

LifeWise Cascade Select Gold

Washington plan for individuals and families

Start date January 1, 2023



Health Plan of Washington

LifeWise Essential plans are exclusive provider organization (EPO) plans. Care outside of your plan's network is not covered, except for emergencies. See next page for important plan information.

You have access to the LifeWise Alpine Network of providers.

Annual deductible	Per calendar year (PCY) Family = 2x individual (in-network only)	\$600
Coinsurance	Amount you pay after your deductible is met	20%
Out-of-pocket maximum	Includes deductible, coinsurance, and copays Family = 2x individual (in-network only)	\$5,900
10 essential health benefits		
1 Ambulatory patient services	Outpatient services	Facility: deductible, then \$350 copay Physician fee: deductible, then \$75 copay
Office visits	Designated PCP office visit	\$15 copay
	Specialist office visit	\$40 copay
	Urgent care	\$35 copay
	Spinal manipulation: 10 visits PCY; Acupuncture: 12 visits PCY	\$15 copay
2 Emergency services	Emergency care (copay waived if directly admitted to an inpatient facility)	Deductible, then \$450 copay
	Ambulance transportation (air and ground)	\$375 copay
3 Hospitalization	Inpatient services	\$525 copay per day, up to 5 days per admit
	Organ and tissue transplants, inpatient	\$525 copay per day, up to 5 days per admit
4 Maternity and newborn care	Prenatal and postnatal care	\$525 copay per day, up to 5 days per admit
	Inpatient delivery and services	\$525 copay per day, up to 5 days per admit
5 Mental health and substance use disorder services, including behavioral health treatment	Office visit	\$15 copay
	Inpatient hospital: mental/behavioral health	\$525 copay per day, up to 5 days per admit
	Outpatient services	\$15 copay
6 Prescription drugs	Preferred generic	\$10 copay
	Retail/Specialty: 30-day supply	Preferred brand
	Mail order: 90-day supply (copay x3)	Non-preferred drugs
	Specialty	\$100 copay
	Drug list	\$100 copay
		M4
7 Rehabilitative and habilitative services and devices	Inpatient rehabilitation: 30 days PCY	\$525 copay per day, up to 5 days per admit
	Physical, speech, occupational, massage therapy: 25 visits combined PCY	\$25 copay
	Durable medical equipment	Deductible, then 20%
8 Laboratory services	Includes x-ray, basic imaging and diagnostic, standard ultrasound	\$30 copay
	Pathology	\$20 copay
	Major imaging, including MRI, CT, PET (preapproval required for certain services)	Deductible, then \$300 copay
9 Preventive/wellness services	Screenings	Covered in full
	Exams and vaccinations	Covered in full
10 Pediatric vision under 19 years of age	Eye exam: 1 PCY	Covered in full
	Eyewear: 1 pair of glasses PCY (frames and lenses); 12-month supply of contacts PCY, in lieu of glasses (frames and lenses)	Covered in full
Virtual care	Doctor On Demand: general medicine	\$15 copay
	Boulder Care or Workit Health: Mental health including substance use disorder	\$15 copay
	All other virtual providers	\$40 copay

This plan is available if you live in one of the following counties:

Adams, Benton, Chelan, Clark, Cowlitz, Douglas, Ferry, Island, Klickitat, Pend Oreille, San Juan, Skagit, Skamania, Wahkiakum, or Whatcom

General exclusions and limitations

Below is a list of some things that this health plan does not cover. A complete list of exclusions is available in the sample benefit booklets available on lifewise.com.

Benefits are not provided for treatment, surgery, services, drugs, or supplies for any of the following:

- Services that are not medically necessary
- Cosmetic surgery or reconstructive surgery (except as specifically provided)
- Experimental or investigative services
- Assisted reproduction
- Weight loss, including surgery, drugs, foods, and exercise programs
- Service in excess of specified benefit maximums
- Services payable by other types of insurance such as property insurance, liability insurance, or motor vehicle insurance
- Services that the provider's license or certification does not allow him or her to perform
- Services received when you are not covered by this plan
- Sexual dysfunction
- Sterilization reversal

For a list of services and procedures that require approval for coverage from your plan before you receive them (pre-approval), visit lifewise.com.

Contact us

For enrollment information or if you have questions about Premera Blue Cross:

- Visit lifewise.com.
- Call **844-666-WISE** (844-666-9473).
- Talk to a **producer**, a licensed professional also known as an agent.

This is only a summary of the major benefits provided by our plans. This is not a contract. On our website, you can find a supplemental guide with information about plan policies and procedures.

Visit lifewise.com/summary-of-benefits for a Summary of Benefits and medical glossary.

Discrimination is against the law. LifeWise Health Plan of Washington (LifeWise) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise 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, accessible electronic formats, other formats). LifeWise provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that LifeWise has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-6396, Fax: 425-918-5592, TTY: 711, Email AppealsDepartmentInquiries@LifeWiseHealth.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator 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 Ave 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>. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/online/services/cc/pub/complaintinformation.aspx>.

Language Assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-817-3056 (TTY: 711).

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 800-817-3056 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-817-3056 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-817-3056 (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-817-3056 (телетайп: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-817-3056 (TTY: 711).

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 800-817-3056 (телетайп: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាវៀតណាម, សេវាជំនួយភាសាដើមដោយឥតគិតថ្លៃសម្រាប់អ្នកមានសំណើជូន។ ចូរទូរស័ព្ទ 800-817-3056 (TTY: 711)។

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。800-817-3056 (TTY:711) まで、お電話にてご連絡ください。

ማሳሰቢያ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች: በአዲስ አበባ ተስፋፋይ ወደ ሚኒተሎ ቁጥር ይደውሉ 800-817-3056 (መስማት ለተሳናቸው: 711)።

XIYYEEFFANNA: Afaan dubbattu Oroomiffa, tajaajjila gargaarsa afaanii, kanfaliidhaan ala, ni argama. Bilbilaa 800-817-3056 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-817-3056 (رقم هاتف الصم والبكم: 711).

பிழைப்பு: நீ துமீ பிழைப்பு பேசுகிறீர்கள், உங்கள் மொழியை மொழிபெயர்ப்பு சேவைகள் கட்டாமல் கிடைக்கின்றன. அழைக்க: 800-817-3056 (TTY: 711) 'உங்கள் மொழி'.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-817-3056 (TTY: 711).

ປັດຈຸບັນ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໃດຍບໍ່ຄ່າ, ຈະມີຮ່ວມໃຫ້ທ່ານ. ໂທ 800-817-3056 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-817-3056 (TTY: 711).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-817-3056 (ATS : 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-817-3056 (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-817-3056 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-817-3056 (TTY: 711).

توجه: اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-817-3056 تماس بگیرید.