marketplace?

The Marketplace is designed to help you find health insurance that meets your needs and fits your budget. The Marketplace offers "one-stop shopping" to find and compare private health insurance options. You may also be eligible for a tax credit that lowers your monthly premium right away. For 2020, open enrollment for health insurance coverage through the Marketplace begins November 1, 2019 for coverage starting January 1, 2020.

Can I Save Money on my Health Insurance Premiums in the Marketplace?

You may qualify to save money and lower your monthly premium, but only if your employer does not offer coverage, or offers coverage that doesn't meet certain standards. The savings on your premium that you're eligible for depends on your household income.

Does Employer Health Coverage Affect Eligibility for Premium Savings through the Marketplace?

Yes. If you have an offer of health coverage from your employer that meets certain standards, you will not be eligible for a tax credit through the Marketplace and may wish to enroll in your employer's health plan. However, you may be eligible for a tax credit that lowers your monthly premium, or a reduction in certain cost-sharing if your employer does not offer coverage to you at all or does not offer coverage that meets certain standards. If the cost of a plan from your employer that would cover you (and not any other members of your family) is more than 9.86% of your household income for the 2019 plan year, or if the coverage your employer provides does not meet the "minimum value" standard set by the Affordable Care Act, you may be eligible for a tax credit.

The group health plan offered by your employer to full-time employees satisfies the minimum value standard, and the cost is intended to be affordable based on employee wages. If you purchase a health plan through the Marketplace instead of accepting health coverage offered by your employer, then you may lose the employer contribution (if any) to the employer-offered coverage. Also, this employer contribution – as well as your employee contribution to employer-offered coverage – is often excluded from income for Federal and State income tax purposes. Your payments for coverage through the Marketplace are made on an after-tax basis.

Even if your employer intends your coverage to be affordable, you may still be eligible for a premium discount through the Marketplace. The Marketplace will use your household income, along with other factors, to determine whether you may be eligible for a premium discount. If, for example, your wages vary from week to week (perhaps you are an hourly employee or you work on a commission basis), if you are newly employed mid-year, or if you have other income losses, you may still qualify for a premium discount.

How Can I Get More Information?

For more information about your coverage offered by your employer, please check your summary plan description or contact your Human Resources Department.

The Marketplace can help you evaluate your coverage options, including your eligibility for coverage through the Marketplace and its costs. Please visit [Healthcare.gov](https://www.healthcare.gov) for more information, including an online application for health insurance coverage and contact information for a Health Insurance Marketplace in your area.

Contacts

Medical

Blue Cross Blue Shield of Kansas City

888.989.8842

www.bluekc.com

Dental

Guardian

888.600.1600

www.guardiananytime.com

Vision

EyeMed

866.939.3633

www.eyemedvisioncare.com

Life/AD&D and Disability

Mutual of Omaha

800.877.5176

www.mutualofomaha.com

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