The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered heath care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, contact Paramount at 1-888-462-3589 or www.paramounthealthcare.com/member-handbooks. For general definitions of common terms such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at www.paramounthealthcare.com or call 1-888-462-3589 to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	Single **$150** (Tier 1 (UT & Tier 1 Facilities**) Single + 1 **$300** (UT & Tier 1 Facilities**) Family **$300** (Tier 1 (UT & Tier 1 Facilities**) **$300** Single (Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) **$600** Single +1 Single (Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) **$600** Family (Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) **$1000** Single (Tier 3 (Non- Network) (may be balanced billed)) **$2000** Single +1 Tier 3 (Non- Network) (may be balanced billed)) **$2000** Family (Tier 3 (Non- Network) (may be balanced billed)) Does not apply to preventive care or covered services requiring a copayment.	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	Yes, preventive care	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost-sharing and before you meet your deductible. See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/.
Are there other deductibles for specific services?	No (Tier 1 (UT & Tier 1 Facilities**)) No (Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) No (Tier 3 (Non-Network) (may be balanced bill))	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan?	**$1250** Single (Tier 1 (UT & Tier 1 Facilities**)) **$2500** Single +1 (UT & Tier 1 Facilities) **$2500** Family (Tier 1 (UT & Tier 1 Facilities**)) **$2500** Single (Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) **$5000** Single +1(Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) **$5000** Family (Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area)) **$4000** Single +1 Tier 3 (Non-Network) (may be balanced bill)) **$8000** Single (Tier 3 (Non-Network) (may be balanced bill)) **$8000** Family (Tier 3 (Non-Network) (may be balanced bill))	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.

What is not included in the out-of-pocket limit?	Premiums, any penalties or balance billing and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out–of–pocket limit.

Will you pay less if you use a network provider?	Yes. See www.paramounthealthcare.com/FindAProvider for a list of Paramount or First Health providers. **Tier 1 Providers for Inpatient Services and Outpatient Surgeries: Bay Park Community Hospital; Defiance Regional Medical Center; Flower Hospital; Fostoria Community Hospital; Lima Memorial Hospital; Memorial Hospital Freemont; Memorial Regional Hospital; The Toledo Hospital; Toledo Children's Hospital.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (a balance bill). Be aware your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist?	No. However, if you use an Out-of-Network physician or facility, you must prenotify with Paramount at: 866-452-6128.	You can see the specialist you choose without a referral.

All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a deductible applies.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions & Other Important Information
		Your Cost If You Use A(n) Tier 1 (UT & Tier 1 Facilities**) Provider	Your Cost If You Use A(n) Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area) Provider	Your Cost If You Use A(n) Tier 3 (Non-Network) (may be balanced bill) Provider	
If you visit a health care provider's office or clinic	Primary Care visit to treat an injury or illness	$15.00 Co-pay/visit.	$25.00 Co-pay/visit.	30% Co-Insurance.	Deductible does not apply to tier 1 and tier 2 copay.
	Specialist visit	$30.00 Co-pay/visit.	$40.00 Co-pay/visit.	30% Co-Insurance.	Podiatry Services: $30 copay Tier 1; $40 copay Tier 2; 30% coinsurance Tier 3. OB/GYN Visits:: $30 copay Tier 1; $40 copay Tier 2; 30% coinsurance Tier 3.
	Preventive care/screening /immunization	No charge.	No charge.	30% Co-Insurance.	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
If you have a test	Diagnostic test (x-ray, blood work)	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	
	Imaging (CT/PET scans, MRIs)	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Prior Authorization Required.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.paramounthealthcare.com/Employers-PharmacyResources-CommercialDrugBenefits	Prescription Drug Coverage	Not Covered By Paramount.	Not Covered By Paramount.	Not Covered By Paramount.	Not Covered By Paramount.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Prior Authorization Required.

*For more information about limitations and exceptions, see the plan or policy document at www.paramounthealthcare.com.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions & Other Important Information
		Your Cost If You Use A(n) Tier 1 (UT & Tier 1 Facilities**) Provider	Your Cost If You Use A(n) Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area) Provider	Your Cost If You Use A(n) Tier 3 (Non-Network) (may be balanced bill) Provider	
If you have outpatient surgery	Physician/surgeon fees	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	——————none ———————
If you need immediate medical attention	Emergency room care	$200.00 Co-pay/visit.	$200.00 Co-pay/visit.	$200.00 Co-pay/visit.	Waived if admitted. Deductible does not apply.
	Emergency medical transportation	5% Co-Insurance.	15% after tier 2 deductible.	15% after tier 2 deductible.	——————none ———————
	Urgent care	N/A	$50.00 Co-pay/visit.	$50.00 Co-pay/visit.	Deductible does not apply.
If you have a hospital stay	Facility fee (e.g., hospital room)	5% Co-Insurance.	$100 copay per admission then 15% after deductible.	$250 copay per admission then 30% after deductible.	If a member goes to a Tier 1 Facility and uses a Tier 2 Physician, the $100 copay per admission then 5% after deductible will apply to the Physician services. Prior Authorization Required.
	Physician/surgeon fees	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	——————none ———————
If you need mental health, behavioral health, or substance abuse services	Outpatient services	$15.00 Co-pay/visit.	$25.00 Co-pay/visit.	30% Co-Insurance.	Deductible does not apply to tier 1 and tier 2 copay. Prior Authorization Required.
	Inpatient services	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Prior Authorization Required.
If you are pregnant	Office visits	$30.00 Co-pay/visit.	$40.00 Co-pay/visit.	30% Co-Insurance.	Cost sharing does not apply for preventive services. Copay applies to first visit only. Deductible does not apply to tier 1 and tier 2 copay.
	Childbirth/delivery professional services	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	——————none ———————
	Childbirth/delivery facility services	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Prior Authorization Required.

*For more information about limitations and exceptions, see the plan or policy document at www.paramounthealthcare.com.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions & Other Important Information
		Your Cost If You Use A(n) Tier 1 (UT & Tier 1 Facilities**) Provider	Your Cost If You Use A(n) Tier 2 (Paramount Network and First Health Network outside of the Paramount Service Area) Provider	Your Cost If You Use A(n) Tier 3 (Non-Network) (may be balanced bill) Provider	
If you need help recovering or have other special health needs	Home health care	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	In lieu of hospitalization. Prior Authorization Required.
	Rehabilitation services	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Inpatient rehabilitation is covered up to 60 days per calendar year. Outpatient physical, occupational and speech therapy limited to 35 visits per member per calendar year combined.
	Habilitation services	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Inpatient rehabilitation is covered up to 60 days per calendar year. Outpatient physical, occupational and speech therapy limited to 35 visits per member per calendar year combined.
	Skilled nursing care	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Limited to 100 days per member per calendar year. Prior Authorization Required.
	Durable medical equipment	5% Co-Insurance.	15% Co-Insurance.	30% Co-Insurance.	Orthotic Foot Devices, Subject to Medicare Part B guidelines. Prior Authorization Required.
	Hospice services	N/A	15% Co-Insurance.	30% Co-Insurance.	In lieu of hospitalization. Prior Authorization Required.
If your child needs dental or eye care	Children's eye exam	$15.00 Co-pay/visit.	$25.00 Co-pay/visit.	Not covered.	Limited to one routine eye exam every 12 months.
	Children's glasses	Not covered.	Not covered.	Not covered.	——————none ——————
	Children's dental check-up	Not covered.	Not covered.	Not covered.	——————none ——————

*For more information about limitations and exceptions, see the plan or policy document at www.paramounthealthcare.com.

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT cover (Check your policy or plan document for more information and a list of any other excluded services.)		
• **Acupuncture** • **Dental care (Adult)** • **Non-emergency care when traveling outside the U.S.** • **Weight loss programs**	• **Bariatric Surgery** • **Hearing Aids** • **Private-duty nursing**	• **Cosmetic surgery** • **Long-term care** • **Routine foot care**

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please check your plan document.		
• **Chiropractic care**	• **Infertility treatment** (limited to $15,000 per calendar year.) Not covered for Non Network	• **Routine eye care (Adult)**

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Department of Labor's Employee Benefits Security Administration, 1-866-444-EBSA (3272), www.dol.gov/ebsa/healthreform

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: Paramount Care, Inc., Member Service Department at: (419) 887-2525, Toll Free: 1-800-462-3589, or the Department of Labor 's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform

Does this plan provide Minimum Essential Coverage? **Yes**

If you don't have Minimum Essential Coverage for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

Does this plan meet the Minimum Value Standard? **Yes**

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

———————————*To see examples of how this plan might cover costs for a sample medical situation, see the next section.*———————————

*For more information about limitations and exceptions, see the plan or policy document at www.paramounthealthcare.com.

About these Coverage Examples:

This is not a cost estimator. Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

Having a Baby
(9 months of in-network pre-natal care and a hospital delivery)

The Plan's overall deductible	$150
Specialist copayment	$30
Hospital (facility) coinsurance	5%
Other coinsurance	5%

This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (*ultrasounds and blood work*)
Specialist visit (*anesthesia*)

Total Example Cost	**$12,731**

In this example, you would pay:

Cost Sharing	
Deductibles	$150
Co-pays	$30
Co-insurance	$620
What isn't covered	
Limits or exclusions	$100
The total you would pay is	**$900**

Managing type 2 Diabetes
(a year of routine in-network care of a well-controlled condition)

The Plan's overall deductible	$150
Specialist copayment	$30
Hospital (facility) coinsurance	5%
Other coinsurance	5%

This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)
Diagnostic tests (*blood work*)
Prescription drugs
Durable medical equipment (*glucose meter*)

Total Example Cost	**$7,389**

In this example, you would pay:

Cost Sharing	
Deductibles	$150
Co-pays	$180
Co-insurance	$90
What isn't covered	
Limits or exclusions	$4,310
The total you would pay is	**$4,730**

Simple Fracture
(in-network emergency room visit and follow up care)

The Plan's overall deductible	$150
Specialist copayment	$30
Hospital (facility) coinsurance	5%
Other coinsurance	5%

This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)
Diagnostic test (*x-ray*)
Durable medical equipment (*crutches*)
Rehabilitation services (*physical therapy*)

Total Example Cost	**$1,925**

In this example, you would pay:

Cost Sharing	
Deductibles	$150
Co-pays	$290
Co-insurance	$50
What isn't covered	
Limits or exclusions	$0
The total you would pay is	**$490**

*For more information about limitations and exceptions, see the plan or policy document at www.paramounthealthcare.com.

Language Access Services:

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-462-3589 (TTY: 1-888-740-5670).

Albanian: KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-462-3589 (TTY: 1-888-740-5670).

Arabic: .(0765-047-888-1 ---------- 9853-264-008-1

Bantu: ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-800-462-3589 (TTY: 1-888-740-5670).

Bengali: যদি আপদ বাং া, থা ব তে পাতে , োহত দ খেচায় ভাষা সহায়ো পদেতষবা প আতে। ফা ১-800 -462-3589 (TTY: ১-888-740-5670)।

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 1-800-462-3589 (TTY: 1-888-740-5670).

Cushite: XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-800-462-3589 (TTY: 1-888-740-5670).

Dutch: AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel 1-800-462-3589 (TTY: 1-888-740-5670).

French: ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-462-3589 (ATS : 1-888-740-5670).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800 462-3589 (TTY: 1-888-740-5670).

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800 462-3589 (TTY: 1-888-740-5670).

Japanese: 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-462-3589 （TTY:1-888-740-5670）まで、お電話にてご連絡ください。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-462-3589 (TTY: 1-888-740-5670) 번으로 전화해 주십시오.

Nepali: । 1-800-462-3589 (ि ि :
1-888-740-5670**)** ।

Wann du [**Deitsch (Pennsylvania German / Dutch)**]: schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-800-462-3589 (TTY: 1-888-740-5670).

The **plan** would be responsible for the other costs of these EXAMPLE covered services.

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-462-3589 (TTY: 1-888-740-5670).

Romanian: ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-800-462-3589 (TTY: 1-888-740-5670).

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-462-3589 (телетайп: 1-888-740-5670).

Serbo-Croatian: OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-800-462-3589 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-888-740-5670).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-462-3589 (TTY: 1-888-740-5670).

Syriac: 1-800-462-3589 ܪ< ܟ :ܪ< \- (TTY: 1-888-740-5670)

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-462-3589 (TTY: 1-888-740-5670).

Ukrainian: УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-800 -462-3589 (телетайп: 1-888-740-5670).

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-462-3589 (TTY: 1-888-740-5670).

Notice of Nondiscrimination and Accessibility: Discrimination is Against the Law

Paramount Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Paramount Insurance Company does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Paramount Insurance Company provides:

- Free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Member Services at 1-800-462-3589.
If you believe that Paramount Insurance Company 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. You can file a grievance in person or by mail, fax, or email.

Member Services
1901 Indian Wood Circle, Maumee OH 43537
Phone: 419-887-2525
Toll Free: 1-800-462-3589
TTY: 1-888-740-5670
Fax: 419-887-2047
Email: Paramount.MemberServices@ProMedica.org

If you need help filing a grievance, Member Services 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
1-800-368-1019, 800-537-7697 (TDD)
Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

*For more information about limitations and exceptions, see the plan or policy document at www.paramounthealthcare.com.