

# Schedule of Benefits

## Harvard Pilgrim Health Care, Inc.

### HMO SILVER

### MAINE

This Schedule of Benefits states any Benefit Limits and Member Cost Sharing amounts you must pay for Covered Benefits. However, it is only a summary of your benefits. Please see your Benefit Handbook for details. Your Member Cost Sharing may include a Deductible, Coinsurance, and Copayments. Please see the tables below for details.

In a Medical Emergency you should go to the nearest emergency facility or call 911 or other local emergency access number. A Referral from your PCP is not needed. Your emergency room Member Cost Sharing is listed in the tables below.

#### **Clinical Review Criteria**

We use clinical review criteria to evaluate whether certain services or procedures are Medically Necessary for a Member's care. Members or their practitioners may obtain a copy of our clinical review criteria on our website at [www.harvardpilgrim.org](http://www.harvardpilgrim.org) or by calling 1-888-888-4742.

#### **Copayment Levels**

There are two types of office visit Copayments that apply to your Plan: a lower Copayment, known as "Level 1," and a higher Copayment known as "Level 2."

Level 1 applies to covered outpatient professional services from the following types of providers: all Primary Care Providers (PCPs); obstetricians and gynecologists; certified Nurse midwives; and Nurse practitioners who bill independently.

Level 2 applies to most outpatient specialty care.

If a provider is categorized as both a Level 1 provider and a Level 2 provider, Level 1 applies. For example, if a provider is both a PCP and a cardiologist, you will be responsible for a Level 1 Copayment.

Your Plan may have other Copayment amounts. Please see the benefit table below for specific Copayment requirements.

#### **Covered Benefits**

Your Covered Benefits are administered on a Calendar Year basis. Your Member Cost Sharing will depend upon the type of service provided and the location the service is provided in, as listed in this Schedule of Benefits. For example, for services provided in a Physician's office, see "Physician and Other Professional Office Visits." For services provided in a Hospital emergency room, see "Emergency Room Care," and for outpatient surgical procedures, please see "Surgery - Outpatient."

#### **American Indians/Alaskan Natives**

If you purchased your coverage through The Health Insurance Marketplace and The Health Insurance Marketplace has determined that you are eligible to enroll in this plan as an American Indian or Alaskan Native, you are exempt from any Member Cost Sharing requirements when Covered Benefits are provided by an Indian Health Service (IHS), Indian Tribe, Tribal Organization, or Urban Indian Organization (UIO) or through Referral under contract health services. There is

**HMO SILVER - MAINE**

no Member Cost Sharing responsibility for American Indians or Alaskan Natives when Covered Benefits are provided by one of these providers.

<b>General Cost Sharing Features:</b>		<b>Member Cost Sharing:</b>
<b>Coinsurance and Copayments</b>		
		See the benefits table below
<b>Deductible</b>		
		\$400 per Member per Calendar Year \$800 per family per Calendar Year
<b>Important Notice:</b> If a family Deductible applies, it can be met in one of two ways: a. If a Member of a covered family meets an individual Deductible, then that Member has no additional Deductible Member Cost Sharing responsibilities for Covered Benefits for the remainder of the Calendar Year. b. If any number of Members in a covered family collectively meets a family Deductible, then all Members in that covered family have no additional Deductible Member Cost Sharing responsibilities for Covered Benefits for the remainder of the Calendar Year.		
<b>Deductible Rollover</b>		
None		
<b>Out-of-Pocket Maximum</b>		
Includes all Member Cost Sharing		\$750 per Member per Calendar Year \$1,500 per family per Calendar Year

<b>Benefit</b>	<b>Your Cost Sharing</b>
<b>Acupuncture Treatment for Injury or Illness</b>	
– Limited to 20 visits per Calendar Year	Level 2: Deductible, then 10% Coinsurance
<b>Ambulance Transport</b>	
Emergency ambulance transport	Deductible, then 10% Coinsurance
Non-emergency ambulance transport	Deductible, then 10% Coinsurance
<b>Autism Spectrum Disorders Treatment</b>	
Applied behavior analysis	Deductible, then no charge
<b>Chemotherapy and Radiation Therapy</b>	
	Deductible, then 10% Coinsurance
<b>Chiropractic Care</b>	
– Limited to 40 visits per Calendar Year	Level 2: Deductible, then 10% Coinsurance
<b>Clinical Trials</b>	
	Your Member Cost Sharing will depend upon the types of services provided, as listed in this Schedule of Benefits. For example, for services provided in a Physician’s office, see “Physician and Other Professional Office Visits.” For inpatient Hospital care, see “Hospital – Inpatient Services.”

HMO SILVER - MAINE

Benefit	Your Cost Sharing
<b>Dental Services</b>	
<b>Important Notice:</b> Coverage of Dental Care is very limited. Please see your Benefit Handbook for the details of your coverage.	
Emergency Dental Care (within six months of injury or within six months of the effective date of coverage, whichever is later) Other dental services, including setting a jaw fracture and removing a tumor (but not a root cyst) General anesthesia for dentistry	Your Member Cost Sharing will depend upon the types of services provided, as listed in this Schedule of Benefits. For example, for services provided in a Physician's office, see "Physician and Other Professional Office Visits." For inpatient Hospital care, see "Hospital – Inpatient Services."
Extraction of teeth impacted in bone (performed in a Physician's office)	Deductible, then 10% Coinsurance
<b>Dialysis</b>	
Dialysis services, including dialysis training	Level 1: \$20 Copayment per visit Level 2: Deductible, then 10% Coinsurance
<b>Durable Medical Equipment</b>	
Durable medical equipment, including orthotic devices as described in the Benefit Handbook	Deductible, then 20% Coinsurance
Blood glucose monitors, infusion devices, and insulin pumps (including supplies)	No charge
Oxygen and respiratory equipment	No charge
<b>Early Intervention Services (for Members up to the age of 3)</b>	
– Limited to 40 visits per Calendar Year	Level 1: \$20 Copayment per visit
<b>Emergency Room Care</b>	
	Deductible, then 30% Coinsurance
<b>Hearing Aids</b>	
For Members up to age 19: – Limited to 1 hearing aid per hearing impaired ear every 36 months For all other Members: – Limited to \$3,000 per hearing impaired ear every 36 months	Deductible, then 50% Coinsurance
<b>Home Health Care</b>	
Including infusion therapy and nutritional counseling	Deductible, then 10% Coinsurance
If services include the administration of drugs, please see the benefit for "Medical Drugs" for Member Cost Sharing details.	
<b>Hospice Services</b>	
	Deductible, then 10% Coinsurance
If inpatient services or respite care are required, please see "Hospital – Inpatient Services" for Member Cost Sharing details.	

HMO SILVER - MAINE

Benefit	Your Cost Sharing
<b>Hospital – Inpatient Services</b>	
Acute Hospital care, including bariatric surgery, blood transfusions, infusion therapy, inhalation therapy, organ or tissue transplants and breast reduction surgery and symptomatic varicose vein surgery	Deductible, then 10% Coinsurance
Inpatient maternity care	Deductible, then 10% Coinsurance
Inpatient routine nursery care	No charge
Inpatient rehabilitation and skilled nursing facility care combined – limited to 150 days per Calendar Year	Deductible, then 10% Coinsurance
<b>Laboratory, Radiology and Other Diagnostic Services (including Independent Laboratories and Freestanding Imaging Centers)</b>	
Laboratory, including but not limited to allergy testing and human leukocyte antigen testing as described in the Benefit Handbook	Deductible, then 10% Coinsurance
Genetic testing	Deductible, then 10% Coinsurance
Radiology	Deductible, then 10% Coinsurance
Advanced radiology, including CT scans, PET scans, MRI, MRA and nuclear medicine services	Deductible, then 10% Coinsurance
Other diagnostic services	Deductible, then 10% Coinsurance
<b>Low Protein Foods</b>	
	Deductible, then 10% Coinsurance
<b>Maternity Care – Outpatient</b>	
Routine outpatient prenatal and postpartum care	No charge
<p>Routine prenatal and postpartum care is usually received and billed from the same Provider as a single or bundled service. Different Member Cost Sharing may apply to any specialized or non-routine service that is billed separately from your routine outpatient prenatal and postpartum care. For example, Member Cost Sharing for services provided by a specialist is listed under “Physician and Other Professional Office Visits” and Member Cost Sharing for an ultrasound billed as a specialized or non-routine service is listed under “Laboratory, Radiology and Other Diagnostic Services (including Independent Laboratories and Freestanding Imaging Centers).”</p>	
<b>Medical Drugs (drugs that cannot be self-administered)</b>	
Medical drugs, including infusion therapy, received in a Physician’s office or other outpatient facility	Deductible, then 10% Coinsurance
Medical drugs, including infusion therapy, received in the home	Deductible, then 10% Coinsurance
<p>Some Medical Drugs may be supplied by a specialty pharmacy. When Medical Drugs are supplied by a specialty pharmacy, the Member Cost Sharing listed above will apply.</p>	
<b>Medical Formulas</b>	
State mandated formulas	No charge
<b>Mental Health and Substance Use Disorder Treatment</b>	
Inpatient Services	Deductible, then 10% Coinsurance

HMO SILVER - MAINE

Benefit	Your Cost Sharing
<b>Mental Health and Substance Use Disorder Treatment (Continued)</b>	
Partial hospitalization services	Deductible, then no charge
Outpatient group therapy	Deductible, then no charge
Mental health services in the home	Deductible, then no charge
Outpatient treatment, including individual therapy, detoxification, and medication management	Deductible, then no charge
Outpatient methadone maintenance	Deductible, then no charge
Outpatient psychological testing and neuropsychological assessment	Deductible, then 10% Coinsurance
<b>Observation Services</b>	
	Deductible, then 10% Coinsurance
<b>Ostomy Supplies</b>	
	Deductible, then 20% Coinsurance
<b>Physician and Other Professional Office Visits (This includes all covered Plan Providers unless otherwise listed in this Schedule of Benefits.)</b>	
Routine examinations, including annual gynecological exams, for preventive care, including immunizations and annual digital rectal exams	No charge
<p>Not all services you receive during your routine exam are covered at no charge. Only preventive services designated under the Patient Protection and Affordable Care Act (PPACA) are covered at no charge. Other services not included under PPACA may be subject to additional cost sharing. For the current list of preventive services covered at no charge under PPACA, please see the Preventive Services notice on our website at <a href="http://www.harvardpilgrim.org">www.harvardpilgrim.org</a>. Please see "Laboratory, Radiology and Other Diagnostic Services (including Independent Laboratories and Freestanding Imaging Centers)," for the Member Cost Sharing that applies to diagnostic services not included on this list.</p>	
Consultations, evaluations, Sickness and injury care, including nutritional counseling	<p><b>PCP Office Visits:</b> No Copayment for the first office visit per Calendar Year with your PCP. After the first visit, the following cost sharing applies: Level 1: \$20 Copayment per visit</p> <p><b>All Other Office Visits</b> Level 1: \$20 Copayment per visit Level 2: Deductible, then 10% Coinsurance</p>
<p>Additional Member Cost Sharing may apply. Please refer to the specific benefit in this Schedule of Benefits. For example, if you need sutures, please refer to office based treatments and procedures below. If you need an x-ray or have blood drawn, please refer to "Laboratory, Radiology and Other Diagnostic Services (including Independent Laboratories and Freestanding Imaging Centers)."</p>	
Office based treatments and procedures, including but not limited to administration of injections, allergy testing, casting, suturing, the application of dressings, inhalation therapy, non-routine foot care, and surgical procedures	Deductible, then 10% Coinsurance
Administration of allergy injections	Level 1: \$20 Copayment per visit
<b>Preventive Services and Tests</b>	
	No charge

Benefit	Your Cost Sharing
<b>Preventive Services and Tests (Continued)</b>	
<p>Under Federal and state law, many preventive services and tests are covered with no Member Cost Sharing, including preventive colonoscopies (even if polyp removal or other necessary medically necessary procedure is required), screening mammograms, pap tests, certain labs and x-rays, voluntary sterilization for women and all FDA approved contraceptive devices. For a complete list of covered preventive services, please see the Preventive Services notice on our website at <a href="http://www.harvardpilgrim.org">www.harvardpilgrim.org</a>. You may also get a copy of the Preventive Services notice by calling the Member Services Department at <b>1-888-333-4742</b>. Harvard Pilgrim will add or delete services from this benefit for preventive services and tests in accordance with Federal and state guidance.</p>	
<p>The following additional preventive services, tests and devices:                      alpha-fetoprotein (AFP), fetal ultrasound, hepatitis C testing, lead level testing, prostate-specific antigen (PSA) screening, routine hemoglobin tests, group B streptococcus (GBS), routine urinalysis, blood pressure monitor, retinopathy screening, and international normalized ratio (INR) testing.</p>	<p>No charge</p>
<b>Prosthetic Devices</b>	
<p>Prosthetic devices (other than arms and legs)</p>	<p>Deductible, then 20% Coinsurance</p>
<p>Prosthetic arms and legs</p>	<p>Deductible, then 20% Coinsurance</p>
<b>Rehabilitation and Habilitation Services – Outpatient</b>	
<p>Cardiac rehabilitation– limited to 36 visits per cardiac episode                      Pulmonary rehabilitation therapy</p>	<p>Level 1: \$20 Copayment per visit</p>
<p><b>Rehabilitation Services (including treatment for head injuries)</b>                      – Physical, speech and occupational therapies combined – limited to 60 visits per Calendar Year  <b>Habilitation Services (including treatment for head injuries)</b>                      – Physical, speech and occupational therapies combined – limited to 60 visits per Calendar Year</p>	<p>Deductible, then 10% Coinsurance</p>
<p>Outpatient physical, occupational and speech therapies are covered to the extent Medically Necessary for: (1) children under the age of three and (2) the treatment of Autism Spectrum Disorders.</p>	
<b>Scopic Procedures – Outpatient Diagnostic and Therapeutic</b>	
<p>Colonoscopy, endoscopy and sigmoidoscopy</p>	<p>Deductible, then \$250 Copayment per visit</p>
<b>Surgery – Outpatient</b>	
	<p>Deductible, then \$250 Copayment per visit</p>

Benefit	Your Cost Sharing
<b>Telemedicine Virtual Visit Services – Outpatient</b>	
	<p><b>PCP Office Visits:</b> No Copayment for the first office visit per Calendar Year with your PCP. After the first visit, the following cost sharing applies: Level 1: \$20 Copayment per visit</p> <p><b>All Other Office Visits</b> Level 1: \$20 Copayment per visit Level 2: Deductible, then 10% Coinsurance</p>
For inpatient Hospital care, see “Hospital – Inpatient Services” for cost sharing details.	
<b>Urgent Care Services</b>	
Doctors On Demand	No charge
<b>Important Note:</b> Doctors On Demand is a specific network of providers contracted to provide virtual Urgent Care services. For more information on Doctors On Demand, including how to access them, please visit our website at <a href="http://www.harvardpilgrim.org">www.harvardpilgrim.org</a> .	
Convenience care clinic (retail health clinic)	Level 1: \$20 Copayment per visit
Urgent care center	Level 1: \$20 Copayment per visit
Hospital urgent care center	Level 2: Deductible, then 10% Coinsurance
Additional Member Cost Sharing may apply. Please refer to the specific benefit in this Schedule of Benefits. For example, if you have an x-ray or have blood drawn, please refer to “Laboratory, Radiology and Other Diagnostic Services (including Independent Laboratories and Freestanding Imaging Centers).”	
<b>Vision Services</b>	
Urgent eye care	Level 1: \$20 Copayment per visit Level 2: Deductible, then 10% Coinsurance
Routine adult eye examinations – limited to 1 exam per Calendar Year	Level 1: \$20 Copayment per visit
Routine pediatric eye examinations – limited to 1 exam per Calendar Year	Level 1: \$20 Copayment per visit
Vision hardware for special conditions	Deductible, then 10% Coinsurance
Your Plan also includes coverage for pediatric vision hardware. Please see the additional Pediatric Vision section later in this Schedule of Benefits for more information.	
<b>Voluntary Sterilization – in a Physician’s Office</b>	
	Deductible, then 10% Coinsurance
<b>Voluntary Termination of Pregnancy</b>	
	Your Member Cost Sharing will depend upon where the service is provided as listed in this Schedule of Benefits. For example, for a service provided in an outpatient surgical center, see “Surgery – Outpatient.” For services provided in a Physician’s office, see “Office based treatments and procedures.” For inpatient Hospital care, see “Hospital – Inpatient Services.”

## Pediatric VisionCare

Dependents under the age of 19 are eligible for coverage of prescription eyeglasses or contact lenses. Coverage under this benefit terminates at the end of the month in which the Dependent turns 19. Each Dependent is eligible for coverage every 24 months for *either* (A) prescription eyeglass frames and lenses or (B) prescription contact lenses, as described below:

### **(A) PRESCRIPTION EYEGLASS FRAMES AND LENSES**

The Plan will reimburse you for the purchase of one pair of Standard or Basic prescription eyeglass frames and lenses up to the following amounts:

The Plan will reimburse you for the first \$50 you pay toward covered prescription eyeglass frames and lenses. Thereafter, the Plan will reimburse you 50% of your remaining covered charges. Standard or Basic lenses are limited to glass or plastic single vision lenses, conventional bifocal lenses, conventional trifocal lenses and lenticular lenses. Coverage is excluded for lenses larger than 55mm and upgrades such as tints, scratch proofing and progressive lenses. Coverage is also excluded for deluxe and designer eyeglass frames.

### **(B) PRESCRIPTION CONTACT LENSES**

The Plan will reimburse you for the purchase of your first order of prescription contact lenses up to the following amounts:

The Plan will reimburse you for the first \$50 you pay toward your first order of covered prescription contact lenses. Thereafter, the plan will reimburse you 50% of your remaining covered charges. Reimbursement for disposable contact lenses is limited to a 6 month supply.

### **OUT-OF-POCKET MAXIMUM**

All Member Cost Sharing under this benefit applies toward your annual Out-of-Pocket Maximum. Please see the General Cost Sharing Table at the beginning of this Schedule of Benefits for the Out-of-Pocket Maximum amount that applies to your plan.

### **WHERE TO PURCHASE EYEWEAR WITH YOUR PEDIATRIC VISION CARE BENEFIT**

You can purchase your eyewear from any vision hardware provider with a valid prescription from your doctor. Only contact lenses may be purchased from an internet provider.

### **HOW TO RECEIVE REIMBURSEMENT FOR THE PEDIATRIC VISION CARE BENEFIT**

1. Complete a member reimbursement form. You can obtain this form by visiting our website at [www.harvardpilgrim.org](http://www.harvardpilgrim.org) or by calling the Member Services Department at **1-888-333-4742** to request a form. For TTY service, please call **711**. A representative will be happy to assist you.
2. Each Member must use a separate member reimbursement form.
3. Attach the copy of an itemized bill to the form, showing proof of payment. Make a copy of the form for your records.
4. Mail the original form, together with the bill and proof of payment to:

**HPHC Claims  
P.O. Box 699183  
Quincy, MA 02269-9183**

We will reimburse you for your payment of covered eyeglasses or contact lenses as described above. The reimbursement is applied AFTER application of discounts, coupons or other offers. Please allow 30 days to receive your reimbursement.

### **WHERE TO CALL WITH QUESTIONS**

If you have any questions about your Pediatric Vision Care benefit, including how to receive reimbursement or eyewear discounts, please contact the Member Services Department at **1-888-333-4742**. This telephone number is also listed on your ID card. If you are deaf or hearing impaired, call **711** for TTY service. A representative will be happy to assist you.

## EXCLUSIONS

- Expenses incurred prior to your effective date
- Colored contact lenses, special effect contact lenses
- Deluxe or designer frames
- Eyeglass or contact lens supplies
- Lost or broken lenses or frames, unless the Member has reached his/her normal interval for service
- Non-prescription or plano lenses
- Plain or prescription sunglasses, no-line bifocals, blended lenses or oversize lenses
- Safety glasses and accompanying frames
- Spectacle lens styles, materials, treatments or add ons
- Sunglasses and accompanying frames
- Two pairs of glasses in lieu of bifocals
- Vision hardware (with the exception of contact lenses) purchased from an internet provider

Language Assistance Services

**Español (Spanish)** ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están a su disposición. Llame al 1-888-333-4742 (TTY: 711).

**Português (Portuguese)** ATENÇÃO: Se você fala português, encontram-se disponíveis serviços linguísticos gratuitos. Ligue para 1-888-333-4742 (TTY: 711).

**Kreyòl Ayisyen (French Creole)** ATANSYON: Si nou palé Kreyòl Ayisyen, gen asistans pou sèvis ki disponib nan lang nou pou gratis. Rele 1-888-333-4742 (TTY: 711).

**繁體中文 (Traditional Chinese)** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-333-4742 (TTY: 711)。

**Tiếng Việt (Vietnamese)** CHÚ Ý: Nếu quý vị nói Tiếng Việt, dịch vụ thông dịch của chúng tôi sẵn sàng phục vụ quý vị miễn phí. Gọi số 1-888-333-4742 (TTY: 711).

**Русский (Russian)** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-333-4742 (телетайп: 711).

**العربية (Arabic)**

انتباه: إذا أنت تتكلم اللغة العربية، خدمات المساعدة اللغوية متوفرة لك مجاناً. إتصل على 1 888-333-4742 (TTY: 711)

**ខ្មែរ (Cambodian)** ជំនួយសេវាភាសាខ្មែរ: យើងមានសេវាកម្មបកប្រែ ជូនលោកអ្នកដោយឥតគិតថ្លៃ។ ជូរ ទូរស័ព្ទ 1-888-333-4742 (TTY: 711)។

**Français (French)** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-333-4742 (ATS: 711).

**Italiano (Italian)** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-888-333-4742 (TTY: 711).

**한국어 (Korean)** '알림': 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-333-4742 (TTY: 711) 번으로 전화해 주십시오.

**Ελληνικά (Greek)** ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, υπάρχουν στη διάθεσή σας δωρεάν υπηρεσίες γλωσσικής υποστήριξης. Καλέστε 1-888-333-4742 (TTY: 711).

**Polski (Polish)** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-888-333-4742 (TTY: 711).

**हिंदी (Hindi)** ध्यान दीजिए: अगर आप हिंदी बोलते हैं तो आपके लिये भाषाकी सहायता मुफ्त में उपलब्ध है. जानकारी के लिये फोन करे. 1-888-333-4742 (TTY: 711)

**ગુજરાતી (Gujarati)** ધ્યાન આપો : જો તમે ગુજરાતી બોલતા હો તો આપને માટે ભાષાકીય સહાય તદ્દન મફત ઉપલબ્ધ છે. વિશેષ માહિતી માટે ફોન કરો. 1-888-333-4742 (TTY: 711)

**ພາສາລາວ (Lao)** ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຈະມີມີ້ພ້ອມໃຫ້ທ່ານ. ໂທສ 1-888-333-4742 (TTY: 711).

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-333-4742 (TTY: 711).



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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**General Notice About Nondiscrimination and Accessibility Requirements**

Harvard Pilgrim Health Care and its affiliates as noted below ("HPHC") comply with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HPHC does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

HPHC:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, other formats)
- Provides free language services to people whose primary language is not English, such as qualified interpreters.

If you need these services, contact our Civil Rights Compliance Officer.

If you believe that HPHC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: Civil Rights Compliance Officer, 93 Worcester St, Wellesley, MA 02481, (866) 750-2074, TTY service: 711, Fax: (617) 509-3085, Email: [civil\\_rights@harvardpilgrim.org](mailto:civil_rights@harvardpilgrim.org). You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Civil Rights Compliance Officer is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
(800) 368-1019, (800) 537-7697 (TTY)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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## General List of Exclusions Harvard Pilgrim Health Care, Inc. | MAINE

The following list identifies services that are generally excluded from Harvard Pilgrim Plans. Additional services may be excluded related to access or product design. For a complete list of exclusions please refer to the specific plan's Benefit Handbook.

Exclusion
<p><b>Alternative Treatments</b></p> <ul style="list-style-type: none"> <li>• Acupuncture services that are outside the scope of standard acupuncture care.</li> <li>• Alternative or holistic services and all procedures, laboratories and nutritional supplements associated with such treatments.</li> <li>• Aromatherapy, treatment with crystals and alternative medicine.</li> <li>• Any of the following types of programs: Health resorts, spas, recreational programs, camps, wilderness programs (therapeutic outdoor programs), outdoor skills programs, life skills programs, therapeutic or educational boarding schools, and relaxation or lifestyle programs.</li> <li>• Massage therapy when performed by anyone other than a licensed physical therapist, physical therapy assistant, occupational therapist, or certified occupational therapy assistant.</li> <li>• Myotherapy.</li> <li>• Services by a naturopath that are not covered by other Plan Providers under the Plan.</li> </ul>
<p><b>Clinical Trials</b></p> <p>Coverage is not provided for the following:</p> <ul style="list-style-type: none"> <li>• The investigational item, device, or service itself; or</li> <li>• For services, tests or items that are provided solely to satisfy data collection and analysis for the clinical trial and that are not used for the direct clinical management of your condition.</li> </ul>
<p><b>Dental Services</b></p> <ul style="list-style-type: none"> <li>• Dental Care, except the specific dental services listed in this Benefit Handbook, Schedule of Benefits, and any associated Riders.</li> <li>• Office visits, consultations, and all related services for Temporomandibular Joint Dysfunction (TMD).</li> <li>• Pediatric dental care, except when specifically listed as a Covered Benefit.</li> </ul>
<p><b>Durable Medical Equipment and Prosthetic Devices</b></p> <ul style="list-style-type: none"> <li>• Any devices or special equipment needed for sports or occupational purposes.</li> <li>• Any home adaptations, including, but not limited to home improvements and home adaptation equipment.</li> <li>• Non-durable medical equipment, unless used as part of the treatment at a medical facility or as part of approved home health care services.</li> <li>• Repair or replacement of durable medical equipment or prosthetic devices as a result of loss, negligence, willful damage, or theft.</li> </ul>
<p><b>Experimental, Unproven or Investigational Services</b></p> <ul style="list-style-type: none"> <li>• Any products or services, including, but not limited to, drugs, devices, treatments, procedures, and diagnostic tests that are Experimental, Unproven, or Investigational.</li> </ul>
<p><b>Foot Care</b></p> <ul style="list-style-type: none"> <li>• Foot orthotics, except for the treatment of systemic circulatory diseases.</li> <li>• Routine foot care. Examples include nail trimming, cutting or debriding and the cutting or removal of corns and calluses. This exclusion does not apply to preventive foot care for Members with diabetes.</li> </ul>
<p><b>Maternity Services</b></p> <ul style="list-style-type: none"> <li>• Routine pre-natal and post-partum care when you are traveling outside the Service Area.</li> </ul>

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## Exclusion

### Mental Health Care

- Biofeedback.
- Educational services or testing. No benefits are provided: (1) for educational services intended to enhance educational achievement; (2) to resolve problems of school performance; or (3) to treat learning disabilities.
- Sensory integrative praxis tests.
- Mental health care that is (1) provided to Members who are confined or committed to a jail, house of correction, prison, or custodial facility of the Department of Youth Services; or (2) provided by the Department of Mental Health.
- Services or supplies for the diagnosis or treatment of mental health and substance use disorders that, in the reasonable judgment of the Behavioral Health Access Center, are any of the following: not consistent with prevailing national standards of clinical practice for the treatment of such conditions; not consistent with prevailing professional research demonstrating that the services or supplies will have a measurable and beneficial health outcome; typically do not result in outcomes demonstrably better than other available treatment alternatives that are less intensive or more cost effective.

### Physical Appearance

- Cosmetic Services, including drugs, devices, treatments and procedures, except for (1) Cosmetic Services that are incidental to the correction of Physical Functional Impairment, (2) reconstructive surgery to repair or restore appearance damaged by an Accidental Injury, and (3) post-mastectomy care.
- Hair removal or restoration, including, but not limited to, electrolysis, laser treatment, transplantation or drug therapy.
- Liposuction or removal of fat deposits considered undesirable.
- Scar or tattoo removal or revision procedures (such as salabrasion, chemosurgery and other such skin abrasion procedures).
- Skin abrasion procedures performed as a treatment for acne.
- Treatment for skin wrinkles and skin tags or any treatment to improve the appearance of the skin.
- Treatment for spider veins.
- Wigs.

### Procedures and Treatments

- Care by a chiropractor outside the scope of standard chiropractic practice, including but not limited to, surgery, prescription or dispensing of drugs or medications, internal examinations, obstetrical practice, or treatment of infections and diagnostic testing for chiropractic care other than an initial X-ray.
- Commercial diet plans, weight loss programs and any services in connection with such plans or programs.
- If a service is listed as requiring that it be provided at a Center of Excellence, no coverage will be provided under this Handbook if that service is received from a Provider that has not been designated as a Center of Excellence.
- Nutritional or cosmetic therapy using vitamins, minerals or elements, and other nutrition-based therapy. Examples include supplements, electrolytes, and foods of any kind (including high protein foods and low carbohydrate foods).
- Physical examinations and testing for insurance, licensing or employment.
- Services for Members who are donors for non-members, except as described under Human Organ Transplant Services.
- Testing for central auditory processing.
- Group diabetes educational programs or camps.

### Providers

- Charges for services which were provided after the date on which your membership ends.
- Charges for any products or services, including, but not limited to, professional fees, medical equipment, drugs, and Hospital or other facility charges, that are related to any care that is not a Covered Benefit.
- Charges for missed appointments.
- Concierge service fees. (See the Plan's *Benefit Handbook* for more information.)
- Follow-up care after an emergency room visit, unless provided or arranged by your PCP or Direct Primary Care Provider.
- Inpatient charges after your Hospital discharge.
- Provider's charge to file a claim or to transcribe or copy your medical records.
- Services or supplies provided by: (1) anyone related to you by blood, marriage or adoption, or (2) anyone who ordinarily lives with you.

### Reproduction

- Infertility treatment and drugs
- Consultations, evaluations and laboratory tests for the diagnosis of infertility.
- Any form of Surrogacy or services for a gestational carrier other than covered maternity services.
- Reversal of voluntary sterilization (including any services for infertility related to voluntary sterilization or its reversal).
- Sperm identification when not Medically Necessary (e.g., gender identification).
- The following fees: wait list fees, non-medical costs, shipping and handling charges etc.

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<b>Exclusion</b>
<b>Services Provided Under Another Plan</b>
<ul style="list-style-type: none"> <li>• Costs for any services for which you are entitled to treatment at government expense, including military service connected disabilities.</li> <li>• Costs for services covered by third party liability, other insurance coverage, and which are required to be covered by a Workers' Compensation plan or an Employer under state or federal law, unless a notice of controversy has been filed with the Workers' Compensation Board contesting the work-relatedness of the claimant's condition and no decision has been made by the Board.</li> </ul>
<b>Telemedicine</b>
<ul style="list-style-type: none"> <li>• Telemedicine services involving e-mail, fax, or texting.</li> <li>• Telemedicine services involving audio-only telephone, except where telemedicine is technologically unavailable at a scheduled time and is medically appropriate for the corresponding covered health services.</li> <li>• Provider fees for technical costs for the provision of telemedicine services.</li> </ul>
<b>Transgender Health Services</b>
<ul style="list-style-type: none"> <li>• Abdominoplasty.</li> <li>• Chemical peels.</li> <li>• Collagen injections.</li> <li>• Dermabrasion.</li> <li>• Electrolysis or laser hair removal (for all indications, except when required pre-operatively for genital surgery).</li> <li>• Hair transplantation.</li> <li>• Implantations (e.g. cheek, calf, pectoral, gluteal).</li> <li>• Liposuction.</li> <li>• Lip reduction/enhancement.</li> <li>• Panniculectomy.</li> <li>• Removal of redundant skin.</li> <li>• Reversal of transgender health services and all related drugs and procedures.</li> <li>• Silicone injections (e.g. for breast enlargement).</li> <li>• Voice modification therapy/surgery.</li> <li>• Reimbursement for travel expenses.</li> </ul>
<b>Types of Care</b>
<ul style="list-style-type: none"> <li>• Custodial Care.</li> <li>• Rest or domiciliary care.</li> <li>• All institutional charges over the semi-private room rate, except when a private room is Medically Necessary.</li> <li>• Pain management programs or clinics.</li> <li>• Physical conditioning programs such as athletic training, body-building, exercise, fitness, flexibility, and diversion or general motivation.</li> <li>• Private duty nursing.</li> <li>• Sports medicine clinics.</li> <li>• Vocational rehabilitation, or vocational evaluations on job adaptability, job placement, or therapy to restore function for a specific occupation.</li> </ul>
<b>Vision and Hearing</b>
<ul style="list-style-type: none"> <li>• Eyeglasses, contact lenses and fittings, except as listed in the Plan's Benefit Handbook and any associated Riders.</li> <li>• Refractive eye surgery, including, but not limited to, lasik surgery, orthokeratology and lens implantation for the correction of naturally occurring myopia, hyperopia and astigmatism.</li> </ul>
<b>All Other Exclusions</b>
<ul style="list-style-type: none"> <li>• Any service or supply furnished in connection with a non-Covered Benefit.</li> <li>• Any service or supply (with the exception of contact lenses) purchased from the internet.</li> <li>• Beauty or barber service.</li> <li>• Diabetes equipment replacements when solely due to manufacturer warranty expiration.</li> <li>• Donated or banked breast milk.</li> <li>• Food or nutritional supplements, including, but not limited to, FDA-approved medical foods obtained by prescription, except as required by law and prescribed for Members who meet HPHC policies for enteral tube feedings.</li> <li>• Guest services.</li> <li>• Medical services that are provided to Members who are confined or committed to jail, house of correction, prison, or custodial facility of the Department of Youth Services.</li> <li>• Services for non-Members.</li> <li>• Services for which no charge would be made in the absence of insurance.</li> <li>• Services for which no coverage is provided in the Benefit Handbook, Schedule of Benefits, or Prescription Drug Brochure.</li> <li>• Services that are not Medically Necessary.</li> <li>• Services your PCP or a Plan Provider has not provided, arranged or approved except as described in the Plan's Benefit Handbook.</li> <li>• Taxes or governmental assessments on services or supplies.</li> <li>• Transportation other than by ambulance.</li> <li>• Air conditioners, air purifiers and filters, dehumidifiers and humidifiers.</li> <li>• Car seats.</li> <li>• Chairs, bath chairs, feeding chairs, toddler chairs, chair lifts, recliners.</li> <li>• Electric scooters.</li> <li>• Exercise equipment.</li> <li>• Home modifications including but not limited to elevators, handrails and ramps.</li> <li>• Hot tubs, jacuzzis, saunas or whirlpools.</li> <li>• Mattresses.</li> <li>• Medical alert systems.</li> <li>• Motorized beds.</li> <li>• Pillows.</li> <li>• Power-operated vehicles.</li> <li>• Stair lifts and stair glides.</li> <li>• Strollers.</li> <li>• Safety equipment.</li> <li>• Vehicle modifications including but not limited to van lifts.</li> <li>• Telephone.</li> <li>• Television.</li> </ul>

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