

MEDICAL

Preventative Care

In addition to services mandated by the health reform law, BlueCross BlueShield of Texas also applies preventive care services benefits to certain services above and beyond the health reform law's requirements including colorectal cancer screening using CT colonography, prostate-specific antigen (PSA) screening for prostate cancer, and mammography screening for all adult women. These extra services are marked below with an asterisk.*

All members:

- Yearly preventive care visits for adults (male* and female)
- All routine immunizations recommended by the Advisory Committee on Immunization Practices.

All members at an appropriate age and/or risk status:

- Colorectal cancer screening (including CT colonography*, fecal occult blood testing, screening sigmoidoscopy, and screening colonoscopy)
- Cholesterol and lipid disorders
- Certain sexually transmitted diseases screening including HIV
- Hepatitis C screening
- High blood pressure, diabetes and depression screening
- Lung cancer screening for those age 55 to 80 using low-dose computed tomography (CT) with prior authorization
- Screening and counseling in a primary care setting for alcohol or substance abuse, tobacco use, obesity, diet and nutrition

Women's health:

- Mammography screening (film and digital) for all adult women*
- Genetic screening and evaluation for the BRCA breast cancer gene
- Cervical cancer screening including pap smears for women age 21-65
- Counseling for cancer prevention strategies for women at high risk for breast cancer.
- Sexually transmitted diseases screening including gonorrhea, Chlamydia, syphilis and HIV

(Women's health continued)

- Iron-deficiency anemia, bacteriuria, hepatitis B virus and Rh incompatibility screening in pregnant women
- Breast-feeding counseling and promotion
- Osteoporosis screening (age 60 and older)*
- Counseling women at high risk of breast cancer for chemoprevention
- Breast-feeding support, supplies, and counseling, including costs for obtaining specified breast-feeding equipment from a network provider or national durable medical equipment supplier*
- Domestic violence screening and counseling
- FDA-approved contraception methods, sterilization procedures and contraceptive counseling
- Gestational diabetes screening for all pregnant women*
- HIV counseling and screening for all sexually active women
- Human papillomavirus DNA testing for all women 30 years and older
- Sexually transmitted infection counseling for all sexually active women annually
- Well-woman visits including preconception counseling and routine, low-risk prenatal care

Men's health:

- Prostate cancer screening for men (age 40 and older)*
- Abdominal aortic aneurysm screening in men (age 65-75) who ever smoked
- Human papillomavirus (HPV) vaccine for males age 9-26

Children:

- Newborn screening for hearing, thyroid disease, phenylketonuria and sickle cell anemia and standard metabolic screening panel for inherited enzyme deficiency diseases
- Counseling for fluoride use
- Major depressive disorders screening
- Vision screening
- Developmental/autism screening
- Lead and tuberculosis screening
- Obesity counseling

MEDICAL

Blue Cross Blue Shield of Texas | <https://www.bcbstx.com> | 1.800.521.2227

Network: Blue Choice

Group No. PPO 315854 / HDHP 315872

BlueCross BlueShield of Texas PPO Medical Plan

Rate Type	Total Monthly Premium	City Pays Per Month	Employee Pays Per Month	Employee Pays Per Pay-Period
EMPLOYEE ONLY	\$603.47	\$603.47	\$0	\$0
EMPLOYEE + SPOUSE	\$1,436.30	\$1,103.16	\$333.14	\$166.57
EMPLOYEE + CHILD(REN)	\$1,194.92	\$958.34	\$236.58	\$118.29
EMPLOYEE + FAMILY	\$1,822.54	\$1,334.92	\$487.62	\$243.81

BlueCross BlueShield of Texas HDHP Medical Plan

The City of Leander will contribute \$1,000 per plan year, or a pro-rated amount based on benefit effective date, into the employee HSA account.

Rate Type	Total Monthly Premium	City Pays Per Month	Employee Pays Per Month	Employee Pays Per Pay-Period
EMPLOYEE ONLY	\$474.80	\$474.80	\$0	\$0
EMPLOYEE + SPOUSE	\$1,130.04	\$919.42	\$210.62	\$105.31
EMPLOYEE + CHILD(REN)	\$940.13	\$805.47	\$134.66	\$67.33
EMPLOYEE + FAMILY	\$1,433.91	\$1,101.73	\$332.18	\$166.09



PPO PLAN COMPARISON

Blue Choice Medical Benefits	PPO IN-NETWORK	PPO OUT-OF-NETWORK
Annual Deductible Co-pays do not accumulate	\$3,000 Individual \$6,000 Family	\$6,000 Individual \$12,000 Family
Annual Out-of-pocket Maximum Includes deductible, co-insurance, co-pays, and Rx co-pays	\$6,000 Individual \$12,000 Family	\$12,000 Individual \$24,000 Family
Hospital Services - Inpatient	20% after deductible	40% after deductible
Emergency Room Treatment (Emergency Situation)	Facility: \$250 co-pay + 20% of allowable amount Physician: 20% after deductible	Facility: \$250 co-pay + 20% of allowable amount Physician: 20% after deductible
Urgent Care Center Services Additional services/supplies may incur additional fees	\$60 co-pay	40% after deductible
Physician Visits	Primary Care Physician: \$30 copay Specialists: \$50 copay	40% after deductible
Virtual Visits	\$30 co-pay	40% after deductible
Preventive Care Physician's Services Preventive Testing	100%	40% after deductible
Office & Outpatient Surgery	20% after deductible	40% after deductible
Diagnostic Lab and X-Ray - Outpatient	100%	40% after deductible
Major Diagnostic (CT, PET, MRI, MRA and Nuclear Medicine)	Unlimited	Unlimited
Prescription Drug Program (Prime) Retail - 31 day supply Generic Preferred Brand Name Non-Preferred Brand Name Mail Order - 90 day Supply	 \$10 copay \$35 copay \$60 copay 2.5 x retail copay	 20% of allowable amount minus copay

Medical cards will only show employee name even with covered dependents.

HDHP PLAN COMPARISON

Blue Choice Medical Benefits	HDHP IN-NETWORK	HDHP OUT-OF-NETWORK
Annual Deductible Co-pays do not accumulate	\$3,000 Individual \$6,000 Family	\$6,000 Individual \$12,000 Family
Annual Out-of-Pocket Maximum Includes deductible, co-insurance, co-pays, and Rx co-pays	\$6,350 Individual \$12,700 Family	\$12,700 Individual \$25,400 Family
Hospital Services - Inpatient	20% after deductible	40% after deductible
Emergency Room Treatment (Emergency Situation) Facility & Physician	20% after deductible	40% after deductible
Urgent Care Center Services Additional services/supplies may incur additional fees	20% after deductible	40% after deductible
Physician Visits Primary Care Physician & Specialist	20% after deductible	40% after deductible
Virtual Visits – MDLive	20% after deductible	40% after deductible
Preventive Care Physician's Services Preventive Testing	100%	40%
Office & Outpatient Surgery	20% after deductible	40% after deductible
Diagnostic Lab and X-Ray - Outpatient	100%	40% after deductible
Major Diagnostic (CT, PET, MRI, MRA and Nuclear Medicine)	20% after deductible	40% after deductible
Prescription Drug Program (Prime) Retail - 31 day supply Generic Preferred Brand Name Non-Preferred Brand Name Mail Order - 90 day supply	 \$10 copay \$35 copay \$60 copay 2.5 x retail copay	 \$10 copay \$35 copay \$60 copay 2.5 x retail copay

Medical cards will only show employee name even with covered dependents.

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Make the Most of Your Blue Cross and Blue Shield of Texas Plan.

Now that you have your Blue Cross and Blue Shield of Texas (BCBSTX) plan, here are some tips to help you make the most of your health coverage this year.

Knowledge is key.

• Know What's Covered

- Keep this book handy
- Check your plan when you schedule visits, tests or procedures

• Know Where to Go

- Remember, you may save time and money by visiting retail clinics and urgent care centers when it's not an emergency
- Go to the nearest ER for serious injuries or illnesses, and life-threatening symptoms

• Know the Costs

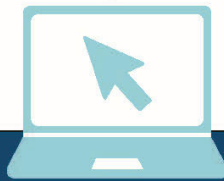
- Deductibles
- Copays and/or coinsurance
- Out-of-pocket maximum



Visit bcbstx.com/insurance-basics for more details.

Blue Access for MembersSM (BAMSM)

The gateway to help manage your personal health information.



Log in and look.

Go Paperless: Choose to receive paperless Explanation of Benefits (EOB) and other policy documents

You can also:

- Find doctors and hospitals
- Print a temporary ID card
- Order a replacement ID card
- View your benefits
- Check your claims
- View and pay premiums
- Use our online tools



Registering for your BAM account is easy

1. Visit bcbstx.com/member
2. Select "Log In To My Account" from the large center banner
3. Select "Register Now"
4. Use the information on your member ID card, your ZIP Code and your email address to complete the registration process

* Note: BCBSTX makes no representation or warranty with respect to the accuracy or completeness of information on BAM. The information on BAM is based on information provided by you and claims received by BCBSTX, which information has not been independently verified.



Download the BCBSTX App

Carry your health plan with you wherever you go:

- Look up your member ID
- Find providers in your network
- Check your benefits
- Track your claims

To download the app, go to Google PlayTM, Windows[®] Store or the App StoreSM or text** BCBSTX to 33633.

** Message and data rates may apply. Terms and conditions and privacy policy at bcbstx.com/mobile/text-messaging.

PRESCRIPTION DRUG LIST (PDL)

BCBSTX Prescription Drug List (PDL)



Your easy-to-use pharmacy benefit website

Manage all of your prescription medicine needs at MyPrime.com, including AllianceRx Walgreens Prime. Start by registering using the information on your member ID card.



Use your computer, tablet or even your mobile phone to:

- Switch a prescription to AllianceRx Walgreens Prime home delivery—you'll save time by getting up to a 90-day supply delivered anywhere in the U.S., with free standard shipping.
- Easily request a refill of a current medicine.
- Renew a prescription if it has expired, or if you have no more refills available.
- Quickly locate the closest in-network pharmacies, and see real-time prices.



Find and compare medicines—including the price

One click provides all relevant medicine information including:

- Learn about different medicines, including generic drugs that can save you money.
- Select and compare drugs by price across different pharmacies.
- See if a drug is on your health plan's formulary (the list of covered drugs) or if there are any special requirements.
- Check for harmful interactions between different drugs.



Questions?

Click the "Contact Us" link on MyPrime.com. Or, for questions about your pharmacy benefit, please call the phone number on the back of your member ID card.

Your info *your way*

Set your communication preference and receive communications in your preferred language. You can choose email, letters, phone calls or text messages.

MEDICAL

RX Special Requirements, GeoBLUE, Well on Target

Doctor's orders: Some medicines on the drug list have special requirements.



What do I have to do to get my prescription?

Prior Authorization

Sometimes prior approval is needed before a drug may be covered.

- Your doctor will need to submit a prior authorization request to BCBSTX.

Step Therapy

Some drugs may not be covered unless you try another preferred drug first.

- Ask your doctor if the preferred drug is right for you or have your doctor submit a prior authorization request for your other drug to BCBSTX.

Quantity Limits

There may be dispensing limits on certain medicines. For example, a medication taken twice daily may be limited to 60 tablets for 30 days.

- If your doctor thinks you need more than the dispensing limit, he or she will need to ask for an override authorization from BCBSTX.



Your doctor can call **800-289-1525** with questions or to ask for any forms.

You Can Buy Travel Coverage

GeoBlue®* offers:

- Health care coverage when you travel the world.
- Access to English-speaking, Western-trained providers and hospitals in more than 190 countries.
- Global health coordinators to schedule doctor appointments and follow-up care.



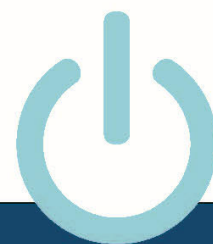
Ask your independent, authorized BCBSTX agent or go to

bcbstx.com/go/geoblue to learn more.

Well onTarget®

Motivation and guidance for your health and wellness journey.

Whether you want to make a game plan, track your progress or get started on your journey, Well onTarget** provides tools and resources to help guide you toward your health and wellness goals.



Make a plan and track your progress.



Take your health assessment today! It shows you where you stand with issues like:

- Activity level
- Stress management
- Nutrition
- Tobacco use
- Weight, blood pressure, cholesterol metrics

Resources include:

- Online courses on topics related to wellness goals identified by your health assessment
- Health trackers to track your progress toward wellness goals identified by your health assessment
- A Blue PointsSM reward program***
 - The more you use the program, the more you earn
 - Redeem points for discounts on a wide range of products



Learn more at wellontarget.com.

* GeoBlue is the trade name of Worldwide Insurance Services, LLC (Worldwide Services Insurance Agency, LLC in California and New York), an independent licensee of the Blue Cross and Blue Shield Association. GeoBlue is the administrator of coverage provided under insurance policies issued by 4 Ever Life International Limited, Bermuda, an independent licensee of the Blue Cross Blue Shield Association.

** Well onTarget is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

*** Blue Points program rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

MEDICAL

Blue365[®]

Save with the member discount program.

Blue365 is just one more advantage of being a BCBSTX member. Save money on health and wellness products and services that often are not covered by your benefit plan. There are no claims to file and no referrals or pre-certifications.



Shop and save.



**Jenny Craig[®] | Seattle Sutton's[®] |
Nutrisystem[®] | Sun Basket**

Save on:

- Healthy meals
- Membership fees (if applicable)
- Nutritional products and services



Reebok | SKECHERS[®]

- 20% off and free shipping
- Select Reebok athletic equipment for adults and kids
- Select SKECHERS Performance, Sport, Work and Corporate Casual styles



EyeMed | Davis Vision

- Save on eye exams, eyeglasses, contact lenses and accessories
- Access to national and regional retail stores
- Access to local eye doctors
- Possible savings on laser vision correction



Dental SolutionsSM Discount Program

- \$9.95 sign-up and \$6 monthly fee
- Dental discount card
- Up to 50% discount at more than 61,000 dentists and 185,000 locations across the country



RetrofitSM | Fitbit[®]

- 15% off private Expert 10 and Expert 15 weight loss coaching programs
- Private coaching
- Food and activity logging
- Seamless integration with activity trackers and wireless scales
- 18% off select Fitbit devices



TruHearing[®] | BeltoneTM

Save on:

- Hearing tests
- Hearing aids



Snap FitnessTM

- 50% discount off the best current enrollment offer (no processing fees)
- 5% discount off monthly dues
- Up to five personal training sessions for 10% off
- Free online workout tools
- One month online nutrition and meal planning
- Free fitness tests twice a year
- 30-day trial for \$8.95



Log in to BAM and click on "Member Discount Program" under "Quick Links," or visit Blue365Deals.com/BCBSTX.

Once you sign up, weekly "Featured Deals" will be emailed to you. These deals offer special savings for a short period of time.

Value-added products and services may be discontinued or changed at any time and may be subject to geographical availability.

The relationship between these vendors and Blue Cross and Blue Shield of Texas (BCBSTX) is that of independent contractors.

Blue365 is a discount program only for BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Please check your Benefit Book or call the Customer Service number on the back of your ID card for specific benefit facts. Use of Blue365 does not change your monthly payment, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors who take part in this program. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. You may want to talk to your doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.