

FCHP Direct Care Choice 2000

Benefit Summary

FCHP Direct Care network

Fallon Community Health Plan Direct Care is a high-performing network of providers at medical centers you know and trust. Our network providers are carefully chosen for their medical excellence, patient access and innovation. You can be seen at physician practices, community hospitals and medical facilities across our Direct Care service area.

The FCHP difference

With FCHP Direct Care Choice 2000, you get everything you need to live a healthy life. This plan has a high deductible to keep your monthly premium low. It can be partnered with a health savings account to help pay for out-of-pocket costs. In addition, you get:

- **\$0 copayments for routine physical exams** with your primary care physician (internist, family practitioner or pediatrician) or gynecologist for routine physical exams. In addition, well-child visits for your dependent children are covered in full to age 19.
- **Preventive dental services** for the whole family with participating dentists.
- **A fitness reimbursement of up to \$400** for families (\$200 for individual contracts) for healthy activities including town and school sports, Weight Watchers®, gym memberships, yoga and Pilates.
- **Member discounts** on products and services to keep you healthy and features you won't find anywhere else.

How to receive care

Choosing a primary care provider (pcp)

Your relationship with your PCP is very important because he or she will work with FCHP to provide or arrange most of your care. To pick a PCP, just complete the section on your FCHP membership enrollment form.

Obtaining specialty care

When you want to visit a specialist, talk with your PCP first. He or she will help arrange specialty care for you. The following services do not require a referral when you see a provider in your plan's network: routine obstetrics/gynecology care, screening eye exams, behavioral health services and some dental services. For more information on referral procedures for specialty services, consult your FCHP Direct Care *Member Handbook/Evidence of Coverage*.

Emergency medical care

Emergency services do not require referral or authorization. When you have an emergency medical condition, you should go to the nearest emergency department or call your local emergency communications system (police, fire department or 911). For more information on emergency benefits and plan procedures for emergency services, consult your FCHP Direct Care *Member Handbook/Evidence of Coverage*.

*Benefit may vary by employer group.
Weight Watchers® is a registered trademark of Weight Watchers International, Inc.*

Plan specifics		Your cost
Calendar year deductible		\$2,000 individual/ \$4,000 family
Calendar year out-of-pocket maximum		\$4,000 individual/ \$8,000 family
Benefits		Your cost
Office		
Routine physical exams (according to MHQP preventive guidelines)		\$0
Office visits (primary care provider)		\$20 per visit after deductible
Office visits (specialist)		\$20 per visit after deductible
Office visits (limited service clinics, e.g., Minute Clinic)		\$20 per visit after deductible
Routine eye exams (one every 12 months)		\$20 per visit
Short-term rehabilitative services (60 visits per calendar year)		\$20 per visit after deductible
Prenatal care		\$20 first visit only
Postnatal care		\$20 per visit after deductible
Preventive services		Covered in full
Diagnostic services		Covered in full after deductible
Imaging (CAT, PET, MRI)		Covered in full after deductible
Chiropractic care (20 visits per calendar year)		\$20 per visit after deductible
Prescriptions		Tier 1/Tier 2/Tier 3
Prescription drugs, including oral contraceptives, insulin and insulin syringes		\$10/\$25/\$50 (30-day supply) after deductible
Prescription medication refills obtained through the mail order program		\$20/\$50/\$100 (90-day supply) after deductible
Inpatient hospital services		
Room and board in a semiprivate room (private when medically necessary)		Covered in full after deductible
Physicians' and surgeons' services		Covered in full after deductible
Physical and respiratory therapy		Covered in full after deductible
Intensive care services		Covered in full after deductible
Maternity care		Covered in full after deductible
Same-day surgery		
Same-day surgery in a hospital outpatient or ambulatory care setting		Covered in full after deductible

Benefits	Your cost
Emergencies	
Emergency room visit	\$100 per visit after deductible (waived if admitted)
Dental benefits and discounts	
Exams (one every six months) including cleanings and routine X-rays	\$10 copayment
Fillings (minor restorative) when performed by a general dentist	Variable copayments
Sealants, crowns and inlays, bridges, root canals, gingivectomies and dentures when performed by a general dentist	25% to 50% discount
Specialist services such as periodontist, endodontist or prosthodontist	20% discounts
Skilled nursing	
Skilled care in a semiprivate room	Covered in full after deductible
Substance abuse	
Office visits	\$20 per visit after deductible
Detoxification in an inpatient setting	Covered in full after deductible
Up to 30 days rehabilitation in an inpatient setting	Covered in full after deductible
Mental health	
Office visits	\$20 per visit after deductible
Services in a general or psychiatric hospital	Covered in full after deductible
Other health services	
Skilled home health care services	Covered in full after deductible
Durable medical equipment (\$1,500 per calendar year)	Covered in full after deductible
Medically necessary ambulance services	Covered in full after deductible
Value added features	
It Fits!, an annual fitness reimbursement (including school and town sports programs, gym memberships, Weight Watchers®, aerobics, Pilates and yoga classes)	\$200 individual \$400 family
Oh Baby!, a program that provides prenatal vitamins, a convertible car seat and other "little extras" for expectant parents—all at no additional cost.	Included
Free 24/7 nurse call line	Included
Free chronic care management	Included
Free stop-smoking program	Included
Member discount program	Included
Free online access to health and wellness encyclopedia	Included

Exclusions

Hearing aids and the evaluation for a hearing aid
Long-term rehabilitative services
Nonprescription drugs and vitamins
Cosmetic surgery
Experimental procedures or services that are not generally accepted medical practice
Dental services not described in the FCHP Direct Care *Member Handbook/Evidence of Coverage*
Routine foot care
Custodial confinement

A complete list of benefits and exclusions is in the FCHP Direct Care *Member Handbook/Evidence of Coverage*, available by request. This is only a summary of benefits and exclusions.

Questions?

If you have any questions, please contact Fallon Community Health Plan Customer Service at 1-800-868-5200 (TDD/TTY: 1-877-608-7677), or visit our Web site at fchp.org.



This health plan **meets minimum creditable coverage standards** and **will satisfy** the individual mandate that you have health insurance. As of January 1, 2009, the Massachusetts Health Care Reform Law requires that Massachusetts residents, eighteen (18) years and older, must have health coverage that meets the minimum creditable coverage standards set by the Commonwealth Health Insurance Connector.

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