

# Aetna Open Access<sup>®</sup> and Aetna Saver Plans

[www.aetnafedspostal.com](http://www.aetnafedspostal.com)

Customer Service 833-497-2413

## 2025

### A Health Maintenance Organization (High, Basic and Saver Options)

This plan's health coverage qualifies as minimum essential coverage and meets the minimum value standard for the benefits it provides. See PSHB Facts for details. This plan is accredited. See Section 1.

**Serving:** All of Washington, D.C., All of Maryland, and Northern Virginia Areas.

**Enrollment in this plan is limited. You must live or work in our geographic service area to enroll. See Section 1 for requirements.**

**Only Postal Employees and Annuitants may enroll in this plan.**

**Enrollment codes for this Plan:**

**G8A High Option – Self Only**

**G8C High Option – Self Plus One**

**G8B High Option – Self and Family**

**G8D Basic Option – Self Only**

**G8F Basic Option – Self Plus One**

**G8E Basic Option - Self and Family**

**HXD Aetna Saver - Self Only**

**HXF Aetna Saver - Self Plus One**

**HXE Aetna Saver - Self and Family**

#### IMPORTANT

- Rates: Back Cover
- Changes for 2025: Page 21
- Summary of Benefits: Page 169

**PSHB**

Authorized for distribution by the:



**United States  
Office of Personnel Management**

Healthcare and Insurance  
<http://www.opm.gov/insure>

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## Important Notice

### Important Notice for Medicare-eligible Active Employees from Aetna About Our Prescription Drug Coverage and Medicare

The Office of Personnel Management (OPM) has determined that Aetna Open Access prescription drug coverage for active employees is, on average, expected to pay out as much as the standard Medicare prescription drug coverage will pay for all plan participants and is considered Creditable Coverage. This means active employees and their covered family members do not need to enroll in an open market Medicare Part D plan and pay extra for prescription drug coverage. If you decide to enroll in Medicare Part D later, you will not have to pay a penalty for late enrollment as long as you keep your PSHB coverage as an active employee.

However, if you (as an active employee and your covered Medicare Part D-eligible family members) choose to enroll in an open market Medicare Part D plan, you can keep your PSHB coverage and your PSHB Plan will coordinate benefits with Medicare.

#### Please be advised

If you lose or drop your PSHB coverage and go 63 days or longer without prescription drug coverage that is at least as good as Medicare's prescription drug coverage, your monthly Medicare Part D premium will go up at least 1% per month for every month that you did not have that coverage. For example, if you go 19 months without Medicare Part D prescription drug coverage, your premium will always be at least 19 percent higher than what many other people pay. You will have to pay this higher premium as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the next Annual Coordinated Election Period (October 15 through December 7) to enroll in Medicare Part D.

#### Medicare's Low Income Benefits

For people with limited income and resources, extra help paying for a Medicare prescription drug plan is available. Information regarding this program is available through the Social Security Administration (SSA) online at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call the SSA at 800-772-1213 (TTY: 800-325-0778).

#### Additional Premium for Medicare's High Income Members

##### Income-Related Monthly Adjustment Amount (IRMAA)

The Medicare Income-Related Monthly Adjustment Amount (IRMAA) is an amount you may pay in addition to your PSHB premium to enroll in and maintain Medicare prescription drug coverage. **This additional premium is assessed only to those with higher incomes and is adjusted based on the income reported on your IRS tax return.** You do not make any IRMAA payments to your PSHB plan. Refer to the Part D-IRMAA section of the Medicare website: [www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans](http://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans) to see if you would be subject to this additional premium.

You can get more information about open market Medicare prescription drug plans and the coverage offered in your area from these places:

- Visit [www.medicare.gov](http://www.medicare.gov) for personalized help.
- Call 800-MEDICARE (800-633-4227), (TTY: 877-486-2048)

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## Table of Contents

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Introduction .....	5
Plain Language.....	5
Stop Health Care Fraud! .....	5
Discrimination is Against the Law .....	7
Preventing Medical Mistakes.....	8
PSHB Facts .....	10
Coverage information .....	10
• No pre-existing condition limitation.....	10
• Minimum essential coverage (MEC).....	10
• Minimum value standard (MVS).....	10
• Where you can get information about enrolling in the PSHB Program .....	10
• Enrollment types available for you and your family .....	10
• Family Member Coverage .....	11
• Children’s Equity Act .....	12
• When benefits and premiums start .....	13
• When you retire .....	13
When you lose benefits.....	13
• When PSHB coverage ends.....	13
• Upon divorce .....	13
• Temporary Continuation of Coverage (TCC).....	14
• Converting to individual coverage .....	14
• Health Insurance Marketplace .....	15
Section 1. How This Plan Works .....	16
General features of our High and Basic Options .....	16
General Features of our Aetna Saver Option .....	16
We have Open Access benefits .....	16
How we pay providers .....	17
Your rights and responsibilities.....	17
Your medical and claims records are confidential .....	18
Service Area .....	20
Section 2. Changes for 2025 .....	21
Section 3. How You Get Care .....	22
Identification cards.....	22
Where you get covered care.....	22
• Plan providers .....	22
• Plan facilities .....	22
What you must do to get covered care.....	23
• Primary care.....	23
• Specialty care.....	23
• Hospital care .....	23
• If you are hospitalized when your enrollment begins.....	24
You need prior Plan approval for certain services .....	24
• Inpatient hospital admission .....	24
• Other services .....	24
How to request precertification for an admission or get prior authorization for Other services .....	27
• Non-urgent care claims.....	27

• Urgent care claims .....	27
• Concurrent care claims .....	28
• Emergency inpatient admission .....	28
• Maternity care .....	28
• If your treatment needs to be extended .....	28
Circumstances beyond our control .....	28
If you disagree with our pre-service claim decision .....	28
• To reconsider a non-urgent care claim .....	28
• To reconsider an urgent care claim .....	29
• To file an appeal with OPM .....	29
Section 4. Your Cost for Covered Services .....	30
Cost-sharing .....	30
Copayments .....	30
Deductible .....	30
Coinsurance .....	30
Differences between our Plan allowance and the bill .....	30
Your catastrophic protection out-of-pocket maximum .....	30
Carryover .....	31
When Government facilities bill us .....	31
Important Notice About Surprise Billing – Know Your Rights .....	31
Section 5. High and Basic Option Benefits .....	33
Section 5. High and Basic Option Benefits Overview .....	35
Section 5. Aetna Saver Option Benefits .....	92
Section 5. Aetna Saver Option Benefits Overview .....	94
Non-PSHB Benefits Available to Plan Members .....	144
Section 6. General Exclusions – Services, Drugs and Supplies We Do not Cover .....	145
Section 7. Filing a Claim for Covered Services .....	146
Section 8. The Disputed Claims Process .....	148
Section 8(a). Medicare PDP EGWP Disputed Claims Process .....	151
Section 9. Coordinating Benefits with Medicare and Other Coverage .....	152
When you have other health coverage .....	152
• TRICARE and CHAMPVA .....	152
• Workers' Compensation .....	153
• Medicaid .....	153
When other Government agencies are responsible for your care .....	153
When others are responsible for injuries .....	153
When you have Federal Employees Dental and Vision Insurance Plan (FEDVIP) coverage .....	154
Recovery rights related to Workers' Compensation .....	154
Clinical trials .....	155
When you have Medicare .....	155
• The Original Medicare Plan (Part A or Part B) .....	155
• Tell us about your Medicare coverage .....	156
• Medicare Advantage (Part C) .....	156
• Medicare prescription drug coverage (Part D) .....	157
• Medicare Prescription Drug Plan Employer Group Waiver Plan (PDP EGWP) .....	157
Section 10. Definitions of Terms We Use in This Brochure .....	160
Index .....	166
Summary of Benefits for the High Option of the Aetna Open Access Plan - 2025 .....	169
Summary of Benefits for the Basic Option of the Aetna Open Access Plan- 2025 .....	171

Summary of Benefits for the Aetna Saver Plan - 2025 .....173  
2025 Rate Information for the Aetna Open Access Plans and Aetna Saver Plan.....175

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## Introduction

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This brochure describes our Open Access Plan (High, Basic and Saver options) benefits under our Aetna\* contract (CS 1766 PS) with the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits (FEHB) law, as amended by the Postal Service Reform Act, which created the Postal Service Health Benefits (PSHB) Program. Customer service may be reached at 833-497-2413 or through our website: [www.aetnafedspostal.com](http://www.aetnafedspostal.com). The address for the Aetna administrative office is:

**Aetna**  
**Postal Service Plans**  
**PO Box 818047**  
**Cleveland, OH 44181-8047**

This brochure is the official statement of benefits. No verbal statement can modify or otherwise affect the benefits, limitations, and exclusions of this brochure. It is your responsibility to be informed about your health benefits.

If you are enrolled in this Plan, you are entitled to the benefits described in this brochure. If you are enrolled in Self Plus One or Self and Family coverage, each eligible family member is also entitled to these benefits. If you are a Postal Service annuitant and you are eligible for Medicare Part D, or a covered Medicare Part D-eligible family member of a Postal Service annuitant, your prescription drug benefits are provided under our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP). You do not have a right to benefits that were available before January 1, 2025, unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates for each plan annually. Benefits are effective January 1, 2025, and changes are summarized in Section 2. Rates are shown at the end of this brochure.

\*The Aetna companies that offer, underwrite or administer benefits coverage are Aetna Health Inc., Aetna Life Insurance Company, and Aetna Dental Inc.

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## Plain Language

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All Postal Service Health Benefits (PSHB) brochures are written in plain language to make them easy to understand. Here are some examples:

- Except for necessary technical terms, we use common words. For instance, “you” means the enrollee and each covered family member, “we” means Aetna.
- We limit acronyms to ones you know. OPM is the United States Office of Personnel Management. The FEHB Program is the Federal Employees Health Benefits Program administered by OPM and established under 5 U.S.C. chapter 89. The PSHB Program is the Postal Service Health Benefits Program established within the FEHB Program under 5 U.S.C. section 8903c. PSHB Plan means a health benefits plan offered under the PSHB Program. PSHB means Postal Service Health Benefits. If we use others, we tell you what they mean.
- Our brochure and other PSHB plans’ brochures have the same format and similar descriptions to help you compare plans.

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## Stop Health Care Fraud!

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Fraud increases the cost of health care for everyone and increases your Postal Service Health Benefits Program premium.

OPM’s Office of the Inspector General investigates all allegations of fraud, waste, and abuse in the PSHB Program regardless of the agency that employs you or from which you retired.

**Protect Yourself From Fraud** — Here are some things that you can do to prevent fraud:

- Do not give your plan identification (ID) number over the phone or to people you do not know, except to your health care providers, authorized health benefits plan or OPM representative.
- Let only the appropriate medical professionals review your medical record or recommend services.

- Avoid using health care providers who say that an item or service is not usually covered, but they know how to bill us to get it paid.
- Carefully review explanations of benefits (EOBs) statements that you receive from us.
- Periodically review your claim history for accuracy to ensure we have not been billed for services you did not receive.
- Do not ask your doctor to make false entries on certificates, bills, or records in order to get us to pay for an item or service.
- If you suspect that a provider has charged you for services you did not receive, billed you twice for the same service, or misrepresented any information, do the following:
  - Call the provider and ask for an explanation. There may be an error.
  - If the provider does not resolve the matter, call us at 833-497-2413 and explain the situation.
  - If we do not resolve the issue:

**CALL- THE HEALTH CARE FRAUD HOTLINE**  
**877-499-7295**  
**OR go to**

**[www.opm.gov/our-inspector-general/hotline-to-report-fraud-waste-or-abuse/complaint-form/](http://www.opm.gov/our-inspector-general/hotline-to-report-fraud-waste-or-abuse/complaint-form/)**

The online reporting form is the desired method of reporting fraud in order to ensure accuracy and a quicker response time.

**You can also write to:**  
**United States Office of Personnel Management**  
**Office of the Inspector General Fraud Hotline**  
**1900 E Street NW Room 6400**  
**Washington, DC 20415-1100**

- Do not maintain as a family member on your policy:
  - Your former spouse after a divorce decree or annulment is final (even if a court order stipulates otherwise)
  - Your child age 26 or over (unless they are disabled and incapable of self-support prior to age 26).

A carrier may request that an enrollee verify the eligibility of any or all family members listed as covered under the enrollee's PSHB enrollment.

- If you have any questions about the eligibility of a dependent, check with your personnel office if you are employed, with your retirement office (such as OPM) if you are retired, or with the National Finance Center if you are enrolled under Temporary Continuation of Coverage (TCC).
- Fraud or intentional misrepresentation of material fact is prohibited under the Plan. You can be prosecuted for fraud and your agency may take action against you. Examples of fraud include, falsifying a claim to obtain PSHB benefits, trying to or obtaining service or coverage for yourself or for someone else who is not eligible for coverage, or enrolling in the Plan when you are no longer eligible.
- If your enrollment continues after you are no longer eligible for coverage (i.e. you have separated from Postal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed by your provider for services received. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member no longer eligible to use your health insurance coverage.

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## **Discrimination is Against the Law**

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We comply with applicable Federal nondiscrimination laws and do not discriminate on the basis of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity). We do not exclude people or treat them differently because of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity).

The health benefits described in this brochure are consistent with applicable laws prohibiting discrimination. All coverage decisions will be based on nondiscriminatory standards and criteria. An individual's protected trait or traits, for example a member's gender identity or the fact that the covered benefit is sought in connection with gender-affirming care, will not be used to deny health benefits for items, supplies, or services that are otherwise covered and determined to be medically necessary.



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## Preventing Medical Mistakes

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Medical mistakes continue to be a significant cause of preventable deaths within the United States. While death is the most tragic outcome, medical mistakes cause other problems such as permanent disabilities, extended hospital stays, longer recoveries, and even additional treatments. Medical mistakes and their consequences also add significantly to the overall cost of healthcare. Hospitals and healthcare providers are being held accountable for the quality of care and reduction in medical mistakes by their accrediting bodies. You can also improve the quality and safety of your own healthcare and that of your family members by learning more about and understanding your risks. Take these simple steps:

### 1. Ask questions if you have doubts or concerns.

- Ask questions and make sure you understand the answers.
- Choose a doctor with whom you feel comfortable talking.
- Take a relative or friend with you to help you take notes, ask questions and understand answers.

### 2. Keep and bring a list of all the medications you take.

- Bring the actual medication or give your doctor and pharmacist a list of all the medicines and dosage that you take, including non-prescription (over-the-counter) medications and nutritional supplements.
- Tell your doctor and pharmacist about any drug, food, and other allergies you have, such as to latex.
- Ask about any risks or side effects of the medication and what to avoid while taking it. Be sure to write down what your doctor or pharmacist says.
- Make sure your medication is what the doctor ordered. Ask your pharmacist about the medication if it looks different than you expected.
- Read the label and patient package insert when you get your medication, including all warnings and instructions.
- Know how to use your medication. Especially note the times and conditions when your medication should and should not be taken.
- Contact your doctor or pharmacist if you have any questions.
- Understand both the generic and brand names of your medication. This helps ensure you do not receive double dosing from taking both a generic and a brand. It also helps prevent you from taking a medication to which you are allergic.

### 3. Get the results of any test or procedure.

- Ask when and how you will get the results of tests or procedures. Will it be in person, by phone, mail, through the Plan or Provider's portal?
- Don't assume the results are fine if you do not get them when expected. Contact your healthcare provider and ask for your results.
- Ask what the results mean for your care.

### 4. Talk to your doctor about which hospital or clinic is best for your health needs.

- Ask your doctor about which hospital or clinic has the best care and results for your condition if you have more than one hospital or clinic to choose from to get the healthcare you need.
- Be sure you understand the instructions you get about follow-up care when you leave the hospital or clinic.

### 5. Make sure you understand what will happen if you need surgery.

- Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.
- Ask your doctor, "Who will manage my care when I am in the hospital?"
- Ask your surgeon:
  - "Exactly what will you be doing?"
  - "About how long will it take?"

- “What will happen after surgery?”
- “How can I expect to feel during recovery?”
- Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reactions to anesthesia, and any medications or nutritional supplements you are taking.

### **Patient Safety Links**

For more information on patient safety, please visit:

- [www.jointcommission.org/speakup.aspx](http://www.jointcommission.org/speakup.aspx). The Joint Commission’s Speak Up™ patient safety program.
- [www.jointcommission.org/topics/patient\\_safety.aspx](http://www.jointcommission.org/topics/patient_safety.aspx). The Joint Commission helps health care organizations to improve the quality and safety of the care they deliver.
- [www.ahrq.gov/patients-consumers/](http://www.ahrq.gov/patients-consumers/). The Agency for Healthcare Research and Quality makes available a wide-ranging list of topics not only to inform consumers about patient safety but to help choose quality health care providers and improve the quality of care you receive.
- <https://psnet.ahrq.gov/issue/national-patient-safety-foundation>. The National Patient Safety Foundation has information on how to ensure safer healthcare for you and your family.
- [www.bemedwise.org](http://www.bemedwise.org). The National Council on Patient Information and Education is dedicated to improving communication about the safe, appropriate use of medication.
- [www.leapfroggroup.org](http://www.leapfroggroup.org). The Leapfrog Group is active in promoting safe practices in hospital care.
- [www.ahqa.org](http://www.ahqa.org). The American Health Quality Association represents organizations and health care professionals working to improve patient safety.

### **Preventable Healthcare Acquired Conditions (“Never Events”)**

When you enter the hospital for treatment of one medical problem, you do not expect to leave with additional injuries, infections, or other serious conditions that occur during the course of your stay. Although some of these complications may not be avoidable, patients do suffer from injuries or illnesses that could have been prevented if doctors or the hospital had taken proper precautions. Errors in medical care that are clearly identifiable, preventable and serious in their consequences for patients, can indicate a significant problem in the safety and credibility of a health care facility. These conditions and errors are sometimes called “Never Events” or “Serious Reportable Events.”

We have a benefit payment policy that encourages hospitals to reduce the likelihood of hospital-acquired conditions such as certain infections, severe bedsores, and fractures, and to reduce medical errors that should never happen. When such an event occurs, neither you nor your PSHB plan will incur costs to correct the medical error. You will not be billed for inpatient services related to treatment of specific hospital acquired conditions or for inpatient services needed to correct Never Events, if you use Aetna preferred providers. This policy helps to protect you from preventable medical errors and improve the quality of care you receive.

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## PSHB Facts

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### Coverage information

- **No pre-existing condition limitation** We will not refuse to cover the treatment of a condition you had before you enrolled in this Plan solely because you had the condition before you enrolled.
- **Minimum essential coverage (MEC)** Coverage under this plan qualifies as minimum essential coverage. Please visit the Internal Revenue Service (IRS) website at [www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision](http://www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision) for more information on the individual requirement for MEC.
- **Minimum value standard (MVS)** Our health coverage meets the minimum value standard of 60% established by the ACA. This means that we provide benefits to cover at least 60% of the total allowed costs of essential health benefits. The 60% standard is an actuarial value; your specific out-of-pocket costs are determined as explained in this brochure.
- **Where you can get information about enrolling in the PSHB Program** See <https://health-benefits.opm.gov/PSHB/> for enrollment information as well as:
  - Information on the PSHB Program and plans available to you
  - A health plan comparison tool

Note: Contact the USPS for information on how to enroll in a PSHB Program Plan through the PSHB System.

Also, your employing or retirement office can answer your questions, give you other plans' brochures and other materials you need to make an informed decision about your PSHB coverage. These materials tell you:

- When you may change your enrollment
- How you can cover your family members
- What happens when you transfer to another Federal agency, go on leave without pay, enter military service, or retire
- What happens when your enrollment ends
- When the next Open Season for enrollment begins

We do not determine who is eligible for coverage. You will be responsible for making changes to your enrollment status through the PSHB System. In some cases, your employing or retirement office may need to submit documentation. For information on your premium deductions, you must also contact your employing or retirement office.

Once enrolled in your PSHB Program Plan, you should contact your carrier directly for address updates and questions about your benefit coverage.

- **Enrollment types available for you and your family** Self Only coverage is only for the enrollee. Self Plus One coverage is for the enrollee and one eligible family member. Self and Family coverage is for the enrollee and one or more eligible family members. Family members include your spouse and your dependent children under age 26, including any foster children authorized for coverage by your employing agency or retirement office. Under certain circumstances, you may also continue coverage for a disabled child 26 years of age or older who is incapable of self-support.

If you have a Self Only enrollment, you may change to a Self Plus One or and Family enrollment if you marry, give birth, or add a child to your family. You may change your enrollment 31 days before to 60 days after that event. The Self Plus One or Self and Family enrollment begins on the first day of the pay period in which the child is born or becomes an eligible family member.

**You enroll in a PSHB Program Plan and make enrollment changes in the PSHB System located at <https://health-benefits.opm.gov/PSHB/>. For assistance with the PSHB System, call the PSHBP Helpline at (844) 451-1261.**

When you change to Self Plus One or Self and Family because you marry, the change is effective on the first day of the pay period that begins after your employing office receives your enrollment request. Benefits will not be available to your spouse until you are married. A carrier may request that an enrollee verify the eligibility of any or all family members listed as covered under the enrollee's PSHB enrollment.

Use the PSHB System if you want to change from Self Only to Self Plus One or Self and Family, and to add or remove a family member.

Your employing or retirement office will not notify you when a family member is no longer eligible to receive benefits. Please report changes in family member status including your marriage, divorce, annulment or when your child reaches age 26 through the PSHB System. We will send written notice to you 60 days before we proactively disenroll your child on midnight of their 26th birthday unless your child is eligible for continued coverage because they are incapable of self-support due to a physical or mental disability that began before age 26.

**If you or one of your family members is enrolled in one PSHB plan, you or they cannot be enrolled in or covered as a family member by another enrollee in another PSHB or FEHB plan.**

If you have a qualifying life event (QLE) - such as marriage, divorce, or the birth of a child - outside of the Postal Service Benefits Open Season, you may be eligible to enroll in the PSHB Program, change your enrollment, or cancel coverage using the PSHB System. For a complete list of QLEs, visit the PSHB website at [www.opm.gov/healthcare-insurance/life-events](http://www.opm.gov/healthcare-insurance/life-events). If you need assistance, please contact your employing agency, personnel/payroll office, or retirement office.

- **Family Member Coverage**

Family members covered under your Self and Family enrollment are your spouse (including your spouse by a valid common-law marriage from a state that recognizes common-law marriages) and children as described in the chart below. A Self Plus One enrollment covers you and your spouse, or one other eligible family member, as described below.

**Natural children, adopted children, and stepchildren**

**Coverage:** Natural children, adopted children, and stepchildren are covered until their 26th birthday.

**Foster children**

**Coverage:** Foster children are eligible for coverage until their 26th birthday if you provide documentation of your regular and substantial support of the child and sign a certification stating that your foster child meets all the requirements. Contact your human resources office or retirement system for additional information.

**Children incapable of self-support**

**Coverage:** Children who are incapable of self-support because of a mental or physical disability that began before age 26 are eligible to continue coverage. Contact your human resources office or retirement system for additional information.

**Married children**

**Coverage:** Married children (but NOT their spouse or their own children) are covered until their 26th birthday.

**Children with or eligible for employer-provided health insurance**

**Coverage:** Children who are eligible for or have their own employer-provided health insurance are covered until their 26th birthday.

Newborns of covered children are insured only for routine nursery care during the covered portion of the mother's maternity stay.

You can find additional information at [www.opm.gov/healthcare-insurance](http://www.opm.gov/healthcare-insurance).

- **Children's Equity Act**

OPM implements the Federal Employees Health Benefits Children's Equity Act of 2000. This law mandates that you be enrolled for Self Plus One or Self and Family coverage in the PSHB Program, if you are an employee subject to a court or administrative order requiring you to provide health benefits for your child(ren).

If this law applies to you, you must enroll in Self Plus One or Self and Family coverage in a health plan that provides full benefits in the area where your children live or provide documentation to your employing office that you have obtained other health benefits coverage for your children. If you do not do so, your employing office will enroll you involuntarily as follows:

- If you have no PSHB coverage, your employing office will enroll you for Self Plus One or Self and Family coverage, as appropriate, in the lowest-cost nationwide plan option as determined by OPM
- If you have a Self Only enrollment in a fee-for-service plan or in an HMO that serves the area where your children live, your employing office will change your enrollment to Self Plus One or Self and Family, as appropriate, in the same option of the same plan; or
- If you are enrolled in an HMO that does not serve the area where the children live, your employing office will change your enrollment to Self Plus One or Self and Family, as appropriate, in the lowest-cost nationwide plan option as determined by OPM

As long as the court/administrative order is in effect, and you have at least one child identified in the order who is still eligible under the PSHB Program, you cannot cancel your enrollment, change to Self Only, or change to a plan that does not serve the area in which your children live, unless you provide documentation that you have other coverage for the children.

If the court/administrative order is still in effect when you retire, and you have at least one child still eligible for PSHB coverage, you must continue your PSHB coverage into retirement (if eligible) and cannot cancel your coverage, change to Self Only, or change to a plan that does not serve the area in which your children live as long as the court/administrative order is in effect. Similarly, you cannot change to Self Plus One if the court/administrative order identifies more than one child. Contact your employing office for further information.

**For annuitants who are required to be enrolled in Medicare Part B as a condition to continue PSHB coverage in retirement:** If you enroll in Medicare Part B and continue PSHB coverage in retirement, the child equity law applies to you and you cannot cancel your coverage, change to Self Only, or change to a plan that does not serve the area in which your child(ren) live as long as the court/administrative order is in effect. You cannot be compelled to enroll or remain enrolled in Medicare Part B to maintain your PSHB enrollment as a condition to satisfy a court/administrative order. However, if you do not enroll (or remain enrolled) in Medicare Part B as required to continue your PSHB coverage in retirement (notwithstanding an existing court/administrative order), you will not be able to continue your PSHB coverage in retirement.

- **Medicare Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP)**

Our PDP EGWP is only available to Postal Service annuitants who are Medicare Part D-eligible and their covered Medicare Part D-eligible family members. Our PDP EGWP is not an open market Medicare Part D Plan. If you are an active Postal Service employee, or covered family member, and become eligible to enroll in Medicare Part D, you are not eligible to enroll in our PDP EGWP. Please contact CMS for assistance at 800-633-4227.

- **When benefits and premiums start**

The benefits in this brochure are effective January 1. If you joined this Plan during Open Season, your coverage and premiums begin on January 1. If you joined at any other time during the year, your employing or retirement office will tell you the effective date of coverage.

If your enrollment continues after you are no longer eligible for coverage, (i.e. you have separated from Postal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed for services received directly from your provider. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member are no longer eligible to use your health insurance coverage.

- **When you retire**

When you retire, you can usually stay in the PSHB Program. Generally, you must have been enrolled in the FEHB and/or PSHB Program for the last five years of your Postal and/or Federal service. If you do not meet this requirement, you may be eligible for other forms of coverage, such as Temporary Continuation of Coverage (TCC).

#### When you lose benefits

- **When PSHB coverage ends**

You will receive an additional 31 days of coverage, for no additional premium, when:

- Your enrollment ends, unless you cancel your enrollment; or
- You are a family member no longer eligible for coverage.

Any person covered under the 31-day extension of coverage who is confined in a hospital or other institution for care or treatment on the 31st day of the temporary extension is entitled to continuation of the benefits of the Plan during the continuance of the confinement but not beyond the 60th day after the end of the 31-day temporary extension.

If you are eligible for coverage under spouse equity, you are only eligible to enroll in the FEHB Program. If you are not eligible for coverage under spouse equity and you are otherwise eligible for Temporary Continuation of Coverage (TCC), then you could enroll in TCC under the PSHB Program.

- **Upon divorce**

If you are an enrollee and your divorce or annulment is final, your ex-spouse cannot remain covered as a family member under your Self Plus One or Self and Family enrollment. You must enter the date of the divorce or annulment and remove your ex-spouse in the PSHB System. We may ask for a copy of the divorce decree as proof. If you need to change your enrollment type, you must use the PSHB System. A change will not automatically be made.

If you were married to an enrollee and your divorce or annulment is final, you may not remain covered as a family member under your former spouse's enrollment. This is the case even when the court has ordered your former spouse to provide health coverage for you. However, you may be eligible for your own coverage under the spouse equity law or Temporary Continuation of Coverage (TCC). Former spouses eligible for coverage under the spouse equity law are not eligible to enroll in the PSHB Program. However, former spouses eligible for coverage under the spouse equity law may enroll in the FEHB Program. (Former Spouses seeking but not yet adjudicated as eligible for Spouse Equity may be entitled to TCC under a PSHB plan in the interim).

Former spouses not meeting the spouse equity requirements may be eligible for TCC under the PSHB Program provided you otherwise meet the eligibility requirements for TCC. If you are recently divorced or are anticipating a divorce, contact your ex-spouse's employing or retirement office to get information about your coverage choices. You can also visit OPM's website at <https://www.opm.gov/healthcare-insurance/life-events/memy-family/im-separated-or-im-getting-divorced/#url=Health>. We may request that you verify the eligibility of any or all family members listed as covered under the enrollee's PSHB enrollment.

- **Medicare PDP EGWP**

When a Postal Service annuitant who is Medicare Part D-eligible or their covered Medicare-eligible family member opts out of or disenrolls from our PDP EGWP, they will not have our prescription drug coverage under this plan. If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty.

- **Temporary Continuation of Coverage (TCC)**

If you leave Postal service, or if you lose coverage because you no longer qualify as a family member, you may be eligible for Temporary Continuation of Coverage (TCC). For example, you can receive TCC if you are not able to continue your PSHB enrollment after you retire, if you lose your Postal job, or if you are a covered child and you turn 26.

You may not elect TCC if you are fired from your Postal Service job due to gross misconduct.

Enrolling in TCC. Get the RI 79-27, which describes TCC, from your employing or retirement office or from [www.opm.gov/healthcare-insurance](http://www.opm.gov/healthcare-insurance). It explains what you have to do to enroll.

Alternatively, you can buy coverage through the Health Insurance Marketplace where, depending on your income, you could be eligible for tax credit that lowers your monthly premiums. Visit [www.HealthCare.gov](http://www.HealthCare.gov) to compare plans and see what your premium, deductible, and out-of-pocket costs would be before you make a decision to enroll. Finally, if you qualify for coverage under another group health plan (such as your spouse's plan), you may be able to enroll in that plan, as long as you apply within 30 days of losing PSHB Program coverage.

- **Converting to individual coverage**

You may convert to a non-PSHB individual policy if:

- Your coverage under TCC or the spouse equity law ends (If you canceled your coverage or did not pay your premium, you cannot convert);
- You decided not to receive coverage under TCC or the spouse equity law; or
- You are not eligible for coverage under TCC or the spouse equity law.

If you leave Postal service, your employing office will notify you of your right to convert. You must contact us in writing within 31 days after you receive this notice. However, if you are a family member who is losing coverage, the employing or retirement office will not notify you. You must contact us in writing within 31 days after you are no longer eligible for coverage.

Your benefits and rates will differ from those under the PSHB Program; however, you will not have to answer questions about your health, a waiting period will not be imposed, and your coverage will not be limited due to pre-existing conditions. When you contact us, we will assist you in obtaining information about health benefits coverage inside or outside the Affordable Care Act's Health Insurance Marketplace in your state. For assistance in finding coverage, please contact us at 833-497-2413 or visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

- **Health Insurance Marketplace**

If you would like to purchase health insurance through the ACA's Health Insurance Marketplace, please visit [www.HealthCare.gov](http://www.HealthCare.gov). This is a website provided by the U.S. Department of Health and Human Services that provides up-to-date information on the Marketplace.



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## Section 1. How This Plan Works

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This Plan is a health maintenance organization (HMO). We require you to see specific physicians, hospitals, and other providers that contract with us. These Plan providers coordinate your health care services. We are solely responsible for the selection of these providers in your area. Contact us for a copy of our most recent provider directory or visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com). We give you a choice of enrollment in a High, Basic or Saver Option.

OPM requires that PSHB plans be accredited to validate that plan operations and/or care management meet nationally recognized standards. Aetna holds the following accreditations: National Committee for Quality Assurance **and/or** the local plans and vendors that support Aetna hold accreditation from the National Committee for Quality Assurance. To learn more about this plan's accreditation(s), please visit the following website:

- National Committee for Quality Assurance ([www.ncqa.org](http://www.ncqa.org))

HMOs emphasize preventive care such as routine office visits, physical exams, well-baby care, and immunizations, in addition to treatment for illness and injury. Our providers follow generally accepted medical practice when prescribing any course of treatment.

When you receive services from Plan providers, you will not have to submit claim forms or pay bills. You pay only the copayments, coinsurance, and deductibles described in this brochure. When you receive emergency services from non-Plan providers, you may have to submit claim forms.

**You should join an HMO because you prefer the plan's benefits, not because a particular provider is available. You cannot change plans because a provider leaves our Plan. We cannot guarantee that any one physician, hospital, or other provider will be available and/or remain under contract with us.**

### General features of our High and Basic Options

- You can see participating network specialists without a referral (Open Access).
- You can choose between our Basic Dental or Dental PPO option. Under Basic Dental, you can access preventive care for a \$5 copay and other services at a reduced fee. Under the PPO option, if you see an in-network dentist, you pay nothing for preventive care after a \$20 annual deductible per member. You may also utilize non-network dentists for preventive care, but at reduced benefit levels after satisfying the \$20 annual deductible per member. You pay all charges for other services when utilizing non-network dentists.
- You receive a \$100 reimbursement every 24 months for glasses or contact lenses.

### General Features of our Aetna Saver Option

- You can see participating network specialists without a referral. (Open Access)
- Services covered under this plan are subject to coinsurance which means we pay a percentage and you pay a percentage of our negotiated rates with our network providers to keep costs down.
- Coverage for preventive services like flu shots and physicals.

### We have Open Access benefits

Our HMO and Aetna Saver Plans offer Open Access benefits. This means you can receive covered services from a participating network specialist without a required referral from your primary care provider (PCP) or by another participating provider in the network.

These Open Access and Aetna Saver Plans are available to members in our PSHB service area. If you live or work in our service area, you can go directly to any network specialist for covered services without a referral from your primary care provider. Note: Whether your covered services are provided by your selected primary care provider (for your PCP copay) or by another participating provider in the network (for the specialist copay), you will be responsible for payment which may be in the form of a copay (flat dollar amount) or coinsurance (a percentage of covered expenses). While not required, it is highly recommended that you still select a PCP and notify Member Services of your selection at 833-497-2413. **If you go directly to a specialist, you are responsible for verifying that the specialist is participating in our Plan. If your participating specialist refers you to another provider, you are responsible for verifying that the other specialist is participating in our Plan.**

## How we pay providers

We contract with individual physicians, medical groups, and hospitals to provide the benefits in this brochure. These Plan providers accept a negotiated payment from us, and you will only be responsible for your cost-sharing (copayments, coinsurance, deductibles, and non-covered services and supplies).

This is a direct contract prepayment Plan, which means that participating providers are neither agents nor employees of the Plan; rather, they are independent doctors and providers who practice in their own offices or facilities. The Plan arranges with licensed providers and hospitals to provide medical services for both the prevention of disease and the treatment of illness and injury for benefits covered under the Plan.

Specialists, hospitals, primary care providers and other providers in the Aetna network have agreed to be compensated in various ways:

- Per individual service (fee-for-service at contracted rates),
- Per hospital day (per diem contracted rates),
- Under capitation methods (a certain amount per member, per month), and
- By Integrated Delivery Systems (“IDS”), Independent Practice Associations (“IPAs”), Physician Medical Groups (“PMGs”), Physician Hospital Organizations (“PHOs”), behavioral health organizations and similar provider organizations or groups that are paid by Aetna; the organization or group pays the physician or facility directly. In such arrangements, that group or organization has a financial incentive to control the costs of providing care.

One of the purposes of managed care is to manage the cost of health care. Incentives in compensation arrangements with physicians and health care providers are one method by which Aetna attempts to achieve this goal. You are encouraged to ask your physicians and other providers how they are compensated for their services.

## Your rights and responsibilities

OPM requires that all PSHB plans provide certain information to their PSHB members. You may get information about us, our networks, providers, and facilities. OPM’s PSHB website ([www.opm.gov/healthcare-insurance](http://www.opm.gov/healthcare-insurance)) lists the specific types of information that we must make available to you. Some of the required information is listed below.

- Aetna has been in existence since 1850
- Aetna is a for-profit organization

You are also entitled to a wide range of consumer protections and have specific responsibilities as a member of this Plan. You can view the complete list of these rights and responsibilities by visiting our website, [www.aetnafedspostal.com](http://www.aetnafedspostal.com). You can also contact us to request that we mail a copy to you.

If you want more information about us, call 833-497-2413 or write to Aetna Postal Service Plans at P.O. Box 818047, Cleveland, OH 44181-8047. You may also visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

By law, you have the right to access your protected health information (PHI). For more information regarding access to PHI, visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com) to obtain our Notice of Privacy Practices. You can also contact us to request that we mail you a copy of that Notice.

## **Your medical and claims records are confidential**

We will keep your medical and claims records confidential. Please note that we may disclose your medical and claims information (including your prescription drug utilization) to any of your treating physicians or dispensing pharmacies.

## **Medical Necessity**

“Medical necessity” means that the service or supply is provided by a physician or other health care provider exercising prudent clinical judgment for the purpose of preventing, evaluating, diagnosing or treating an illness, injury or disease or its symptoms, and that provision of the service or supply is:

- In accordance with generally accepted standards of medical practice; and,
- Clinically appropriate in accordance with generally accepted standards of medical practice in terms of type, frequency, extent, site and duration, and considered effective for the illness, injury or disease; and,
- Not primarily for the convenience of you, or for the physician or other health care provider; and,
- Not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of the illness, injury or disease.

For these purposes, “generally accepted standards of medical practice,” means standards that are based on credible scientific evidence published in peer-reviewed medical literature generally recognized by the relevant medical community, or otherwise consistent with physician specialty society recommendations and the views of physicians practicing in relevant clinical areas and any other relevant factors.

Only medical directors make decisions denying coverage for services for reasons of medical necessity. Coverage denial letters for such decisions delineate any unmet criteria, standards and guidelines, and inform the provider and member of the appeal process.

## **Mental Health/Substance Abuse**

Behavioral health services (e.g., treatment or care for mental disease or illness, alcohol abuse and/or substance abuse) are managed by Aetna Behavioral Health. We also make initial coverage determinations and coordinate referrals, if required; any behavioral health care referrals will generally be made to providers affiliated with the organization, unless your needs for covered services extend beyond the capability of these providers. As with other coverage determinations, you may appeal behavioral health care coverage decisions in accordance with the terms of your health plan.

## **Ongoing Reviews**

We conduct ongoing reviews of those services and supplies which are recommended or provided by health professionals to determine whether such services and supplies are covered benefits under this Plan. If we determine that the recommended services and supplies are not covered benefits, you will be notified. If you wish to appeal such determination, you may then contact us to seek a review of the determination.

## **Authorization**

Certain services and supplies under this Plan may require authorization by us to determine if they are covered benefits under this Plan. See section 3, "You need prior plan approval for certain services."

## **Patient Management**

We have developed a patient management program to assist in determining what health care services are covered and payable under the health plan and the extent of such coverage and payment. The program assists members in receiving appropriate health care and maximizing coverage for those health care services.

Where such use is appropriate, our utilization review/patient management staff uses nationally recognized guidelines and resources, such as Milliman Care Guidelines<sup>®</sup> and InterQual<sup>®</sup> ISD criteria, to guide the precertification, concurrent review and retrospective review processes. To the extent certain utilization review/patient management functions are delegated to integrated delivery systems, independent practice associations or other provider groups (“Delegates”), such Delegates utilize criteria that they deem appropriate.

- **Precertification** Precertification is the process of collecting information prior to inpatient admissions and performance of selected ambulatory procedures and services. The process permits advance eligibility verification, determination of coverage, and communication with the physician and/or you. It also allows Aetna to coordinate your transition from the inpatient setting to the next level of care (discharge planning), or to register you for specialized programs like disease management, case management, or our prenatal program. In some instances, precertification is used to inform physicians, members and other health care providers about cost-effective programs and alternative therapies and treatments.

Certain health care services, such as hospitalization or outpatient surgery, require precertification with Aetna to ensure coverage for those services. When you are to obtain services requiring precertification through a participating provider, this provider should precertify those services prior to treatment.
- **Concurrent Review** The concurrent review process assesses the necessity for continued stay, level of care, and quality of care for members receiving inpatient services. All inpatient services extending beyond the initial certification period will require concurrent review.
- **Discharge Planning** Discharge planning may be initiated at any stage of the patient management process and begins immediately upon identification of post-discharge needs during precertification or concurrent review. The discharge plan may include initiation of a variety of services/benefits to be utilized by you upon discharge from an inpatient stay.
- **Retrospective Record Review** The purpose of retrospective record review is to retrospectively analyze potential quality and utilization issues, initiate appropriate follow-up action based on quality or utilization issues, and review all appeals of inpatient concurrent review decisions for coverage and payment of health care services. Our effort to manage the services provided to you includes the retrospective review of claims submitted for payment, and of medical records submitted for potential quality and utilization concerns.

## Member Services

Representatives from Member Services are trained to answer your questions and to assist you in using the Aetna Plan properly and efficiently. After you receive your ID card, you can call the Member Services toll-free number on the card when you need to:

- Ask questions about benefits and coverage.
- Notify us of changes in your name, address or phone number.
- Change your primary care provider or office.
- Obtain information about how to file a grievance or an appeal.

## Privacy Notice

**How we guard your privacy** -We're committed to keeping your personal information safe.

**What personal information is and what it isn't** - By "personal information," we mean that which can identify you. It can include financial and health information. It doesn't include what the public can easily see. For example, anyone can look at what your plan covers.

**How we get information about you** - We get information about you from many sources, including from you. But we also get information from your employer, other insurers, or health care providers like doctors.

**When information is wrong** - Do you think there's something wrong or missing in your personal information? You can ask us to change it. The law says we must do this in a timely way. If we disagree with your change, you can file an appeal. Information on how to file an appeal is on our member website. Or you can call the toll-free number on your ID card.

**How we use this information** - When the law allows us, we use your personal information both inside and outside our company. The law says we don't need to get your OK when we do.

We may use it for your health care or use it to run our plans. We also may use your information when we pay claims or work with other insurers to pay claims. We may use it to make plan decisions, to do audits, or to study the quality of our work.

**We may use or share your protected health information (PHI)**

- With the U.S. Office of Personnel Management (OPM)
- With your employing agency in connection with payment or health care operations
- When required by federal law

We're also required to share your PHI to OPM for its claims data warehouse. The data is used for its Postal Service Health Benefits (PSHB) Program.

This means we may share your info with doctors, dentists, pharmacies, hospitals or other caregivers. We also may share it with other insurers, vendors, government offices, or third-party administrators. But by law, all these parties must keep your information private.

**When we need your permission** - There are times when we do need your permission to disclose personal information.

This is explained in our Notice of Privacy Practices. This notice clarifies how we use or disclose your Protected Health Information (PHI):

- For workers' compensation purposes
- As required by law
- About people who have died
- For organ donation
- To fulfill our obligations for individual access and HIPAA compliance and enforcement

To get a copy of this notice, just visit our member website. Or call the toll-free number on your ID card.

If you want more information about us, call 833-497-2413, or write to Aetna, Federal Plans, PO Box 818047, Cleveland, OH 44181-8047. You may also contact us by fax at 860-975-1669 or visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

**Service Area**

To enroll in this Plan, you must live in or work in our service area. This is where our providers practice. Our service area is:

**All of Washington, DC.**

**All of Maryland.**

In **Virginia**, the counties of Arlington, Caroline, Clarke, Fairfax, Fauquier, Greene, King George, Loudoun, Madison, Orange, Prince William, Rappahannock, Spotsylvania, Stafford and Westmoreland; plus the cities of Alexandria, Fairfax, Falls Church, Fredericksburg, Manassas, Manassas Park.

Ordinarily, you must get your care from providers who contract with us. If you receive care outside our service area, we will pay only for emergency or urgent care benefits. We will not pay for any other health care services out of our service area unless the services have prior plan approval.

If you or a covered family member move outside of our service area, you can enroll in another plan. If your dependents live out of the area (for example, if your child goes to college in another state), they will be able to access full HMO benefits if they reside in any Aetna HMO service area by selecting a PCP in that service area. If not, you should consider enrolling in a fee-for-service plan or an HMO that has agreements with affiliates in other areas. If you or a family member move, you do not have to wait until Open Season to change plans. Contact your employing or retirement office.

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## **Section 2. Changes for 2025**

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- This is the first year for the Postal Service Health Benefits Program (PSHBP). This Section is not an official statement of benefits. For that, go to Section 5. Benefits.

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## Section 3. How You Get Care

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### Open Access HMO

This Plan is available to our members in those PSHB Program service areas identified in Section 1. You can go directly to any network specialist for covered services without a referral from your primary care provider. Whether your covered services are provided by your selected primary care provider (for your PCP copay) or by another participating provider in the network (for the specialist copay), you will be responsible for payment which may be in the form of a copay (flat dollar amount) or coinsurance (a percentage of covered expenses). While not required, it is highly recommended that you still select a PCP and notify Member Services of your selection (833-497-2413). **If you go directly to a specialist, you are responsible for verifying that the specialist is participating in our Plan. If your participating specialist refers you to another provider, you are responsible for verifying that the other specialist is participating in our Plan.**

### Identification cards

We will send you an identification (ID) card when you enroll. You should carry your ID card with you at all times. You must show it whenever you receive services from a Plan provider, or fill a prescription at a Plan pharmacy. Until you receive your ID card, use your copy of the PSHB system enrollment confirmation. Note: If you are enrolled in our Medicare Part D PDP EGWP, you will receive a second ID card for your prescription drug benefits.

If you do not receive your ID card within 30 days after the effective date of your enrollment, or if you need replacement cards, call us at 833-497-2413 or write to us at Aetna, P.O. Box 14079, Lexington, KY 40512-4079. You may also request replacement cards through our Aetna Member website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

### Where you get covered care

You get covered care from “Plan providers” and “Plan facilities.” You will only pay copayments, deductibles, and/or coinsurance and you will not have to file claims. If you use our Open Access program you can receive covered services from a participating network specialist without a required referral from your primary care provider or by another participating provider in the network.

- **Plan providers**

Plan providers are physicians and other health care professionals in our service area that we contract with to provide covered services to our members. Services by Plan Providers are covered when acting within the scope of their license or certification under applicable state law. We credential Plan providers according to national standards.

Benefits are provided under this Plan for the services of covered providers, in accordance with Section 2706(a) of the Public Health Service Act. Coverage of practitioners is not determined by your state’s designation as a medically underserved area.

We list Plan providers in the provider directory, which we update periodically. The list is also on our website.

This plan recognizes that transgender, non-binary, and other gender diverse members require health care delivered by healthcare providers experienced in gender affirming health. Benefits described in this brochure are available to all members meeting medical necessity guidelines regardless of race, color, national origin, age, disability, religion, sex or gender.

This plan provides Care Coordinators for complex conditions and can be reached at [www.aetnafedspostal.com](http://www.aetnafedspostal.com) for assistance.

- **Plan facilities**

Plan facilities are hospitals and other facilities in our service area that we contract with to provide covered services to our members. We list these in the provider directory, which we update periodically. The list is also on our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

**Balance Billing Protection**

PSHB Carriers must have clauses in their in-network (participating) providers agreements. These clauses provide that, for a service that is a covered benefit in the plan brochure or for services determined not medically necessary, the in-network provider agrees to hold the covered individual harmless (and may not bill) for the difference between the billed charge and the in network contracted amount. If an in-network provider bills you for covered services over your normal cost share (deductible, copay, co-insurance) contact your Carrier to enforce the terms of its provider contract.

**What you must do to get covered care**

It depends on the type of care you need. First, you and each family member must choose a primary care provider. This decision is important since your primary care provider provides or arranges for most of your health care.

• **Primary care**

Your primary care provider can be a general practitioner, family practitioner, internist or pediatrician. Your primary care provider will provide or coordinate most of your health care.

If you want to change primary care providers or if your primary care provider leaves the Plan, call us or visit our website. We will help you select a new one.

• **Specialty care**

Your primary care provider may refer you to a specialist for needed care or you may go directly to a specialist without a referral. However, if you need laboratory, radiological and physical therapy services, your primary care provider must refer you to certain plan providers.

Here are some other things you should know about specialty care:

- If you are seeing a specialist when you enroll in our Plan, talk to your primary care provider. If your current specialist does not participate with us, you must receive treatment from a specialist who does. Generally, we will not pay for you to see a specialist who does not participate with our Plan.
- If you are seeing a specialist and your specialist leaves the Plan, call your primary care provider, who will arrange for you to see another specialist. You may receive services from your current specialist until we can make arrangements for you to see someone else.
- If you have a chronic and disabling condition and
  - lose access to your specialist because your coverage changed from the FEHB to the PSHB and your health plan does not participate in the PSHB; or
  - lose access to your specialist because we drop out of the Postal Service Employees Health Benefits (PSHB) Program and you enroll in another PSHB program plan; or:
  - lose access to your specialist because we terminate our contract with your specialist for other than cause;
  - lose access to your specialist because we reduce our service area and you enroll in another PSHB plan;

you may be able to continue seeing your specialist for up to 90 days after you receive notice of the change. Contact us, or if we drop out of the Program, contact your new plan.

If you are in the second or third trimester of pregnancy and you lose access to your specialist based on the above circumstances, you can continue to see your specialist until the end of your postpartum care, even if it is beyond the 90 days.

• **Hospital care**

Your Plan primary care provider or specialist will make necessary hospital arrangements and supervise your care. This includes admission to a skilled nursing or other type of facility.



- **If you are hospitalized when your enrollment begins**

We pay for covered services from the effective date of your enrollment. However, if you are in the hospital when your enrollment in our Plan begins, call our Member Services department immediately at 833-497-2413. If you are new to the PSHB Program, we will arrange for you to receive care and provide benefits for your covered services while you are in the hospital beginning on the effective date of your coverage.

If you changed from another FEHB plan to this PSHB plan, your former plan will pay for the hospital stay until:

- you are discharged, not merely moved to an alternative care center;
- the day your benefits from your former plan run out; or
- the 92<sup>nd</sup> day after you become a member of this Plan, whichever happens first.

These provisions apply only to the benefits of the hospitalized person. If your plan terminates participation in the PSHB Program in whole or in part, or if OPM orders an enrollment change, this continuation of coverage provision does not apply. In such case, the hospitalized family member's benefits under the new plan begin on the effective date of enrollment.

**You need prior Plan approval for certain services**

Since your primary care provider arranges most referrals to specialists and inpatient hospitalization, the pre-service claim approval process only applies to care shown under *Other services*.

“You must get prior approval for certain services. Failure to do so will result in services not being covered.

- **Inpatient hospital admission**

**Precertification** is the process by which – prior to your inpatient hospital admission – we evaluate the medical necessity of your proposed stay and the number of days required to treat your condition.

- **Other services**

Your primary care provider has authority to refer you for most services. For certain services, however, your physician must obtain prior approval from us. Before giving approval, we consider if the service is covered, medically necessary, and follows generally accepted medical practice. You must obtain prior authorization for:

- Inpatient confinements (except hospice) - For example, surgical and nonsurgical stays; stays in a skilled nursing facility or rehabilitation facility; and maternity and newborn stays that exceed the standard length of stay (LOS)
- Ambulance - Precertification required for transportation by fixed-wing aircraft (plane)
- Autologous chondrocyte implantation
- Cataract surgery
- Certain mental health services, inpatient admissions, Residential treatment center (RTC) admissions, Partial hospitalization programs (PHPs), Transcranial magnetic stimulation (TMS) and Applied Behavior Analysis (ABA);
- Chiari malformation decompression surgery
- Cochlear device and/or implantation
- Coverage at an in-network benefit level for out-of-network provider or facility unless services are emergent. Some plans have limited or no out-of-network benefits
- Covered transplant surgery
- Dialysis visits -When request is initiated by a participating provider, and dialysis to be performed at a nonparticipating facility
- Dorsal column (lumbar) neurostimulators: trial or implantation
- Endoscopic nasal balloon dilation procedures
- Electric or motorized wheelchairs and scooters
- Functional endoscopic sinus surgery

- Gender affirming surgery
- Hip surgery to repair impingement syndrome
- Hyperbaric oxygen therapy
- In-network infertility services and pre-implantation genetic testing
- Lower limb prosthetics, such as: Microprocessor controlled lower limb prosthetics
- Nonparticipating freestanding ambulatory surgical facility services, when referred by a participating provider
- Orthognathic surgery procedures, bone grafts, osteotomies and surgical management of the temporomandibular joint (TMJ)
- Osseointegrated implant
- Osteochondral allograft/knee
- Private Duty Nursing (see Home Health services)
- Proton beam radiotherapy
- Reconstructive or other procedures that maybe considered cosmetic, such as:
  - Blepharoplasty/canthoplasty
  - Breast reconstruction/breast enlargement
  - Breast reduction/mammoplasty
  - Excision of excessive skin due to weight loss
  - Gastroplasty/gastric bypass
  - Lipectomy or excess fat removal
  - Surgery for varicose veins, except stab phlebectomy
- Shoulder arthroplasty
- Site of Service-when requested at an Outpatient hospital setting and when is one of the following:
  - Anal fistula surgery
  - Angle ligament repair
  - Arthrocentesis
  - Breast tissue excision
  - Carpal tunnel surgery
  - Circumcision - older than 28 days of age
  - Colposcopy
  - Complex wound repair
  - Conization of cervix
  - Cystourethroscopy
  - Dilatation and curettage (D&C)
  - Esophagogastroduodenoscopy (EGD)
  - Excision of lesion of tendon sheath or joint capsule
  - Ganglion excision
  - Hemorrhoidectomy
  - Hernia repair
  - Hydrocele excision
  - Hysteroscopy
  - Implant removal (i.e., screw)

- Intranasal dermatoplasty
- Intravitreal injection
- Iridotomy/iridectomy, laser surgery
- Knee joint manipulation under general anesthesia
- Laparoscopic cholecystectomy
- Laparoscopy, diagnostic
- Laryngoscopy
- Lithotripsy
- Mohs surgery
- Nasal bone fracture, closed treatment
- Neuroplasty, ulnar
- Orchiopexy
- Penile angulation correction
- Prostate biopsy
- Septoplasty
- Skin tissue transfer or rearrangement
- Subcutaneous soft tissue excision
- Tendon sheath incision
- Tenodesis of long tendon of biceps
- Tonsillectomy (age 12 or older)
- Transurethral electrosurgical resection of prostate (TURP)
- Trigger point injections
- Turbinate resection
- Tympanostomy
- Spinal procedures, such as:
  - Artificial intervertebral disc surgery (cervical spine)
  - Arthrodesis for spine deformity
  - Cervical laminoplasty
  - Cervical, lumbar and thoracic laminectomy/laminotomy procedures
  - Kyphectomy
  - Laminectomy with rhizotomy
  - Removal of spinal instrumentation
  - Sacroiliac joint fusions
  - Spinal fusion surgery
  - Vertebral corpectomy
  - Vertebroplasty/Kyphoplasty
- Uvulopalatopharyngoplasty, including laser-assisted procedures
- Ventricular assist devices
- Whole exome sequencing
- Drugs and medical injectables (including but not limited to blood clotting factors, botulinum toxin, alpha-1-proteinase inhibitor, palivizumab (Synagis), erythropoietin therapy, intravenous immunoglobulin, growth hormone and interferons when used for hepatitis C)\*

- Special Programs (including but not limited to BRCA genetic testing, Chiropractic precertification, Diagnostic Cardiology (cardiac rhythm implantable devices, cardiac catheterization), Hip and knee arthroplasties, National Medical Excellence Program<sup>®</sup>, Pain management, Peripheral Arterial Disease, Polysomnography (attended sleep studies), Radiation oncology, Radiology imaging (such as CT scans, MRIs, MRAs, nuclear stress tests), Sleep Studies, Transthoracic Echocardiogram\*

\*For complete list refer to:

[www.aetna.com/health-care-professionals/precertification/precertification-lists.html](http://www.aetna.com/health-care-professionals/precertification/precertification-lists.html) or the Behavioral Health Precertification list. The specialty medication precertification list can be found at: [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php).

Members must call 833-497-2413 for authorization.

**How to request precertification for an admission or get prior authorization for Other services**

First, your physician, your hospital, you, or your representative, must call us at 833-497-2413 before admission or services requiring prior authorization are rendered.

Next, provide the following information:

- enrollee's name and Plan identification number;
- patient's name, birth date, identification number and phone number;
- reason for hospitalization, proposed treatment, or surgery;
- name and phone number of admitting physician;
- name of hospital or facility; and
- number of days requested for hospital stay.

• **Non-urgent care claims**

For non-urgent care claims, we will tell the physician and/or hospital the number of approved inpatient days, or the care that we approve for other services that must have prior authorization. We will make our decision within 15 days of receipt of the pre-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you of the need for an extension of time before the end of the original 15-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.

If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 45 days from the receipt of the notice to provide the information.

• **Urgent care claims**

If you have an urgent care claim (i.e., when waiting for the regular time limit for your medical care or treatment could seriously jeopardize your life, health, or ability to regain maximum function, or in the opinion of a physician with knowledge of your medical condition, would subject you to severe pain that cannot be adequately managed without this care or treatment), we will expedite our review and notify you of our decision within 72 hours. If you request that we review your claim as an urgent care claim, we will review the documentation you provide and decide whether or not it is an urgent care claim by applying the judgment of a prudent layperson that possesses an average knowledge of health and medicine.

If you fail to provide sufficient information, we will contact you verbally within 24 hours after we receive the claim to let you know what information we need to complete our review of the claim. You will then have up to 48 hours to provide the required information. We will make our decision on the claim within 48 hours (1) of the time we received the additional information or (2) the end of the time frame, whichever is earlier.

We may provide our decision orally within these time frames, but we will follow up with written or electronic notification within three days of oral notification.

You may request that your urgent care claim on appeal be reviewed simultaneously by us and OPM. Please let us know that you would like a simultaneous review of your urgent care claim by OPM either in writing at the time you appeal our initial decision, or by calling us at 833-497-2413. You may also call OPM's Postal Service Insurance Operations (PSIO) at 202-936-0002 between 8 a.m. and 5 p.m. Eastern Time to ask for the simultaneous review. We will cooperate with OPM so they can quickly review your claim on appeal. In addition, if you did not indicate that your claim was a claim for urgent care, call us at 833-497-2413. If it is determined that your claim is an urgent care claim, we will expedite our review (if we have not yet responded to your claim).

- **Concurrent care claims**

A concurrent care claim involves care provided over a period of time or over a number of treatments. We will treat any reduction or termination of our pre-approved course of treatment before the end of the approved period of time or number of treatments as an appealable decision. This does not include reduction or termination due to benefit changes or if your enrollment ends. If we believe a reduction or termination is warranted, we will allow you sufficient time to appeal and obtain a decision from us before the reduction or termination takes effect.

If you request an extension of an ongoing course of treatment at least 24 hours prior to the expiration of the approved time period and this is also an urgent care claim, we will make a decision within 24 hours after we receive the claim.

- **Emergency inpatient admission**

If you have an emergency admission due to a condition that you reasonably believe puts your life in danger or could cause serious damage to bodily function, you, your representative, the physician, or the hospital must phone us within one (1) business day following the day of the emergency admission, even if you have been discharged from the hospital.

- **Maternity care**

You do not need to precertify a maternity admission for a routine delivery. However, if your medical condition requires you to stay more than a total of three (3) days or less for vaginal delivery or a total of five (5) days or less for cesarean section, then your physician or the hospital must contact us for additional days. Further, if your baby stays after you are discharged, your physician or the hospital must contact us for precertification of additional days for your baby.

Note: When a newborn requires definitive treatment during or after the mother's confinement, the newborn is considered a patient in their own right. If the newborn is eligible for coverage, regular medical or surgical benefits apply rather than maternity benefits.

- **If your treatment needs to be extended**

If you request an extension of an ongoing course of treatment at least 24 hours prior to the expiration of the approved time period and this is also an urgent care claim, we will make a decision within 24 hours after we receive the claim.

**Circumstances beyond our control**

Under certain extraordinary circumstances, such as natural disasters, we may have to delay your services or we may be unable to provide them. In that case, we will make all reasonable efforts to provide you with the necessary care.

**If you disagree with our pre-service claim decision**

If you have a **pre-service claim** and you do not agree with our decision regarding precertification of an inpatient admission or prior approval of other services, you may request a review in accord with the procedures detailed below.

If you have already received the service, supply, or treatment, then you have a **post-service claim** and must follow the entire disputed claims process detailed in Section 8.

- **To reconsider a non-urgent care claim**

Within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

In the case of a pre-service claim and subject to a request for additional information, we have 30 days from the date we receive your written request for reconsideration to

1. Precertify your hospital stay or, if applicable, arrange for the health care provider to give you the care or grant your request for prior approval for a service, drug, or supply; or
2. Ask you or your provider for more information.

You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.

If we do not receive the information within 60 days, we will decide within 30 days of the date the information was due. We will base our decision on the information we already have. We will write to you with our decision.

3. Write to you and maintain our denial.

- **To reconsider an urgent care claim**

In the case of an appeal of a pre-service urgent care claim, within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

Unless we request additional information, we will notify you of our decision within 72 hours after receipt of your reconsideration request. We will expedite the review process, which allows oral or written requests for appeals and the exchange of information by phone, electronic mail, facsimile, or other expeditious methods.

- **To file an appeal with OPM**

After we reconsider your **pre-service claim**, if you do not agree with our decision, you may ask OPM to review it by following Step 3 of the disputed claims process detailed in Section 8 of this brochure.

Note: If you are enrolled in our Medicare PDP EGWP and do not agree with our benefit coverage decision you have the right to appeal. See Section. 8(a) for information about the PDP EGWP appeal process.

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## Section 4. Your Cost for Covered Services

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This is what you will pay out-of-pocket for covered care:

**Cost-sharing** Cost-sharing is the general term used to refer to your out-of-pocket costs (e.g., deductible, coinsurance, and copayments) for the covered care you receive.

**Copayments** A copayment is a fixed amount of money you pay to the provider, facility, pharmacy, etc., when you receive certain services.

Example: When you see your primary care provider, you pay a copayment of \$15 per office visit, or you pay a copayment of \$30 per office visit when you see a participating specialist under High Option and a copayment of \$25 per office visit to your primary care provider, or you pay a copayment of \$55 per office visit when you see a participating specialist under Basic Option.

**Deductible** A deductible is a fixed expense you must incur for certain covered services and supplies before we start paying benefits for them. Copayments do not count toward any deductible.

Example: Under the Aetna Saver Option you will need to meet the deductible of \$1,000 for Self Only enrollment or \$2,000 for Self Plus One or Self and Family enrollment.

Note: If you change plans during Open Season, the effective date of your new PSHB plan is January 1 of the next year, and a new deductible starts on January 1. If you change plans at another time during the year, you must begin a new deductible under your new plan.

If you change options in this Plan during the year, we will credit the amount of covered expenses already applied toward the deductible of your prior option to the deductible of your new option.

**Coinsurance** Coinsurance is the percentage of our allowance that you must pay for your care.

Example: In our Plan, you pay 30% of our allowance for durable medical equipment.

**Differences between our Plan allowance and the bill**

- Network Providers agree to accept our Plan allowance so if you use a network provider, you never have to worry about paying the difference between our Plan allowance and the billed amount for covered services.
- Non-Network Providers (for Dental PPO Option only): If you use a non-network provider for preventive dental care, you will have to pay 50% of our negotiated rate and the difference between our Plan allowance and the billed amount.
- You should also see section Important Notice About Surprise Billing – Know Your Rights below that describes your protections against surprise billing under the No Surprises Act.

**Your catastrophic protection out-of-pocket maximum**

After your (copayments and coinsurance) total \$5,000 for Self Only enrollment or \$10,000 for Self Plus One enrollment or Self and Family enrollment for the High Option, \$6,000 for Self Only enrollment or \$12,000 for Self Plus One enrollment or Self and Family enrollment for the Basic Option and \$6,500 for Self Only enrollment or \$13,000 for Self Plus One enrollment or Self and Family enrollment for the Aetna Saver Option in any calendar year, you do not have to pay any more for covered services. Once an individual meets the Self Only out-of-pocket maximum under the Self Plus One or Self and Family enrollment, the Plan will begin to cover eligible medical expenses at 100%. The remaining balance of the Self Plus One and Self and Family out-of-pocket maximum can be satisfied by one or more family members. If you are enrolled in our Aetna Medicare Rx – offered by SilverScript. You will have a separate \$2,000 out-of-pocket maximum for your prescription costs. Once you reach this maximum you will no longer pay a cost share for covered drugs. This \$2,000 will also apply to the Plan's out-of-pocket maximum, see above for additional details.

However, copayments and coinsurance for the following services do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay copayments and coinsurance for these services:

- Dental services (Please Note for High and Basic Options: \$5 copayments for DMO preventive care and \$20 deductible for PPO preventive care count towards your out-of-pocket maximum. All other dental service expenses do not count toward your out-of-pocket maximum).
- Infertility services covered under the medical benefit.

For members enrolled in our Plan's associated PDP EGWP, we are required to accumulate all members' actual out-of-pocket costs for covered drugs, services and supplies toward the PSHB catastrophic maximum(s), unless specifically excluded as described in not covered in Section 5(f)(a).

If you are enrolled in our Medicare Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP), the prescription drug out-of-pocket maximum is \$2,000. After this maximum is met, we pay 100% of all eligible covered prescription drug benefits.

Be sure to keep accurate records and receipts of your copayments and coinsurance to ensure the Plan's calculation of your out-of-pocket maximum is reflected accurately.

### **Carryover**

If you changed to this Plan during Open Season from a plan with a catastrophic protection benefit, the effective date of the change is January 1, and covered expenses that apply to this plan's catastrophic protection benefit starts on January 1.

Note: If you change PSHB plans during Open Season the effective date of your new PSHB plan is January 1 of the next year, and a new catastrophic protection accumulation starts on January 1. If you change plans at another time during the year, you must begin a new catastrophic protection accumulation under your new plan.

Note: If you change options in this Plan during the year, we will credit the amount of covered expenses already accumulated toward the catastrophic out-of-pocket limit of your prior option to the catastrophic protection limit of your new option.

### **When Government facilities bill us**

Facilities of the Department of Veterans Affairs, the Department of Defense and the Indian Health Services are entitled to seek reimbursement from us for certain services and supplies they provide to you or a family member. They may not seek more than their governing laws allow. You may be responsible to pay for certain services and charges. Contact the government facility directly for more information.

### **Important Notice About Surprise Billing – Know Your Rights**

The No Surprises Act (NSA) is a federal law that provides you with protections against “surprise billing” and “balance billing” for out-of-network emergency services; out-of-network non-emergency services provided with respect to a visit to a participating health care facility; and out-of-network air ambulance services.

A surprise bill is an unexpected bill you receive for:

- emergency care – when you have little or no say in the facility or provider from whom you receive care, or for
- non-emergency services furnished by certain nonparticipating providers with respect to patient visits to participating health care facilities, or for
- air ambulance services furnished by nonparticipating providers of air ambulance services.

Balance billing happens when you receive a bill from the nonparticipating provider, facility, or air ambulance service for the difference between the nonparticipating provider's charge and the amount payable by your health plan.



Your health plan must comply with the NSA protections that hold you harmless from surprise bills. Any claims subject to the No Surprises Act will be paid in accordance with the requirements of such law. Aetna will determine the rate payable to the out-of-network provider based on the median in-network rate or such other data resources or factors as determined by Aetna. Your cost share paid with respect to the items and services will be based on the qualifying payment amount, as defined under the No Surprises Act, and applied toward your in-network deductible (if you have one) and out-of-pocket maximum.

Please note: there are certain circumstances under the law where a provider can give you notice that they are out of network and you can consent to receiving a balance bill. For specific information on surprise billing, the rights and protections you have, and your responsibilities go to [www.aetnafedspostal.com](http://www.aetnafedspostal.com) or contact the health plan at 833-497-2413.

**Section 5. High and Basic Option Benefits**

See Section 2 for how our benefits changed this year. See Summary of Benefits for a benefits summary of each option. Make sure that you review the benefits that are available under the option in which you are enrolled.

Section 5. High and Basic Option Benefits Overview.....35

Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals.....36

    Diagnostic and treatment services.....36

    Telehealth services .....36

    Lab, X-ray and other diagnostic tests.....37

    Preventive care, adult.....37

    Preventive care, children.....39

    Maternity care .....41

    Family planning .....42

    Infertility services .....43

    Allergy care.....48

    Treatment therapies.....48

    Physical and occupational therapies .....49

    Pulmonary and cardiac rehabilitation .....49

    Habilitative therapy.....49

    Speech therapy .....50

    Hearing services (testing, treatment, and supplies).....50

    Vision services (testing, treatment, and supplies).....50

    Foot care.....51

    Orthopedic and prosthetic devices .....51

    Durable medical equipment (DME).....52

    Home health services .....53

    Chiropractic.....54

    Alternative medicine treatments .....54

    Educational classes and programs.....55

Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals.....56

    Surgical procedures.....56

    Reconstructive surgery.....58

    Oral and maxillofacial surgery.....59

    Organ/tissue transplants .....59

    Anesthesia .....65

Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services .....66

    Inpatient hospital.....66

    Outpatient hospital or ambulatory surgical center .....67

    Extended care benefits/Skilled nursing care facility benefits .....68

    Hospice care.....69

    Ambulance .....69

Section 5(d). Emergency Services/Accidents .....70

    Emergency within our service area.....71

    Emergency outside our service area.....71

    Telehealth Services .....72

    Ambulance .....72

Section 5(e). Mental Health and Substance Use Disorder Benefits.....73

    Professional services .....73

Diagnostics .....74  
 Inpatient hospital or other covered facility .....74  
 Outpatient hospital or other covered facility.....75  
 Section 5(f). Prescription Drug Benefits .....76  
     Covered medications and supplies .....78  
 Section 5(f)(a). PDP EGWP Prescription Drug Benefits .....84  
     Covered medications and supplies .....88  
 Section 5(g). Dental Benefits .....89  
     Accidental injury benefit.....89  
     Dental benefits .....90  
 Section 5(h). Wellness and Other Special Features.....142  
     Flexible benefits option.....142  
     Aetna Member Website.....142  
     Services for deaf and hearing impaired.....142  
     24 hour nurse line.....143  
     Enhanced Maternity Program: .....143  
     National Medical Excellence Program .....143  
     Reciprocity benefit.....143  
 Summary of Benefits for the High Option of the Aetna Open Access Plan - 2025 .....169  
 Summary of Benefits for the Basic Option of the Aetna Open Access Plan- 2025 .....171

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## Section 5. High and Basic Option Benefits Overview

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This Plan offers both a High and Basic Option. Both benefit packages are described in Section 5. Make sure that you review the benefits that are available under the option in which you are enrolled.

The High and Basic Option Section 5 is divided into subsections. Please read *Important things you should keep in mind* at the beginning of the subsections. Also, read the general exclusions in Section 6; they apply to the benefits in the following subsections. To obtain claim forms, claims filing advice, or more information about High and Basic Option benefits, contact us at 833-497-2413 or on our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

**The High and Basic Options offer the same unique features but at different copays:**

- You can see participating network specialists without a referral (Open Access).
- You have more choices for your dental coverage. You can choose between our Advantage Dental or Dental PPO option. Under Advantage Dental, you can access preventive care for a \$5 copay and other services at a reduced fee. Under the PPO option, if you see an in-network dentist, you pay nothing for preventive care after a \$20 annual deductible per member. Participating network PPO dentists may offer members other services at discounted fees. Discounts may not apply in all states. You may also utilize non-network dentists for preventive care, but at reduced benefit levels, and after a \$20 annual deductible per member. You pay all charges for other services when utilizing non-network dentists.
- You receive a \$100 reimbursement every 24 months for glasses or contact lenses.

**Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care.
- A facility copay applies to services that appear in this section but are performed in an ambulatory surgical center or the outpatient department of a hospital.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- If you live or work in an Aetna Open Access HMO service area, you should select a PCP by calling Member Services at 833-497-2413.
- If you live or work in an Aetna Open Access HMO service area, you do not have to obtain a referral from your PCP to see a network specialist.
- The coverage and cost-sharing listed below are for services provided by physicians and other health care professionals for your medical care. See Section 5(c) for cost-sharing associated with the facility (i.e., hospital, surgical center, etc.).

Benefit Description	You pay	
	High Option	Basic Option
<b>Diagnostic and treatment services</b>		
Professional services of physicians	\$15 per primary care provider (PCP) visit	\$25 per primary care provider (PCP) visit
<ul style="list-style-type: none"> <li>• In physician’s office                             <ul style="list-style-type: none"> <li>- Office medical evaluations, examinations, and consultations</li> <li>- Second surgical or medical opinion</li> </ul> </li> </ul>	\$30 per specialist visit	\$55 per specialist visit
<ul style="list-style-type: none"> <li>• During a hospital stay</li> <li>• In a skilled nursing facility</li> </ul>	Nothing	Nothing
<ul style="list-style-type: none"> <li>• In an urgent care center</li> </ul>	\$50 per visit	\$50 per visit
<ul style="list-style-type: none"> <li>• At home</li> </ul>	\$20 per PCP visit \$30 per specialist visit	\$25 per PCP visit \$55 per specialist visit
<b>Telehealth services</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>• Teladoc Health consult</li> </ul>	\$30 per consult	\$40 per consult
<ul style="list-style-type: none"> <li>• CVS Health Virtual Care™ consult</li> </ul>	\$0 per consult	\$0 per consult
<p>Please see <a href="http://www.aetnafedspostal.com/tools.php">www.aetnafedspostal.com/tools.php</a> for information on medical and behavioral telehealth services.</p> <p>Members will receive a welcome kit explaining the telehealth benefits.</p> <p>Refer to Section 5(e) for behavioral health telehealth consults.</p>		

Benefit Description	You pay	
	High Option	Basic Option
<b>Lab, X-ray and other diagnostic tests</b> Tests, such as: <ul style="list-style-type: none"> <li>• Blood tests</li> <li>• Urinalysis</li> <li>• Non-routine Pap tests</li> <li>• Pathology</li> <li>• X-rays</li> <li>• Non-routine mammograms</li> <li>• Ultrasound</li> <li>• Electrocardiogram and electroencephalogram (EEG)</li> <li>• Sleep Studies</li> </ul>	Nothing if your physician performs and bills for the lab work; otherwise if lab work is performed by another physician or the specimen is sent to an independent lab.  \$15 per PCP visit  \$30 per specialist	Nothing if your physician performs and bills for the lab work; otherwise if lab work is performed by another physician or the specimen is sent to an independent lab.  \$25 per PCP visit  \$55 per specialist
Diagnostic tests limited to: <ul style="list-style-type: none"> <li>• Bone density tests - diagnostic</li> <li>• CT scans/MRIs/PET scans</li> <li>• Diagnostic angiography</li> <li>• Genetic testing - diagnostic*</li> <li>• Nuclear medicine</li> </ul> <p>Note: The services need precertification. See Section 3 "Services requiring our prior approval".</p> <p>*Note: Benefits are available for specialized diagnostic genetic testing when it is medically necessary to diagnose and/or manage a patient's medical condition.</p>	\$75 copay	\$100 copay
<ul style="list-style-type: none"> <li>• Genetic Counseling and Evaluation for BRCA Testing</li> <li>• Genetic Testing for BRCA-Related Cancer*</li> </ul> <p>*Note: Requires precertification. See Section 3 "Services requiring our prior approval".</p>	Nothing	Nothing
<b>Preventive care, adult</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>• Routine physicals - one (1) exam every calendar year</li> </ul> <p>The following preventive services are covered at the time interval recommended at each of the links below.</p>	Nothing	Nothing

*Preventive care, adult - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Preventive care, adult (cont.)</b></p> <ul style="list-style-type: none"> <li>• U.S. Preventive Services Task Force (USPSTF) A and B recommended screenings such as cancer, osteoporosis, depression, diabetes, high blood pressure, total blood cholesterol, HIV, and colorectal cancer. For a complete list of screenings go to the U.S. Preventive Services Task Force (USPSTF) website at <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations</a></li> <li>• Adult Immunizations endorsed by the Centers for Disease Control (CDC): based on the Advisory Committee on Immunization Practices (ACIP) schedule. for a complete list of endorsed immunizations go to the Centers for Disease Control (CDC) website at <a href="http://www.cdc.gov/vaccines/schedules/">www.cdc.gov/vaccines/schedules/</a></li> <li>• Individual counseling on prevention and reducing health risks</li> <li>• Preventive care benefits for women such as Pap smears, gonorrhea prophylactic medication to protect newborns, annual counseling for sexually transmitted infections, contraceptive methods, and screening for interpersonal and domestic violence. For a complete list of preventive care benefits for women please visit the Health and Human Services (HHS) website at <a href="http://www.hrsa.gov/womens-guidelines">www.hrsa.gov/womens-guidelines</a></li> <li>• To build your personalized list of preventive services go to <a href="https://health.gov/myhealthfinder">https://health.gov/myhealthfinder</a></li> </ul> <p>Note: Some tests provided during a routine physical may not be considered preventive. Contact member services at 833-497-2413 for information on whether a specific test is considered routine.</p>	Nothing	Nothing
<p>Obesity counseling, screening and referral for those persons at or above the USPSTF obesity prevention risk factor level, to intensive nutrition and behavioral weight-loss therapy, counseling, or family centered programs under the USPSTF A and B recommendations are covered as part of prevention and treatment of obesity as follows:</p> <ul style="list-style-type: none"> <li>• Intensive nutrition and behavioral weight-loss counseling therapy, limited to 26 visits per person per calendar year</li> <li>• Counseling programs when medically identified to support obesity prevention and management by an in-network provider</li> </ul>	Nothing	Nothing

*Preventive care, adult - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Preventive care, adult (cont.)</b></p> <p>Note: For anti-obesity medications prescribed as indicated by the FDA chronic weight management guidelines, see Section 5(f), <i>Prescription drug benefits</i>.</p> <p>Note: When Bariatric or Metabolic surgical treatment or intervention is indicated for severe obesity. See Section 5(b) for surgery requirements and cost share.</p>	Nothing	Nothing
<p>Routine mammogram - covered</p> <ul style="list-style-type: none"> <li>One (1) every calendar year; or when medically necessary</li> </ul>	Nothing	Nothing
<p>Note: Any procedure, injection, diagnostic service, laboratory, or x-ray service done in conjunction with a routine examination and is not included in the preventive recommended listing of services will be subject to the applicable member copayments, coinsurance, and deductible.</p>		
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Physical exams, immunizations, and boosters required for obtaining or continuing employment or insurance, attending schools or camp, athletic exams, or travel.</i></li> <li><i>Immunizations, boosters, and medications for travel or work-related exposure.</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<p><b>Preventive care, children</b></p>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>Well-child visits, examinations, and immunizations other preventive services as described in the Bright Future Guidelines provided by the American Academy of Pediatrics. For a complete list of the American Academy of Pediatrics Bright Futures Guidelines go to <a href="https://brightfutures.aap.org">https://brightfutures.aap.org</a></li> <li>Children’s immunizations endorsed by the Centers for Disease Control (CDC) including DTaP/Tdap, Polio, Measles, Mumps, and Rubella (MMR), and Varicella. For a complete list of immunizations go to the website at <a href="https://www.cdc.gov/vaccines/schedules/index.html">https://www.cdc.gov/vaccines/schedules/index.html</a></li> <li>You may also find a complete list of U.S. Preventive Services Task Force (USPSTF) online at <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations</a></li> <li>To build your personalized list of preventive services go to <a href="https://health.gov/myhealthfinder">https://health.gov/myhealthfinder</a></li> </ul>	Nothing	Nothing

*Preventive care, children - continued on next page*



Benefit Description	You pay	
Preventive care, children (cont.)	High Option	Basic Option
<p>Note: Some tests provided during a routine physical may not be considered preventive. Contact member services at 833-497-2413 for information on whether a specific test is considered routine.</p>	Nothing	Nothing
<ul style="list-style-type: none"> <li>• Well-child care charges for routine examinations, immunizations and care (up to age 22)               <ul style="list-style-type: none"> <li>- Seven (7) routine exams to from birth age 12 months</li> <li>- Three (3) routine exams from age 12 months to 24 months</li> <li>- Three (3) routine exams from age 24 months to 36 months</li> <li>- One (1) routine exam per year thereafter to age 22</li> </ul> </li>   <li>• Examinations such as:               <ul style="list-style-type: none"> <li>- Vision screenings through age 17 to determine the need for vision correction*</li> <li>- Hearing exams through age 17 to determine the need for hearing correction</li> <li>- Routine examinations done on the day of immunizations (up to age 22)</li> </ul> </li> </ul> <p>*For routine eye refraction, see Vision Services</p>	Nothing	Nothing
<p>Note: Any procedure, injection, diagnostic service, laboratory, or X-ray service done in conjunction with a routine examination and is not included in the preventive listing of services will be subject to the applicable member copayments, coinsurance, and deductible.</p>	Refer to Note	Refer to Note
<p>Obesity counseling, screening and referral for those persons at or above the USPSTF obesity prevention risk factor level, to comprehensive, intensive nutrition and behavioral weight-loss therapy and counseling programs under the USPSTF A and B recommendations. These programs are covered as part of prevention and treatment of obesity as follows:</p> <ul style="list-style-type: none"> <li>• Comprehensive, intensive nutrition and behavioral weight-loss counseling therapy.</li> <li>• When anti-obesity medication is prescribed as indicated by the FDA obesity medication treatment guidelines. See Section 5(f) for cost share requirements for anti-obesity medications.</li> <li>• When Bariatric or Metabolic surgical treatment or intervention is indicated for severe obesity. See Section 5(b) for surgery requirements and cost share.</li> </ul>	Nothing	Nothing

*Preventive care, children - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Preventive care, children (cont.)</b></p> <p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>Physical exams, immunizations and boosters required for obtaining or continuing employment or insurance, attending schools or camp, athletic exams, or travel.</li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
<p><b>Maternity care</b></p> <p>Complete maternity (obstetrical) care, such as:</p> <ul style="list-style-type: none"> <li>Routine Prenatal care - includes the initial and subsequent history, physical examinations, recording of weight, blood pressures, fetal heart tones, routine chemical urinalysis, and monthly visits up to 28 weeks gestation, biweekly visits to 36 weeks gestation, and weekly visits until delivery.</li> <li>Screening and counseling for prenatal and postpartum depression</li> </ul> <p>Note: Items not considered routine include: (but not limited to)</p> <ul style="list-style-type: none"> <li>Amniocentesis</li> <li>Certain Pregnancy diagnostic lab tests</li> <li>Delivery including Anesthesia</li> <li>Fetal Stress Tests</li> <li>High Risk Specialist Visits</li> <li>Inpatient admissions</li> <li>Ultrasounds</li> <li>Screening for gestational diabetes</li> <li>Delivery</li> <li>Postnatal care</li> </ul> <p>Note: Here are some things to keep in mind:</p> <p>You do not need to precertify your vaginal delivery; see below for other circumstances, such as extended stays for you or your baby.</p> <ul style="list-style-type: none"> <li>As part of your coverage, you have access to in-network certified nurse midwives, home nurse visits and board-certified lactation specialists during the prenatal and post-partum period. To enroll in the Enhanced Maternity program, call toll-free 1-800-272-3531.</li> <li>You may remain in the hospital up to three (3) days after a vaginal delivery and five (5) days after a cesarean delivery. We will extend your inpatient stay if medically necessary, but you, your representative, your participating doctor, or your hospital must precertify the extended stay.</li> </ul>	<p>No copay for routine prenatal care or the first postpartum care visit</p> <p>\$15 for PCP visit or \$30 for specialist visit for postpartum care visits thereafter</p> <p>Note: If your PCP or specialist refers you to another specialist or facility for additional services, you pay the applicable copay for the service rendered.</p>	<p>No copay for routine prenatal care or the first postpartum care visit</p> <p>\$25 for PCP visit or \$55 for specialist visit for postpartum care visits thereafter</p> <p>Note: If your PCP or specialist refers you to another specialist or facility for additional services, you pay the applicable copay for the service rendered.</p>

*Maternity care - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<b>Maternity care (cont.)</b>		
<ul style="list-style-type: none"> <li>We cover routine nursery care of the newborn child during the covered portion of the mother’s maternity stay including the initial examination of a newborn child covered under a Self Only, Self Plus One or Self and Family enrollment. We will cover other care of an infant who requires non-routine treatment only if we cover the infant under a Self Plus One or Self and Family enrollment.</li> <li>We pay hospitalization and surgeon services for maternity care (delivery) the same as for illness and injury. See Hospital benefits (Section 5c) and Surgery benefits (Section 5b).</li> </ul> <p>Note: Also see our Enhanced Maternity Program in Section 5 (h).</p> <p>Note: When a newborn requires definitive treatment during or after the mother’s hospital stay, the newborn is considered a patient in their own right. If the newborn is eligible for coverage, regular medical or surgical benefits apply rather than maternity benefits. In addition, circumcision is covered at the same rate as for regular medical or surgical benefits.</p>	<p>No copay for routine prenatal care or the first postpartum care visit</p> <p>\$15 for PCP visit or \$30 for specialist visit for postpartum care visits thereafter</p> <p>Note: If your PCP or specialist refers you to another specialist or facility for additional services, you pay the applicable copay for the service rendered.</p>	<p>No copay for routine prenatal care or the first postpartum care visit</p> <p>\$25 for PCP visit or \$55 for specialist visit for postpartum care visits thereafter</p> <p>Note: If your PCP or specialist refers you to another specialist or facility for additional services, you pay the applicable copay for the service rendered.</p>
Breastfeeding and lactation support, supplies and counseling for each birth	Nothing	Nothing
<i>Not covered: Home births</i>	<i>All charges</i>	<i>All charges</i>
<b>Family planning</b>	<b>High Option</b>	<b>Basic Option</b>
<p>A range of voluntary family planning services, without cost sharing, that includes at least one form of contraception in each of the categories on the HRSA list. This list includes:</p> <ul style="list-style-type: none"> <li>Voluntary female sterilization</li> <li>Contraceptive counseling on an annual basis</li> <li>Surgically implanted contraceptives</li> <li>Generic injectable contraceptive drugs, such as Depo-Provera</li> <li>Intrauterine devices (IUDs)</li> <li>Diaphragms</li> </ul> <p>Note: See additional Family Planning and Prescription drug coverage Section 5(f)</p>	Nothing	Nothing

*Family planning - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Family planning (cont.)</b></p> <p>Note: Your plan offers some type of voluntary female sterilization surgery coverage at no cost to members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any type of voluntary female sterilization surgery that is not already available without cost sharing can be accessed through the contraceptive exceptions process described below. Visit <a href="http://www.aetnafedspostal.com/familyplanning.php">www.aetnafedspostal.com/familyplanning.php</a> for more information on contraception and the exception process. If you have difficulty accessing contraceptive coverage or other reproductive healthcare, you can contact <a href="mailto:contraception@opm.gov">contraception@opm.gov</a>.</p> <p>Note: We cover injectable contraceptives under the medical benefit when supplied by and administered at the provider's office. Injectable contraceptives are covered at the prescription drug benefit when they are dispensed at the Pharmacy. If a member must obtain the drug at the pharmacy and bring it to the provider's office to be administered, the member would be responsible for both the Rx and office visit copayments. We cover oral contraceptives under the prescription drug benefit.</p>	Nothing	Nothing
Voluntary male sterilization (See Surgical Procedures Section 5(b))	\$15 per PCP visit \$30 for Specialist visit	\$25 per PCP visit \$55 for Specialist visit
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Reversal of voluntary surgical sterilization</i></li> <li>• <i>Genetic testing and counseling</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Infertility services</b>	<b>High Option</b>	<b>Basic Option</b>
<p>Infertility is a disease defined as when a person is unable to conceive or produce conception after one year of egg-sperm contact when the individual attempting conception is under 35 years of age, or after six months of egg-sperm contact when the individual attempting conception is 35 years of age or older. Egg-sperm contact can be achieved by regular sexual intercourse or artificial insemination (intrauterine, intracervical, or intravaginal) as stated in our medical clinical policy bulletin (see Section 10. for definition of Medical Necessity for additional details on Aetna's Clinical Policy). This definition applies to all individuals regardless of sexual orientation or the presence/availability of a reproductive partner. Infertility may also be established by the demonstration of a disease or condition of the reproductive tract such that egg-sperm contact would be ineffective.</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>

*Infertility services - continued on next page*

Benefit Description	You pay	
<b>Infertility services (cont.)</b>	<b>High Option</b>	<b>Basic Option</b>
<p>Diagnosis and treatment of infertility, such as:</p> <ul style="list-style-type: none"> <li>• Testing for diagnosis and surgical treatment of the underlying medical cause of infertility.</li> <li>• Fertility preservation procedures (retrieval of and freezing of eggs or sperm) for members facing the possibility of infertility caused by chemotherapy, pelvic radiotherapy, other gonadotoxic therapies, or ovary or testicle removal for treatment of disease.* **</li> <li>• Artificial insemination (AI)* ** and monitoring of ovulation:               <ul style="list-style-type: none"> <li>- Intracervical insemination (ICI)</li> <li>- Intrauterine insemination (IUI)</li> <li>- Intravaginal insemination (IVI)</li> </ul> </li> </ul> <p>We limit Artificial Insemination cycles and Ovulation Induction cycles to 3 cycles total per calendar year. The Plan defines a “cycle” as:</p> <ul style="list-style-type: none"> <li>• An artificial insemination cycle with or without injectable medication to stimulate the ovaries</li> <li>• Ovulation induction cycle(s) while on injectable medication (including but not limited to menotropins, hCG, GnRH) to stimulate the ovaries. *(See Section 5(f) for coverage)</li> <li>• Services provided in the setting of ovulation induction such as ultrasounds, laboratory studies, and physician *</li> <li>• Injectable fertility drugs including but not limited to menotropins, hCG, and GnRH agonists. (See Section 5(f) for coverage)*</li> </ul> <p>You are eligible for covered ovulation induction medication cycles if:</p> <ul style="list-style-type: none"> <li>• You or your partner have been diagnosed with infertility.</li> <li>• You have met the requirement for the number of months trying to conceive through egg and sperm contact.</li> <li>• Your unmedicated day 3 Follicle Stimulating Hormone (FSH) level and testing of ovarian responsiveness meet the criteria outlined in Aetna’s infertility clinical policy.</li> </ul> <p>Note: The Plan does not cover infertility drugs under the medical benefit. See Section 5(f) for coverage.</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>
<p><b>Advanced Reproductive Technology (ART) * **</b></p> <ul style="list-style-type: none"> <li>• In vitro fertilization (IVF)</li> </ul>	<p>50% of all charges and any amount over the \$5,000 annual maximum.</p>	<p>All charges</p>

*Infertility services - continued on next page*

Benefit Description	You pay	
Infertility services (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>• Embryo transfer and gamete intrafallopian transfer (GIFT) and Zygote intrafallopian transfer (ZIFT)</li> <li>• Intracytoplasmic sperm injection (ICSI)</li> </ul> <p>Note: We limit coverage for ART to \$5,000 per calendar year.</p> <p>You are eligible for IVF if you meet our medical necessity criteria, which includes:</p> <ul style="list-style-type: none"> <li>• Natural or artificial insemination would not be expected to be effective, and ART would be expected to be the only effective treatment OR</li> <li>• You have met the requirement for the number of months trying to conceive through egg and sperm contact (For women under 35 years of age, an appropriate trial of egg-sperm contact requires 12 months of regular intravaginal inseminations or 4 cycles of timed intrauterine or intracervical inseminations, documented in the medical record. For women 35 years of age and older, an appropriate trial of egg-sperm contact requires 6 months of regular intravaginal inseminations or 3 cycles of timed intrauterine or intracervical insemination, documented in the medical record);</li> <li>• You have met the requirement for trying to conceive through ovulation induction (3 cycles for women 37 years of age or younger); AND</li> <li>• You or your partner have not gone through voluntary sterilization with or without reversal; AND</li> <li>• Your unmedicated day three (3) Follicle Stimulating Hormone (FSH) level and testing of ovarian responsiveness meet the criteria outlined in Aetna’s Clinical Policy Bulletin (CPB) for Infertility.</li> </ul>	<p>50% of all charges and any amount over the \$5,000 annual maximum.</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>	<p>All charges</p>
<p><b>Aetna’s National Infertility Unit</b></p> <p>Our NIU is here to help you and is staffed by a dedicated team of registered nurses and infertility coordinators. They can help you with understanding your benefits and the medical precertification process. You can learn more at <a href="http://www.aetnainfertilitycare.com">www.aetnainfertilitycare.com</a> or call the NIU at 1-800-575-5999 (TTY: 711).</p> <p>* Subject to medical necessity</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>

*Infertility services - continued on next page*

Benefit Description	You pay	
Infertility services (cont.)	High Option	Basic Option
<p>** Note: Requires Precertification. See Section 3 “Services requiring our prior approval”. You are responsible for ensuring that we are asked to precertify your care; you should always ask your physician or hospital whether they have contacted us. For precertification or criteria subject to medical necessity, please contact us at 833-497-2413. Your network provider will request approval from us in advance for your infertility services. If your provider is not a network provider, you are responsible to request approval from us in advance.</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>	<p>50% of all charges</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>All infertility services associated with or in support of an Advanced Reproductive Technology (ART) cycle (except for those medically necessary services as stated above). These include, but are not limited to:</i> <ul style="list-style-type: none"> <li>- <i>Imaging, laboratory services, and professional services</i></li> <li>- <i>In vitro fertilization (IVF)</i></li> <li>- <i>Zygote intrafallopian transfer (ZIFT)</i></li> <li>- <i>Gamete intrafallopian transfer (GIFT)</i></li> <li>- <i>Cryopreserved embryo transfers</i></li> <li>- <i>Gestational carrier cycles</i></li> <li>- <i>Any related services, products or procedures (such as intracytoplasmic sperm injection (ICSI) or ovum microsurgery).</i></li> </ul> </li> <li>• <i>Cryopreservation (freezing), storage or thawing of eggs, embryos, sperm or reproductive tissue (unless noted as covered)</i></li> <li>• <i>All charges associated with or in support of surrogacy arrangements for you or the surrogate. A surrogate is a female carrying her own genetically related child with the intention of the child being raised by someone else, including the biological father</i></li> <li>• <i>Any charges associated with care required to obtain ART services (e.g. office, hospital, ultrasounds, laboratory tests, etc); and any charges associated with obtaining sperm for ART procedures except as stated above</i></li> <li>• <i>The purchase of donor sperm and any charges for the storage of sperm; the purchase of donor eggs and any charges associated with care of the donor required for donor egg retrievals or transfers or gestational carriers (or surrogacy); all charges associated with a gestational carrier program for the covered person or the gestational carrier</i></li> <li>• <i>Reversal of sterilization surgery.</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>

Benefit Description	You pay	
Infertility services (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>• <i>Treatment for infertility when the cause of the infertility was a previous sterilization with or without surgical reversal. This includes tubal ligation, hysterectomy and vasectomy only if obtained as a form of voluntary sterilization.</i></li> <li>• <i>Services and supplies related to the above mentioned services, including sperm processing</i></li> <li>• <i>Cost of home ovulation predictor kits or home pregnancy kits</i></li> <li>• <i>Drugs related to the treatment of non-covered benefits</i></li> <li>• <i>Infertility services that are not reasonably likely to result in success</i></li> <li>• <i>Elective fertility preservation, such as egg freezing sought due to natural aging;</i></li> <li>• <i>Infertility treatments such as in vitro fertilization that might be needed after the necessary medical intervention</i></li> <li>• <i>Storage costs</i></li> <li>• <i>Obtaining sperm from a person not covered under this plan</i></li> <li>• <i>Infertility treatment when a successful pregnancy could have been obtained through less costly treatment</i></li> <li>• <i>Infertility treatment when infertility is due to a natural physiologic process such as age related ovarian insufficiency (e.g. perimenopause, menopause) as measured by an unmedicated FSH level at or above 19 on cycle day two or three of your menstrual period or other abnormal testing results as outlined in Aetna's infertility clinical policy</i></li> <li>• <i>Oral and Injectable infertility medication, including but not limited to menotropins, hCG, and GnRH agonists. (except where otherwise noted in Section 5f)</i></li> <li>• <i>Any infertility service rendered that requires precertification without a prior authorization</i></li> <li>• <i>Coverage for services received by a spouse or partner who is not a covered member under the plan</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>



Benefit Description	You pay	
	High Option	Basic Option
<p><b>Allergy care</b></p> <ul style="list-style-type: none"> <li>• Testing and treatment</li> <li>• Allergy injections</li> </ul> <p>Note: You pay the applicable copay for each visit to a doctor’s office including each visit to a nurse for an injection.</p>	<p>\$15 per PCP visit</p> <p>\$30 per specialist visit</p>	<p>\$25 per PCP visit</p> <p>\$55 per specialist visit</p>
Allergy serum	Nothing	Nothing
<i>Not covered: Provocative food testing and sublingual allergy desensitization</i>	<i>All charges</i>	<i>All charges</i>
<p><b>Treatment therapies</b></p> <ul style="list-style-type: none"> <li>• Chemotherapy and radiation therapy</li> </ul> <p>Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed under Organ/Tissue Transplants in Section 5(b).</p> <ul style="list-style-type: none"> <li>• Respiratory and inhalation therapy</li> <li>• Dialysis – hemodialysis and peritoneal dialysis</li> </ul> <p>Note: Copayment does not apply for peritoneal dialysis when self-administered. Copayment will apply if services are rendered in home by a plan provider.</p> <ul style="list-style-type: none"> <li>• Intravenous (IV) Infusion Therapy in a doctor’s office or facility (For IV infusion and antibiotic treatment at home, see Home Health Services.)</li> <li>• Growth hormone therapy (GHT)</li> </ul> <p>Note: Growth hormone therapy is covered under Medical Benefits; office copay applies. We cover growth hormone injectables under the prescription drug benefit.</p> <p>Note: We will only cover GHT when we preauthorize the treatment. Call 800-245-1206 for preauthorization. We will ask you to submit information that establishes that the GHT is medically necessary. Ask us to authorize GHT before you begin treatment; otherwise, we will only cover GHT services from the date you submit the information and it is authorized by Aetna. If you do not ask or if we determine GHT is not medically necessary, we will not cover the GHT or related services and supplies. See <i>Services requiring our prior approval</i> in Section 3.</p> <ul style="list-style-type: none"> <li>• Applied Behavior Analysis - (see Section 5(e) for benefits)</li> </ul>	<p>\$30 per visit</p> <p>Note: If you receive these services during an inpatient admission, then facility charges will apply. See section 5(c) for applicable facility charges.</p>	<p>\$55 per visit</p> <p>Note: If you receive these services during an inpatient admission, then facility charges will apply. See section 5(c) for applicable facility charges.</p>

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Physical and occupational therapies</b></p> <p>60 visits per person, per calendar year for physical or occupational therapy or a combination of both for the services of each of the following:</p> <ul style="list-style-type: none"> <li>• Qualified Physical therapists</li> <li>• Occupational therapists</li> </ul> <p>Note: We only cover therapy when a physician:</p> <ul style="list-style-type: none"> <li>• Orders the care;</li> <li>• Identifies the specific professional skills the patient requires and the medical necessity for skilled services; and</li> <li>• Indicates the length of time the services are needed.</li> </ul> <p>Note: Occupational therapy is limited to services that assist the member to achieve and maintain self-care and improved functioning in other activities of daily living. Inpatient therapy is covered under Hospital/ Extended Care Benefits.</p> <ul style="list-style-type: none"> <li>• Physical therapy to treat temporomandibular joint (TMJ) pain dysfunction syndrome</li> </ul> <p>Note: Physical therapy treatment of lymphedemas following breast reconstruction surgery is covered under the Reconstructive surgery benefit - see section 5(b).</p>	<p>\$30 per visit, nothing during a covered inpatient admission</p> <p>Note: If you receive these services during an inpatient admission or outpatient visit, then facility charges will apply. See section 5(c) for applicable facility charges.</p>	<p>\$55 per visit, nothing during a covered inpatient admission</p> <p>Note: If you receive these services during an inpatient admission or outpatient visit, then facility charges will apply. See section 5(c) for applicable facility charges.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Long-term rehabilitative therapy</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
<p><b>Pulmonary and cardiac rehabilitation</b></p> <ul style="list-style-type: none"> <li>• Twenty visits per condition per member per calendar year of pulmonary rehabilitation to treat functional pulmonary disability</li> <li>• Cardiac rehabilitation following a qualifying event/ condition is provided for up to 3 visits a week for a total of 18 visits.</li> </ul>	<p>\$30 per visit, nothing during a covered inpatient admission</p>	<p>\$55 per visit, nothing during a covered inpatient admission</p>
<p><i>Not Covered: Long-term rehabilitative therapy</i></p>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
<p><b>Habilitative therapy</b></p> <ul style="list-style-type: none"> <li>• Habilitative services for children under age 19 with congenital or genetic birth defects including, but not limited to, autism or an autism spectrum disorder and developmental delays. Treatment is provided to enhance the child's ability to function. Services include occupational therapy, physical therapy and speech therapy.</li> </ul> <p>Note: No day or visit limit applies.</p>	<p>\$30 per visit, nothing during a covered inpatient admission</p>	<p>\$55 per visit, nothing during a covered inpatient admission</p>

Benefit Description	You pay	
	High Option	Basic Option
<b>Speech therapy</b> 60 visits per person, per calendar year  Note: For children up to age 19, no day or visit limit applies for habilitative therapy, see section 5(a) Habilitative therapy	\$30 per visit, nothing during a covered inpatient admission	\$55 per visit, nothing during a covered inpatient admission
<b>Hearing services (testing, treatment, and supplies)</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>Audiological testing and medically necessary treatment for hearing problems</li> <li>Hearing testing for children through age 17 (See <i>Preventive care, children</i>)</li> <li>Implanted hearing-related devices, such as bone anchored hearing aids (BAHA) and cochlear implants (See <i>Orthopedic and prosthetic devices</i> section and the note referring to Section 5 (b) and 5(c) for hospital and ambulatory surgery center benefits).</li> </ul> Note: For routine hearing screening performed during a child's preventive care visit, see Section 5 (a) <i>Preventive care, children</i> .	\$15 per PCP visit  \$30 per specialist visit	\$25 per PCP visit  \$55 per specialist visit
<ul style="list-style-type: none"> <li>Hearing aids as shown in Orthopedic and prosthetic devices.</li> </ul>	All charges over \$1,400/ear/ every 36-month period  <b>Note: member will be reimbursed up to the allowed amount.</b>	All charges over \$1,400/ear/ every 36-month period  <b>Note: member will be reimbursed up to the allowed amount.</b>
<i>Not covered:</i> <ul style="list-style-type: none"> <li>All other hearing testing not medically necessary</li> <li>Hearing services that are not shown as covered</li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Vision services (testing, treatment, and supplies)</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>Treatment of eye diseases and injury</li> </ul>	\$15 per PCP visit  \$30 per specialist visit	\$25 per PCP visit  \$55 per specialist visit
<ul style="list-style-type: none"> <li>Corrective eyeglasses and frames or contact lenses (hard or soft) for adults age 19 and older once per 24-month period.</li> </ul>	All charges over \$100	All charges over \$100
<ul style="list-style-type: none"> <li>Corrective eyeglasses and frames or contact lenses (hard or soft) for children through age 18 once per 24-month period.</li> </ul> Note: You must pay for charges above the \$100 allowance and submit a claim form for reimbursement of the 10%.	90% of charges after \$100	90% of charges after \$100
<ul style="list-style-type: none"> <li>One (1) routine eye exam (including refraction) every 12-month period</li> </ul>	\$30 per specialist visit	\$55 per specialist visit
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>

*Vision services (testing, treatment, and supplies) - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<b>Vision services (testing, treatment, and supplies) (cont.)</b>		
<ul style="list-style-type: none"> <li>• <i>Fitting of contact lenses</i></li> <li>• <i>Vision therapy, including eye patches and eye exercises, e.g., orthoptics, pleoptics, for the treatment of conditions related to learning disabilities or developmental delays</i></li> <li>• <i>Radial keratotomy and laser eye surgery, including related procedures designed to surgically correct refractive errors</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Foot care</b>	<b>High Option</b>	<b>Basic Option</b>
Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.	\$15 per PCP visit \$30 per specialist visit	\$25 per PCP visit \$55 per specialist visit
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Cutting, trimming or removal of corns, calluses, or the free edge of toenails, and similar routine treatment of conditions of the foot, except as stated above</i></li> <li>• <i>Treatment of weak, strained or flat feet; and of any instability, imbalance or subluxation of the foot (unless the treatment is by open manipulation or fixation)</i></li> <li>• <i>Foot orthotics</i></li> <li>• <i>Podiatric shoe inserts</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Orthopedic and prosthetic devices</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>• Orthopedic devices such as braces and prosthetic devices such as artificial limbs and eyes. Limb and torso prosthetics must be preauthorized.</li> <li>• Externally worn breast prostheses and surgical bras, including necessary replacements, following a mastectomy.</li> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, bone anchored hearing aids (BAHA), penile implants, defibrillator, surgically implanted breast implant following mastectomy, and lenses following cataract removal.</li> <li>• Corrective orthopedic appliances for non-dental treatment of temporomandibular joint (TMJ) pain dysfunction syndrome.</li> <li>• Ostomy supplies specific to ostomy care (quantities and types vary according to ostomy, location, construction, etc.)</li> </ul> <p>Note: Certain devices require precertification by you or your physician. Please see Section 3 for a list of services that require precertification.</p>	30% of our Plan allowance	30% of our Plan allowance

*Orthopedic and prosthetic devices - continued on next page*

Benefit Description	You pay	
<b>Orthopedic and prosthetic devices (cont.)</b>	<b>High Option</b>	<b>Basic Option</b>
<p>Note: Coverage includes repair and replacement when due to growth or normal wear and tear.</p> <p>Note: For information on the professional charges for the surgery to insert an implant or internal prosthetic device, see Section 5(b) Surgical procedures. For information regarding facility fees associated with obtaining orthopedic and prosthetic devices, see Section 5(c).</p>	30% of our Plan allowance	30% of our Plan allowance
<ul style="list-style-type: none"> <li>• Hearing aids, testing, fitting and the examination for them</li> </ul> <p>Note: Discounts on hearing exams, hearing services, and hearing aids are also available to all members. Please see the Non-PSHB Benefits section of this brochure for more information.</p>	All charges over \$1,400/ear/ every 36-month period	All charges over \$1,400/ear/ every 36-month period
<ul style="list-style-type: none"> <li>• Hair prosthesis prescribed by a physician for hair loss resulting from radiation therapy, chemotherapy or certain other injuries, diseases, or treatment of a disease.</li> </ul>	Nothing up to Plan lifetime maximum of \$500	Nothing up to Plan lifetime maximum of \$500
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Orthopedic and corrective shoes, arch supports, foot orthotics, heel pads and heel cups</i></li> <li>• <i>Lumbosacral supports</i></li> <li>• <i>All charges over \$500 for hair prosthesis</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Durable medical equipment (DME)</b>	<b>High Option</b>	<b>Basic Option</b>
<p>We cover rental or purchase of durable medical equipment, at our option, including repair and adjustment. Contact Plan at 833-497-2413 for a complete list of covered DME. Some covered items include:</p> <ul style="list-style-type: none"> <li>• Oxygen</li> <li>• Dialysis equipment</li> <li>• Hospital beds (Clinitron and electric beds must be preauthorized)</li> <li>• Wheelchairs (motorized wheelchairs and scooters must be preauthorized)</li> <li>• Crutches</li> <li>• Walkers</li> <li>• Insulin pumps and related supplies such as needles and catheters</li> <li>• Medical foods taken for the treatment of Inborn Errors of Metabolism when provided by a participating DME provider and administered under the direction of a physician</li> </ul>	30% of our Plan allowance	30% of our Plan allowance

*Durable medical equipment (DME) - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<b>Durable medical equipment (DME) (cont.)</b>		
Note: You must get your DME from a participating DME provider. Some DME may require precertification by you or your physician.	30% of our Plan allowance	30% of our Plan allowance
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>
<ul style="list-style-type: none"> <li>• <i>Elastic stockings and support hose</i></li> <li>• <i>Bathroom equipment such as bathtub seats, benches, rails and lifts</i></li> <li>• <i>Home modifications such as stair glides, elevators and wheelchair ramps</i></li> <li>• <i>Wheelchair lifts and accessories needed to adapt to the outside environment or convenience for work or to perform leisure or recreational activities</i></li> <li>• <i>Medical foods that do not require a prescription under Federal law even if your physician or other health care professional prescribes them</i></li> <li>• <i>Nutritional supplements that are not administered by catheter or nasogastric tubes, except for oral medical foods taken for the treatment of Inborn Errors of Metabolism when administered under the direction of a physician</i></li> </ul>		
<b>Home health services</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>• Home health services ordered by a Plan Physician and provided by nurses and home health aides through a participating home health care agency. Home health services include skilled nursing services provided by a licensed nursing professional; services provided by a physical therapist, occupational therapist, or speech therapist; and services of a home health aide when provided in support of the skilled home health services. Home health services are limited to one (1) visit per day with each visit equal to a period of four (4) hours or less. The plan will allow up to 60 visits per member per calendar year. Your Plan Physician will periodically review the program for continuing appropriateness and need.</li> <li>• Services include oxygen therapy.</li> </ul>	\$90 per visit	\$90 per visit
Intravenous (IV) Infusion Therapy and medications	\$30 per visit	\$55 per visit
Note: Short-term physical, speech, or occupational therapy accumulate toward the applicable benefit limit (See the physical, speech and occupational therapy benefits in this section).	Refer to Note	Refer to Note
Note: Skilled nursing under home health services must be precertified by your Plan physician.		
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>
<ul style="list-style-type: none"> <li>• <i>Nursing care for the convenience of the patient or the patient's family.</i></li> </ul>		

*Home health services - continued on next page*

Benefit Description	You pay	
Home health services (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>• Custodial care, i.e. home care primarily for personal assistance that does not include a medical component and is not diagnostic, therapeutic, or rehabilitative and appropriate for the active treatment of a condition, illness, disease or injury.</li> <li>• Services provided by a family member or resident in the member's home.</li> <li>• Services rendered at any site other than the member's home.</li> <li>• Services rendered when the member is not homebound because of illness or injury.</li> <li>• Private duty nursing services.</li> <li>• Transportation.</li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
Chiropractic	High Option	Basic Option
<p>Chiropractic services up to 20 visits per member per calendar year</p> <ul style="list-style-type: none"> <li>• Manipulation of the spine and extremities</li> <li>• Adjunctive procedures such as ultrasound, electric muscle stimulation, vibratory therapy and cold pack application</li> </ul>	<p>\$15 per PCP visit \$30 per specialist visit</p>	<p>\$25 per PCP visit \$55 per specialist visit</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Any services not listed above</li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
Alternative medicine treatments	High Option	Basic Option
<p>Acupuncture - 10 visits per member per calendar year (when considered medically necessary)</p> <p>Note: See Section 5(b) for our coverage of acupuncture when provided as anesthesia for covered surgery.</p> <p>See Section 5 Non-PSHB benefits available to Plan members for discount arrangements.</p>	<p>\$15 per visit</p>	<p>\$25 per visit</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Acupuncture other than stated above</li> <li>• Applied kinesiology</li> <li>• Aromatherapy</li> <li>• Biofeedback</li> <li>• Craniosacral therapy</li> <li>• Hair analysis</li> <li>• Reflexology</li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>

Benefit Description	You pay	
Educational classes and programs	High Option	Basic Option
<p>Aetna offers disease management. Included are programs for:</p> <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Cerebrovascular disease</li> <li>• Chronic obstructive pulmonary disease (COPD)</li> <li>• Congestive heart failure (CHF)</li> <li>• Coronary artery disease</li> <li>• Cystic Fibrosis</li> <li>• Depression</li> <li>• Diabetes</li> <li>• Hepatitis</li> <li>• Inflammatory bowel disease</li> <li>• Kidney failure</li> <li>• Low back pain</li> <li>• Sickle Cell disease</li> </ul> <p>To request more information on our disease management programs, call 833-497-2413.</p>	<p>Nothing</p>	<p>Nothing</p>
<p>Coverage is provided for:</p> <ul style="list-style-type: none"> <li>• Tobacco cessation Programs including individual/group/phone counseling, and for over-the-counter (OTC) and prescription drugs approved by the FDA to treat nicotine dependence.</li> </ul> <p>Note: OTC drugs will not be covered unless you have a prescription and the prescription is presented at the pharmacy and processed through our pharmacy claim system.</p>	<p>Nothing for four (4) smoking cessation counseling sessions per quit attempt and two (2) quit attempts per year.</p> <p>Nothing for OTC drugs and prescription drugs approved by the FDA to treat nicotine dependence.</p>	<p>Nothing for four (4) smoking cessation counseling sessions per quit attempt and two (2) quit attempts per year.</p> <p>Nothing for OTC drugs and prescription drugs approved by the FDA to treat nicotine dependence.</p>



**Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The services listed below are for the charges billed by a physician or other health care professional for your surgical care. See Section 5(c) for charges associated with a facility (i.e., hospital, surgical center, etc.).
- **YOUR PHYSICIAN MUST GET PRECERTIFICATION FOR SOME SURGICAL PROCEDURES.** Please refer to the precertification information shown in Section 3 to be sure which services require precertification and identify which surgeries require precertification.

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Surgical procedures</b></p> <p>A comprehensive range of services, such as:</p> <ul style="list-style-type: none"> <li>• Operative procedures</li> <li>• Treatment of fractures, including casting</li> <li>• Normal pre- and post-operative care by the surgeon</li> <li>• Correction of amblyopia and strabismus</li> <li>• Endoscopy procedures</li> <li>• Biopsy procedures</li> <li>• Removal of tumors and cysts</li> <li>• Correction of congenital anomalies (See <i>Reconstructive surgery</i>)</li> <li>• Surgical treatment of severe obesity (bariatric surgery) – a condition in which an individual has a body mass index (BMI) exceeding 40 or a BMI greater than 35 in conjunction with documented significant co-morbid conditions (such as coronary heart disease, type 2 diabetes mellitus, obstructive sleep apnea, nonalcoholic steatohepatitis (NASH) or refractory hypertension).**</li> </ul> <p>- Members must have attempted weight loss in the past without successful long-term weight reduction; <i>and</i> Members must have participated in and been compliant with an intensive multicomponent behavioral intervention through a combination of dietary changes and increased physical activity for 12 or more sessions occurring within 2 years prior to surgery. Blood glucose control must be optimized, and psychological clearance may be necessary.</p> <p><b>We will consider:</b></p>	<p>\$15 per PCP visit</p> <p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$25 per PCP visit</p> <p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>

*Surgical procedures - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Surgical procedures (cont.)</b></p> <ul style="list-style-type: none"> <li>- Open or laparoscopic Roux-en-Y gastric bypass; or</li> <li>- Open or laparoscopic biliopancreatic diversion with or without duodenal switch; or</li> <li>- Sleeve gastrectomy; or</li> <li>- Laparoscopic adjustable silicone gastric banding (Lap-Band) procedures.</li> </ul> <p>Note: Generally, we pay for internal prostheses (devices) according to where the procedure is done. For example, we pay Hospital benefits for a pacemaker and Surgery benefits for insertion of the pacemaker.</p> <ul style="list-style-type: none"> <li>• Insertion of internal prosthetic devices. See 5 (a) – <i>Orthopedic and prosthetic devices</i> for device coverage information</li> <li>• Voluntary sterilization for men (e.g., vasectomy)</li> <li>• Treatment of burns</li> <li>• Skin grafting and tissue implants</li> <li>• Gender affirming surgery*</li> <li>• The Plan will provide coverage for the following when the member meets Plan criteria: <ul style="list-style-type: none"> <li>- Surgical removal of breasts**</li> <li>- Breast augmentation (implants/lipofilling)**</li> <li>- Surgical removal of uterus, ovaries and testes**</li> <li>- Reconstruction of external genitalia**</li> <li>- Medically necessary facial gender affirming surgery and body contouring (Note: For more information on coverage details for medically necessary facial and body contouring coverage and criteria, please refer to <a href="http://www.aetnafedspostal.com/gender-affirming-care">www.aetnafedspostal.com/gender-affirming-care</a>)</li> </ul> </li> </ul> <p>* Note: Requires Precertification. See Section 3 “Services requiring our prior approval”. You are responsible for ensuring that we are asked to precertify your care; you should always ask your physician or hospital whether they have contacted us. For precertification or criteria subject to medical necessity, please contact us at 833-497-2413.</p> <p>** Subject to medical necessity based on our clinical policy bulletin.</p> <p>Note: Hormone therapy is covered under Section 5(f), Prescription drug benefits. Prior authorization is required.</p>	<p>\$15 per PCP visit</p> <p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$25 per PCP visit</p> <p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>
Voluntary sterilization for women (e.g., tubal ligation)	Nothing	Nothing

*Surgical procedures - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Surgical procedures (cont.)</b></p> <p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Reversal of voluntary surgically-induced sterilization</i></li> <li>• <i>Surgery primarily for cosmetic purposes</i></li> <li>• <i>Radial keratotomy and laser surgery, including related procedures designed to surgically correct refractive errors</i></li> <li>• <i>Routine treatment of conditions of the foot; (see Foot care)</i></li> <li>• <i>Gender reassignment services that are not considered medically necessary</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
<p><b>Reconstructive surgery</b></p> <ul style="list-style-type: none"> <li>• Surgery to correct a functional defect</li> <li>• Surgery to correct a condition caused by injury or illness if: <ul style="list-style-type: none"> <li>- the condition produced a major effect on the member’s appearance and</li> <li>- the condition can reasonably be expected to be corrected by such surgery</li> </ul> </li> <li>• Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm. Examples of congenital and developmental anomalies are cleft lip, cleft palate, webbed fingers and webbed toes. All surgical requests must be preauthorized.</li> <li>• All stages of breast reconstruction surgery following a mastectomy, such as: <ul style="list-style-type: none"> <li>- surgery to produce a symmetrical appearance of breasts</li> <li>- treatment of any physical complications, such as lymphedema</li> <li>- breast prostheses and surgical bras and replacements (<i>See Prosthetic devices</i>)</li> </ul> </li> </ul> <p>Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.</p>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Cosmetic surgery – any surgical procedure (or any portion of a procedure) performed primarily to improve physical appearance through change in bodily form, except repair of accidental injury</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Oral and maxillofacial surgery</b></p> <p>Oral surgical procedures, that are medical in nature, such as:</p> <ul style="list-style-type: none"> <li>• Treatment of fractures of the jaws or facial bones;</li> <li>• Removal of stones from salivary ducts;</li> <li>• Excision of benign or malignant lesions;</li> <li>• Medically necessary surgical treatment of TMJ (must be preauthorized);</li> <li>• Excision of tumors and cysts; and</li> <li>• Removal of bony impacted wisdom teeth</li> </ul> <p>Note: When requesting oral and maxillofacial services, please check our online provider directory or call Member Services at 833-497-2413 for a participating oral and maxillofacial surgeon.</p>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Dental implants</i></li> <li>• <i>Dental care (such as restorations) involved with the treatment of temporomandibular joint (TMJ) pain dysfunction syndrome</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>
<p><b>Organ/tissue transplants</b></p> <p>These <b>solid organ transplants</b> are subject to medical necessity and experimental/investigational review by the Plan. See Section 3, <i>Other services</i> under <i>You need prior Plan approval for certain services</i>.</p> <ul style="list-style-type: none"> <li>• Autologous pancreas islet cell transplant (as an adjunct to total or near total pancreatectomy) only for patients with chronic pancreatitis</li> <li>• Cornea</li> <li>• Heart</li> <li>• Heart/lung</li> <li>• Intestinal transplants <ul style="list-style-type: none"> <li>- Isolated small intestine</li> <li>- Small intestine with the liver</li> <li>- Small intestine with multiple organs, such as the liver, stomach, and pancreas</li> </ul> </li> <li>• Kidney</li> <li>• Kidney-pancreas</li> <li>• Liver</li> <li>• Lung: single/bilateral/lobar</li> <li>• Pancreas; Pancreas/Kidney (simultaneous)</li> </ul>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay	
Organ/tissue transplants (cont.)	High Option	Basic Option
<p>These <b>tandem blood or marrow stem cell transplants for covered transplants</b> are subject to medical necessity review by the Plan. Refer to <i>Other services</i> in Section 3 for prior authorization procedures.</p> <ul style="list-style-type: none"> <li>• Autologous tandem transplants for:               <ul style="list-style-type: none"> <li>- AL Amyloidosis</li> <li>- High-risk neuroblastoma</li> <li>- Multiple myeloma (de novo and treated)</li> <li>- Recurrent germ cell tumors (including testicular cancer)</li> </ul> </li> </ul>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>
<p><b>Blood or marrow stem cell transplants</b></p> <p>Physicians consider many features to determine how diseases will respond to different types of treatment. Some of the features measured are the presence or absence of normal and abnormal chromosomes, the extension of the disease throughout the body, and how fast the tumor cells can grow. By analyzing these and other characteristics, physicians can determine which diseases will respond to treatment without transplant and which diseases may respond to transplant.</p> <p>The Plan extends coverage for the diagnoses as indicated below.</p> <ul style="list-style-type: none"> <li>• Allogeneic transplants for:               <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Acute myeloid leukemia</li> <li>- Advanced Hodgkin’s lymphoma with recurrence (relapsed)</li> <li>- Advanced Myeloproliferative Disorders (MPDs)</li> <li>- Advanced non-Hodgkin’s lymphoma with recurrence (relapsed)</li> <li>- Amyloidosis</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)*</li> <li>- Hemoglobinopathies</li> <li>- Hematopoietic Stem Cell Transplant (HSCT)</li> <li>- Infantile malignant osteopetrosis</li> <li>- Kostmann's syndrome</li> <li>- Leukocyte adhesion deficiencies</li> <li>- Marrow Failure and Related Disorders (i.e. Fanconi’s, Paroxysmal Nocturnal Hemoglobinuria, Pure Red Cell Aplasia)</li> </ul> </li> </ul>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay	
Organ/tissue transplants (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>- Mucopolysaccharidosis (e.g., Gaucher's disease, metachromatic leukodystrophy, adrenoleukodystrophy)</li> <li>- Mucopolysaccharidosis (e.g., Hunter's syndrome, Hurler's syndrome, Sanfillippo's syndrome, Maroteaux-Lamy syndrome variants)</li> <li>- Myelodysplasia/Myelodysplastic Syndromes</li> <li>- Paroxysmal Nocturnal Hemoglobinuria</li> <li>- Phagocytic/Hemophagocytic deficiency diseases (e.g., Wiskott-Aldrich syndrome)</li> <li>- Severe combined immunodeficiency</li> <li>- Severe or very severe aplastic anemia</li> <li>- Sickle cell anemia</li> <li>- X-linked lymphoproliferative syndrome</li> <li>• Autologous transplants for:               <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin's lymphoma with recurrence (relapsed)</li> <li>- Advanced non-Hodgkin's lymphoma with recurrence (relapsed)</li> <li>- Amyloidosis</li> <li>- Breast Cancer*</li> <li>- Ependymoblastoma</li> <li>- Epithelial Ovarian Cancer*</li> <li>- Ewing's sarcoma</li> <li>- Hematopoietic Stem Cell Transplant (HSCT)</li> <li>- Medulloblastoma</li> <li>- Multiple myeloma</li> <li>- Neuroblastoma</li> <li>- Pineoblastoma</li> <li>- Testicular, Mediastinal, Retroperitoneal, and Ovarian germ cell tumors</li> <li>- Waldenstrom's macroglobulinemia</li> </ul> </li> </ul> <p>*Approved clinical trial necessary for coverage.</p>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>
<p>These blood or marrow stem cell transplants are covered only in a National Cancer Institute or National Institutes of Health <b>approved clinical trial</b> or a Plan-designated center of excellence.</p>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay	
Organ/tissue transplants (cont.)	High Option	Basic Option
<p>If you are a participant in a clinical trial, the Plan will provide benefits for related routine care that is medically necessary (such as doctor visits, lab tests, X-rays and scans, and hospitalization related to treating the patient's condition) if it is not provided by the clinical trial. Section 9 has additional information on costs related to clinical trials. We encourage you to contact the Plan to discuss specific services if you participate in a clinical trial.</p> <ul style="list-style-type: none"> <li>• Allogeneic transplants for: <ul style="list-style-type: none"> <li>- Advanced Hodgkin's lymphoma</li> <li>- Advanced non-Hodgkin's lymphoma</li> <li>- Beta Thalassemia Major</li> <li>- Chronic inflammatory demyelination polyneuropathy (CIDP)</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Multiple myeloma</li> <li>- Multiple sclerosis</li> <li>- Sickle Cell anemia</li> </ul> </li> <li>• Non-myeloablative allogeneic, reduced intensity conditioning or RIC for: <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin's lymphoma</li> <li>- Advanced non-Hodgkin's lymphoma</li> <li>- Breast cancer</li> <li>- Chronic lymphocytic leukemia</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Chronic myelogenous leukemia</li> <li>- Colon cancer</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Multiple myeloma</li> <li>- Multiple sclerosis</li> <li>- Myelodysplasia/Myelodysplastic Syndromes</li> <li>- Myeloproliferative disorders (MPDs)</li> <li>- Non-small cell lung cancer</li> <li>- Ovarian cancer</li> <li>- Prostate cancer</li> <li>- Renal cell carcinoma</li> <li>- Sarcomas</li> <li>- Sickle Cell anemia</li> </ul> </li> </ul>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay	
Organ/tissue transplants (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>• Autologous Transplants for:               <ul style="list-style-type: none"> <li>- Advanced childhood kidney cancers</li> <li>- Advanced Ewing sarcoma</li> <li>- Advanced Hodgkin's lymphoma</li> <li>- Advanced non-Hodgkin's lymphoma</li> <li>- Aggressive non-Hodgkin's lymphomas (Mantle Cell lymphoma, adult T-cell leukemia/lymphoma, peripheral T-cell lymphomas and aggressive Dendritic Cell neoplasms)</li> <li>- Breast cancer</li> <li>- Childhood rhabdomyosarcoma</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Chronic myelogenous leukemia</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Epithelial ovarian cancer</li> <li>- Mantle Cell (Non-Hodgkin lymphoma)</li> <li>- Multiple sclerosis</li> <li>- Scleroderma</li> <li>- Scleroderma-SSc (severe, progressive)</li> <li>- Small cell lung cancer</li> <li>- Systemic lupus erythematosus</li> <li>- Systemic sclerosis</li> </ul> </li> </ul>	<p>\$30 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>	<p>\$55 per specialist visit</p> <p>Nothing for the surgery. See section 5(c) for facility charges.</p>
<ul style="list-style-type: none"> <li>• <b>National Transplant Program (NTP)</b> <ul style="list-style-type: none"> <li>- Transplants which are non-experimental or non-investigational are a covered benefit. Covered transplants must be ordered by your primary care doctor and plan specialist physician and approved by our medical director in advance of the surgery. The transplant must be performed at hospitals (Institutes of Excellence) specifically approved and designated by us to perform these procedures. A transplant is non-experimental and non-investigational when we have determined, in our sole discretion, that the medical community has generally accepted the procedure as appropriate treatment for your specific condition. Coverage for a transplant where you are the recipient includes coverage for the medical and surgical expenses of a live donor, to the extent these services are not covered by another plan or program.</li> </ul> </li> </ul> <p>*Note: Transplants must be performed at hospitals designated as Institutes of Excellence (IOE). Hospitals in our network, but not designated as an IOE hospital will not be covered.</p>	<p>Refer to Note</p>	<p>Refer to Note</p>



Benefit Description	You pay	
	High Option	Basic Option
<b>Organ/tissue transplants (cont.)</b>		
Note: We cover related medical and hospital expenses of the donor when we cover the recipient. We cover donor testing for the actual solid organ donor or up to four allogenic bone marrow/stem cell transplant donors in addition to the testing of family members.	Refer to Note	Refer to Note
Clinical trials must meet the following criteria:  A. The member has a current diagnosis that will most likely cause death within one year or less despite therapy with currently accepted treatment; or the member has a diagnosis of cancer; AND  B. All of the following criteria must be met:  1. Standard therapies have not been effective in treating the member or would not be medically appropriate; and  2. The risks and benefits of the experimental or investigational technology are reasonable compared to those associated with the member's medical condition and standard therapy based on at least two documents of medical and scientific evidence (as defined below); and  3. The experimental or investigational technology shows promise of being effective as demonstrated by the member's participation in a clinical trial satisfying ALL of the following criteria:  a. The experimental or investigational drug, device, procedure, or treatment is under current review by the FDA and has an Investigational New Drug (IND) number; and  b. The clinical trial has passed review by a panel of independent medical professionals (evidenced by Aetna's review of the written clinical trial protocols from the requesting institution) approved by Aetna who treat the type of disease involved and has also been approved by an Institutional Review Board (IRB) that will oversee the investigation; and  c. The clinical trial is sponsored by the National Cancer Institute (NCI) or similar national cooperative body (e.g., Department of Defense, VA Affairs) and conforms to the rigorous independent oversight criteria as defined by the NCI for the performance of clinical trials; and  d. The clinical trial is not a single institution or investigator study (NCI designated Cancer Centers are exempt from this requirement); and  4. The member must:	\$30 per specialist visit  Nothing for the surgery. See section 5(c) for facility charges.	\$55 per specialist visit  Nothing for the surgery. See section 5(c) for facility charges.

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<b>Organ/tissue transplants (cont.)</b>		
a. Not be treated “off protocol,” and	\$30 per specialist visit	\$55 per specialist visit
b. Must actually be enrolled in the trial.	Nothing for the surgery. See section 5(c) for facility charges.	Nothing for the surgery. See section 5(c) for facility charges.
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>
<ul style="list-style-type: none"> <li>• <i>The experimental intervention itself (except medically necessary Category B investigational devices and promising experimental and investigational interventions for terminal illnesses in certain clinical trials. Terminal illness means a medical prognosis of 6 months or less to live); and</i></li> <li>• <i>Costs of data collection and record keeping that would not be required but for the clinical trial; and</i></li> <li>• <i>Other services to clinical trial participants necessary solely to satisfy data collection needs of the clinical trial (i.e., "protocol-induced costs"); and</i></li> <li>• <i>Items and services provided by the trial sponsor without charge</i></li> <li>• <i>Donor screening tests and donor search expenses, except as shown above</i></li> <li>• <i>Implants of artificial organs</i></li> <li>• <i>Transplants not listed as covered</i></li> </ul>		
<b>Anesthesia</b>	<b>High Option</b>	<b>Basic Option</b>
<p>Professional services (including Acupuncture - when provided as anesthesia for a covered surgery) provided in:</p> <ul style="list-style-type: none"> <li>• Hospital (inpatient)</li> <li>• Hospital outpatient department</li> <li>• Skilled nursing facility</li> <li>• Ambulatory surgical center</li> <li>• Office</li> </ul> <p>Note: For sedation or anesthesia relating to dental services performed in a dental office, see Section 5 (g), Dental benefits.</p> <p>Note: When the anesthesiologist is the primary giver of services, such as for pain management, the specialist copay applies.</p>	Nothing	Nothing

**Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care and you must be hospitalized in a Plan facility.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e., hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge (i.e., physicians, etc.) are in Sections 5(a) or (b).
- **Except in emergencies, all hospital admissions and select outpatient surgery require precertification from your participating physician and prior authorization from Aetna.** Please refer to Section 3 to be sure which services require precertification.
- We define observation as monitoring patients following medical or surgical treatments to determine if you need more care, need admission or can be discharged. Observation care can be billed as Emergency Room, Outpatient, or Inpatient depending on where services are rendered, benefited accordingly and how it is billed to us within the scope of the facilities contract. Hospital observation cost share is determined as anything greater than 23 hours, and Aetna’s policy is to allow up to 48 hours of hospital observation without preauthorization. After 48 hours, facilities must determine if they are going to discharge or admit the patient from observation and if admitting they will be responsible to preauthorize. Once admitted, inpatient hospital member cost sharing will apply.

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Inpatient hospital</b></p> <p>Room and board, such as</p> <ul style="list-style-type: none"> <li>• Private, semiprivate, or intensive care accommodations</li> <li>• General nursing care</li> <li>• Meals and special diets</li> </ul> <p>Note: If you want a private room when it is not medically necessary, you pay the additional charge above the semiprivate room rate.</p> <p>Other hospital services and supplies, such as:</p> <ul style="list-style-type: none"> <li>• Operating, recovery, maternity, and other treatment rooms</li> <li>• Prescribed drugs and medications</li> <li>• Diagnostic laboratory tests and X-rays</li> <li>• Administration of blood and blood products</li> <li>• Blood products, derivatives and components, artificial blood products and biological serum. Blood products include any product created from a component of blood such as, but not limited to, plasma, packed red blood cells, platelets, albumin, Factor VIII, Immunoglobulin, and prolactin</li> </ul>	<p>\$150 per day up to a maximum of \$450 per admission</p>	<p>20% of plan allowance per admission</p>

*Inpatient hospital - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<b>Inpatient hospital (cont.)</b>		
<ul style="list-style-type: none"> <li>• Dressings, splints, casts, and sterile tray services</li> <li>• Medical supplies and equipment, including oxygen</li> <li>• Anesthetics, including nurse anesthetist services</li> <li>• Take-home items</li> <li>• Medical supplies, appliances, medical equipment, and any covered items billed by a hospital for use at home.</li> </ul>	\$150 per day up to a maximum of \$450 per admission	20% of plan allowance per admission
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Whole blood and concentrated red blood cells not replaced by the member</i></li> <li>• <i>Non-covered facilities, such as nursing homes, schools</i></li> <li>• <i>Custodial care, rest cures, domiciliary or convalescent cares</i></li> <li>• <i>Personal comfort items, such as phone and television</i></li> <li>• <i>Private nursing care</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Outpatient hospital or ambulatory surgical center</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>• Operating, recovery, and other treatment rooms</li> <li>• Prescribed drugs and medications</li> <li>• Radiologic procedures, diagnostic laboratory tests, and X-rays when associated with a medical procedure being done the same day</li> <li>• Pathology Services</li> <li>• Administration of blood, blood plasma, and other biologicals</li> <li>• Blood products, derivatives and components, artificial blood products and biological serum</li> <li>• Pre-surgical testing</li> <li>• Dressings, casts, and sterile tray services</li> <li>• Medical supplies, including oxygen</li> <li>• Anesthetics and anesthesia service</li> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, bone anchored hearing aids (BAHA), penile implants, defibrillator, surgically implanted breast implant following mastectomy, and lenses following cataract removal.</li> </ul> <p>Note: Certain devices require precertification by you or your physician. Please see Section 3 for a list of services that require precertification.</p>	\$150 per visit	\$350 per visit

*Outpatient hospital or ambulatory surgical center - continued on next page*

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Outpatient hospital or ambulatory surgical center (cont.)</b></p> <p>Note: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment. We do not cover the dental procedures.</p> <p>Note: Preventive care services are not subject to copays listed.</p>	\$150 per visit	\$350 per visit
<p>Services not associated with a medical procedure being done the same day, such as:</p> <ul style="list-style-type: none"> <li>• Mammogram</li> <li>• Radiologic procedures*</li> <li>• Lab tests*</li> <li>• Sleep Studies</li> </ul> <p>*See below for exceptions</p> <p>Note: Preventive care services are not subject to copays listed.</p>	\$30 per specialist visit	\$55 per specialist visit
<p>Complex diagnostic tests limited to:</p> <ul style="list-style-type: none"> <li>• Bone density tests - diagnostic</li> <li>• CT scans/MRIs/PET scans</li> <li>• Diagnostic angiography</li> <li>• Genetic testing - diagnostic*</li> <li>• Nuclear medicine</li> </ul> <p>Note: These services need precertification. See "Services requiring our prior approval" in Section 3.</p> <p>* Note: Benefits are available for specialized diagnostic genetic testing when it is medically necessary to diagnose and/or manage a patient's medical condition.</p>	\$75 copay	\$100 copay
<p><i>Not covered: Whole blood and concentrated red blood cells not replaced by the member.</i></p>	<i>All charges</i>	<i>All charges</i>
<p><b>Extended care benefits/Skilled nursing care facility benefits</b></p>	<b>High Option</b>	<b>Basic Option</b>
<p>Extended care benefit: All necessary services during confinement in a skilled nursing facility with a 60-day limit per calendar year when full-time nursing care is necessary and the confinement is medically appropriate as determined by a Plan doctor and approved by the Plan.</p>	30% of our Plan allowance	30% of our Plan allowance
<p><i>Not covered: Custodial care</i></p>	<i>All charges</i>	<i>All charges</i>

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Hospice care</b></p> <p>Supportive and palliative care for a terminally ill member in the home or hospice facility, including inpatient and outpatient care and family counseling, when provided under the direction of a Plan doctor, who certifies the patient is in the terminal stages of illness, with a life expectancy of approximately 6 months or less.</p>	\$5 copay	\$5 copay
<p><b>Ambulance</b></p> <p>Aetna covers ground ambulance from the place of injury or illness to the closest facility that can provide appropriate care. The following circumstances would be covered:</p> <ol style="list-style-type: none"> <li>1. Transport in a medical emergency (i.e., where the prudent layperson could reasonably believe that an acute medical condition requires immediate care to prevent serious harm); or</li> <li>2. To transport a member from one hospital to another nearby hospital when the first hospital does not have the required services and/or facilities to treat the member; or</li> <li>3. To transport a member from hospital to home, skilled nursing facility or nursing home when the member cannot be safely or adequately transported in another way without endangering the individual's health, whether or not such other transportation is actually available; or</li> <li>4. To transport a member from home to hospital for medically necessary inpatient or outpatient treatment when an ambulance is required to safely and adequately transport the member.</li> </ol>	<p>Ambulance - \$100 copay</p> <p><b>Note:</b> If you receive medically necessary air or sea ambulance transport services, you pay a copayment of \$150 per day.</p>	<p>Ambulance - \$100 copay</p> <p><b>Note:</b> If you receive medically necessary air or sea ambulance transport services, you pay a copayment of \$150 per day.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Ambulance transportation to receive outpatient or inpatient services and back home again, except in an emergency</i></li> <li>• <i>Ambulette service</i></li> <li>• <i>Ambulance transportation for member convenience or reasons that are not medically necessary</i></li> </ul> <p>Note: Elective air ambulance transport, including facility-to-facility transfers, requires prior approval from the Plan.</p>	<i>All charges</i>	<i>All charges</i>

**Section 5(d). Emergency Services/Accidents**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- We define observation as monitoring patients following medical or surgical treatments to determine if you need more care, need admission or can be discharged. Observation care can be billed as Emergency Room, Outpatient, or Inpatient depending on where services are rendered, benefited accordingly and how it is billed to us within the scope of the facilities contract. Hospital observation cost share is determined as anything greater than 23 hours, and Aetna’s policy is to allow up to 48 hours of hospital observation without preauthorization. After 48 hours, facilities must determine if they are going to discharge or admit the patient from observation and if admitting they will be responsible to preauthorize. Once admitted, inpatient hospital member cost sharing will apply.

**What is a medical emergency?**

A medical emergency is the sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability, and requires immediate medical or surgical care. Some problems are emergencies because, if not treated promptly, they might become more serious; examples include deep cuts and broken bones. Others are emergencies because they are potentially life-threatening, such as heart attacks, strokes, poisonings, gunshot wounds, or sudden inability to breathe. There are many other acute conditions that we may determine are medical emergencies – what they all have in common is the need for quick action.

**What to do in case of emergency:**

**Emergencies within our Service Area:**

If you need emergency care, you are covered 24 hours a day, 7 days a week, anywhere in the world. An emergency medical condition is one manifesting itself by acute symptoms of sufficient severity such that a prudent layperson, who possesses average knowledge of health and medicine, could reasonably expect the absence of immediate medical attention to result in serious jeopardy to the person’s health, or with respect to a pregnant woman, the health of the woman and her unborn child.

Whether you are in or out of an Aetna HMO service area, we simply ask that you follow the guidelines below when you believe you need emergency care.

- Call the local emergency hotline (e.g., 911) or go to the nearest emergency facility. For non-emergency services, care may be obtained from a retail clinic, a walk-in clinic, an urgent care center or by calling Teladoc. If a delay would not be detrimental to your health, call your primary care provider. Notify your primary care provider as soon as possible after receiving treatment.
- After assessing and stabilizing your condition, the emergency facility should contact your primary care provider so they can assist the treating physician by supplying information about your medical history.
- If you are admitted to an inpatient facility, you or a family member or friend on your behalf should notify Aetna as soon as possible.

**Emergencies outside our Service Area:**

If you are traveling outside your Aetna service area, including overseas/foreign lands, or if you are a student who is away at school, you are covered for emergency and urgently needed care. For non-emergency services, care may be obtained from a walk-in clinic, an urgent care center or by calling Teladoc. Urgent care may be obtained from a private practice physician, a walk-in clinic, or an urgent care center. Certain conditions, such as severe vomiting, earaches, or high fever are considered “urgent care” outside your Aetna service area and are covered in any of the above settings.

If, after reviewing information submitted to us by the provider that supplied care, the nature of the urgent or emergency problem does not qualify for coverage, it may be necessary to provide us with additional information. We will send you an Emergency Room Notification Report to complete, or a Member Services representative can take this information by phone.

### Follow-up Care after Emergencies

All follow-up care should be coordinated by your PCP or network specialist. Follow-up care with non-participating providers is only covered with a referral from your primary care provider and pre-approval from Aetna. Suture removal, cast removal, X-rays and clinic and emergency room revisits are some examples of follow-up care.

Benefit Description	You pay	
	High Option	Basic Option
<b>Emergency within our service area</b>		
<ul style="list-style-type: none"> <li>Emergency or urgent care at a doctor's office</li> </ul>	\$15 per PCP visit \$30 per specialist visit	\$25 per PCP visit \$55 per specialist visit
<ul style="list-style-type: none"> <li>Services provided at a Walk-in clinic or CVS MinuteClinic®</li> </ul>	\$0 per visit	\$0 per visit
<ul style="list-style-type: none"> <li>Emergency or urgent care at an urgent care center</li> </ul>	\$50 per visit	\$50 per visit
<ul style="list-style-type: none"> <li>Emergency or urgent care as an outpatient at a hospital (Emergency Room) including doctors' services.</li> </ul>	\$125 per visit  Note: If you are admitted from the Emergency Room to a hospital, the copay is waived.	\$200 per visit  Note: If you are admitted from the Emergency Room to a hospital, the copay is waived.
<i>Not covered: Elective care or non-emergency care</i>	<i>All charges</i>	<i>All charges</i>
<b>Emergency outside our service area</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>Emergency or urgent care at a doctor's office</li> </ul>	\$30 per specialist visit	\$55 per specialist visit
<ul style="list-style-type: none"> <li>Services provided at a Walk-in clinic or CVS MinuteClinic®</li> </ul>	\$0 per visit	\$0 per visit
<ul style="list-style-type: none"> <li>Emergency or urgent care at an urgent care center</li> </ul>	\$50 per visit	\$50 per visit
<ul style="list-style-type: none"> <li>Emergency or urgent care as an outpatient at a hospital (Emergency Room), including doctors' services.</li> </ul>	\$125 per visit  Note: If you are admitted from the Emergency Room to a hospital, the copay is waived.	\$200 per visit  Note: If you are admitted from the Emergency Room to a hospital, the copay is waived.
<i>Not covered:</i> <ul style="list-style-type: none"> <li><i>Elective care or non-emergency care and follow-up care recommended by non-Plan providers that has not been approved by the Plan or provided by Plan providers</i></li> <li><i>Emergency care provided outside the service area if the need for care could have been foreseen before leaving the service area</i></li> <li><i>Medical and hospital costs resulting from a normal full-term delivery of a baby outside the service area.</i></li> </ul>	<i>All charges</i>	<i>All charges</i>



Benefit Description	You pay	
Telehealth Services	High Option	Basic Option
<ul style="list-style-type: none"> <li>• Teladoc Health consult</li> </ul>	\$30 per consult	\$40 per consult
<ul style="list-style-type: none"> <li>• CVS Health Virtual Care™ consult</li> </ul>	\$0 per consult	\$0 per consult
<p>Please see <a href="http://www.aetnafedspostal.com/tools.php">www.aetnafedspostal.com/tools.php</a> for information on medical and behavioral telehealth services. Members will receive a welcome kit explaining the telehealth benefits. Refer to Section 5 (e) for behavioral health telehealth consults.</p>		
Ambulance	High Option	Basic Option
<p>Aetna covers ground ambulance from the place of injury or illness to the closest facility that can provide appropriate care. The following circumstances would be covered:</p> <ol style="list-style-type: none"> <li>1. Transport in a medical emergency (i.e., where the prudent layperson could reasonably believe that an acute medical condition requires immediate care to prevent serious harm); or</li> <li>2. To transport a member from one hospital to another nearby hospital when the first hospital does not have the required services and/or facilities to treat the member; or</li> <li>3. To transport a member from hospital to home, skilled nursing facility or nursing home when the member cannot be safely or adequately transported in another way without endangering the individual's health, whether or not such other transportation is actually available; or</li> <li>4. To transport a member from home to hospital for medically necessary inpatient or outpatient treatment when an ambulance is required to safely and adequately transport the member.</li> </ol> <p>Air and sea ambulance may be covered. Prior approval is required.</p> <p>Note: See 5(c) for non-emergency service.</p>	<p>Ambulance - \$100 copayment</p> <p>Air/Sea ambulance - \$150 copayment</p>	<p>Ambulance - \$100 copayment</p> <p>Air/Sea ambulance - \$150 copayment</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Ambulance transportation to receive outpatient or inpatient services and back home again, except in an emergency.</i></li> <li>• <i>Ambulette service</i></li> <li>• <i>Air ambulance without prior approval</i></li> <li>• <i>Ambulance transportation for member convenience or for reasons that are not medically necessary.</i></li> </ul> <p>Note: Elective air ambulance transport, including facility-to-facility transfers, requires prior approval from the Plan.</p>	<p><i>All charges</i></p>	<p><i>All charges</i></p>

**Section 5(e). Mental Health and Substance Use Disorder Benefits**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- **YOU MUST GET PREAUTHORIZATION FOR CERTAIN SERVICES.** Benefits are payable only when we determine the care is clinically appropriate to treat your condition. To be eligible to receive full benefits, you must follow the preauthorization process and get Plan approval of your treatment plan. **Please see Section 3 of this brochure for a list of services that require preauthorization.**
- Aetna can assist you in locating participating providers in the Plan, unless your needs for covered services extend beyond the capability of the affiliated providers. Emergency care is covered (See Section 5(d), Emergency services/accidents). You can receive information regarding the appropriate way to access the behavioral health care services that are covered under your specific plan by calling Member Services at 833-497-2413. A referral from your PCP is not necessary to access behavioral health care but your PCP may assist in coordinating your care.
- We will provide medical review criteria for denials to enrollees, members or providers upon request or as otherwise required.
- OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.

Benefit Description	You pay	
	High Option	Basic Option
<b>Professional services</b>	<b>High Option</b>	<b>Basic Option</b>
We cover professional services by licensed professional mental health and substance misuse disorder treatment practitioners when acting within the scope of their license, such as psychiatrists, psychologists, clinical social workers, licensed professional counselors, or marriage and family therapists.	Your cost-sharing responsibilities are no greater than for other illnesses or conditions.	Your cost-sharing responsibilities are no greater than for other illnesses or conditions.
Diagnosis and treatment of psychiatric conditions, mental illness, or mental disorders. Services include: <ul style="list-style-type: none"> <li>• Psychiatric office visits to Behavioral Health practitioner</li> <li>• Substance Use Disorder (SUD) office visits to Behavioral Health practitioner</li> <li>• Routine psychiatric office visits to Behavioral Health practitioner</li> <li>• Behavioral therapy</li> </ul>	\$30 per visit	\$55 per visit
Telehealth Behavioral Health consult	\$30 per consult	\$55 per consult
CVS Health Virtual Care™ telehealth consult	\$30 per consult	\$55 per consult
<ul style="list-style-type: none"> <li>• Skilled behavioral health services provided in the home, but only when all of the following criteria are met:</li> </ul>	\$30 per visit	\$55 per visit

*Professional services - continued on next page*  
High and Basic Option Section 5(e)

Benefit Description	You pay	
<b>Professional services (cont.)</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>- Your physician orders them</li> <li>- The services take the place of a stay in a hospital or a residential treatment facility, or you are unable to receive the same services outside your home</li> <li>- The skilled behavioral health care is appropriate for the active treatment of a condition, illness or disease to avoid placing you at risk for serious complications</li> </ul>	\$30 per visit	\$55 per visit
<p>Applied Behavior Analysis (ABA)</p> <p>The plan covers medically necessary Applied Behavior Analysis (ABA) therapy when provided by network behavioral health providers. These providers include:</p> <ul style="list-style-type: none"> <li>• Providers who are licensed or who possess a state-issued or state-sanctioned certification in ABA therapy.</li> <li>• Behavior analysts certified by the Behavior Analyst Certification Board (BACB).</li> <li>• Registered Behavior Technicians (RBTs) certified by the BACB or equivalent paraprofessionals who work under the supervision of a licensed provider or a certified behavior analyst.</li> </ul> <p>Note: Requires Precertification. See Section 3 “Services requiring our prior approval”. You are responsible for ensuring that we are asked to precertify your care. You should always ask your physician or hospital whether they have contacted us. For precertification or criteria subject to medical necessity, please contact us at 833-497-2413.</p>	\$30 per visit	\$55 per visit
<b>Diagnostics</b>	<b>High Option</b>	<b>Basic Option</b>
<ul style="list-style-type: none"> <li>• Psychological and Neuropsychological testing tests provided and billed by a licensed mental health and SUD treatment practitioner</li> <li>• Outpatient diagnostic tests provided and billed by a laboratory, hospital or other covered facility</li> </ul>	\$30 per outpatient visit	\$55 per outpatient visit
<b>Inpatient hospital or other covered facility</b>	<b>High Option</b>	<b>Basic Option</b>
<p>Inpatient services provided and billed by a hospital or other covered facility including an overnight residential treatment facility</p> <ul style="list-style-type: none"> <li>• Room and board, such as semiprivate or intensive accommodations, general nursing care, meals and special diets, and other hospital services</li> <li>• Inpatient diagnostic tests provided and billed by a hospital or other covered facility</li> </ul>	\$150 per day up to a maximum of \$450 per admission	20% of plan allowance per admission

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Outpatient hospital or other covered facility</b></p> <p>Outpatient services provided and billed by a hospital or other covered facility including other outpatient mental health treatment such as:</p> <ul style="list-style-type: none"> <li>• Partial hospitalization treatment provided in a facility or program for mental health treatment provided under the direction of a physician</li> <li>• Intensive outpatient program provided in a facility or program for mental health treatment provided under the direction of a physician</li> <li>• Outpatient detoxification</li> <li>• Ambulatory detoxification which is outpatient services that monitor withdrawal from alcohol or other substance abuse, including administration of medications</li> <li>• Electro-convulsive therapy (ECT)</li> <li>• Transcranial magnetic stimulation (TMS)</li> <li>• Psychological/Neuropsychological testing</li> </ul>	\$30 per outpatient visit	\$55 per outpatient visit
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Educational services for treatment of behavioral disorders</i></li> <li>• <i>Services in half-way houses</i></li> </ul>	<i>All charges</i>	<i>All charges</i>

## Section 5(f). Prescription Drug Benefits

### Important things you should keep in mind about these benefits:

- This is a five tier open formulary pharmacy plan, Advanced Control Formulary. The formulary is a list of drugs that your health plan covers. With your Advanced Control Formulary Pharmacy plan, each drug is grouped as a generic, a brand or a specialty drug. The preferred drugs within these groups will generally save you money compared to a non-preferred drug. Each tier has a separate out-of-pocket cost.
  - Preferred generic
  - Preferred brand
  - Non-preferred generic and brand
  - Preferred specialty
  - Non-preferred specialty
- We cover prescribed drugs and medications, as described in the chart beginning on the next page.
- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Your prescribers must obtain prior approval/authorization for certain prescription drugs and supplies before coverage applies. Prior approval/authorizations must be renewed periodically.
- Federal law prevents the pharmacy from accepting unused medications.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- Certain drugs require your doctor to get precertification from the Plan before they can be covered under the Plan. Upon approval by the Plan, the prescription is covered for the current calendar year or a specified time period, whichever is less.
- **\* Note:** If you are enrolled in the Aetna Open Access High or Basic options and are covered by Medicare and it is primary, we will automatically enroll you in our Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) under Medicare Part D. You can find more details in Section 5(f)(a) and Section 9 Medicare prescription drug coverage (Part D).

### There are important features you should be aware of. These include:

- **Who can write your prescription.** A licensed physician or dentist, and in states allowing it, licensed/certified providers with prescriptive authority prescribing within their scope of practice must prescribe your medication.
- **Where you can obtain them.** You may fill non-emergency prescriptions at a participating Plan retail pharmacy or by mail order for up to a 90-day supply of medication (if authorized by your physician). You may obtain up to a 30-day supply of medication for one (1) copay, and for a 31-day up to a 90-day supply of medication for two (2) copays. In no event will the copay exceed the cost of the prescription drug. Please call Member Services at 833-497-2413 for more details on how to use the mail order program. **Mail order is not available for drugs and medications ordered through a network specialty pharmacy. Prescriptions ordered through a network specialty pharmacy are only filled for up to a 30-day supply due to the nature of these prescriptions.** In an emergency or urgent care situation, you may fill your covered prescription at any retail pharmacy. For retail pharmacy transactions, you must present your Aetna Member ID card at the point of sale for coverage. If you obtain an emergency prescription at a pharmacy that does not participate with the plan, you will need to pay the pharmacy the full price of the prescription and submit a claim for reimbursement subject to the terms and conditions of the plan.

- **We use an open managed formulary.** The formulary is a list of drugs that your Plan covers. Drugs are prescribed by Plan doctors and dispensed in accordance with the 2025 Pharmacy Drug (Formulary) Guide. Certain drugs require your doctor to get precertification or step therapy from the Plan before they can be covered under the Plan. Your prescription drug plan includes drugs listed in the 2025 Pharmacy Drug (Formulary) Guide. Prescription drugs listed on the formulary exclusions list are excluded unless a medical exception is approved by the Plan. If it is medically necessary for you to use a prescription drug on the Formulary Exclusions List, you or your prescriber must request a medical exception. Visit our website at [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php) to review our 2025 Pharmacy Drug (Formulary) Guide or call 833-497-2413.
- **Drugs not on the formulary.** Formularies are developed and reviewed by the CVS Caremark<sup>®</sup> Pharmacy and Therapeutics Committee, comprised of physicians, pharmacists and other clinicians that review drugs for inclusion in the formulary. They consider the drug's effectiveness and safety in their evaluation. While most of the drugs on the non-formulary list are brand drugs, some generic drugs also may be on the non-formulary list. For example, this may happen when brand medications lose their patent and the FDA has granted a period of exclusivity to specific generic manufacturers. When this occurs, the price of the generic drug may not decrease as you might think most generic drugs do. This period of exclusivity usually ranges between 3-6 months. Once this time period expires, competition from other generic manufacturers will generally occur and this helps lower the price of the drug and this may lead the Plan to re-evaluate the generic for possible inclusion on the formulary. We will place some of these generic drugs that are granted a period of exclusivity on our non-formulary list, which requires the highest copay level. **Remember, a generic equivalent will be dispensed, if available, unless your physician specifically requires a brand name and writes "Dispense as Written" (DAW) on the prescription, so discuss this with your doctor.**
- **Choose generics.** The Plan requires the use of generics if a generic drug is available. If your physician prescribes or you request a covered brand name prescription drug when a generic prescription drug equivalent is available, you will pay the difference in cost between the brand name prescription drug and the generic prescription drug equivalent, plus the applicable copayment/coinsurance\* unless your physician submits a preauthorization request providing clinical necessity and a medical exception is obtained from the Plan. Generics contain the same active ingredients in the same amounts as their brand name counterparts and have been approved by the FDA. By using generic drugs, you will see cost savings, without jeopardizing clinical outcome or compromising quality. \*The differential/penalty will not apply to Plan accumulators (example: out-of-pocket maximum).
- **Precertification.** Your pharmacy benefits plan includes precertification. Precertification helps encourage the appropriate and cost-effective use of certain drugs. These drugs must be pre-approved by our Pharmacy Management Precertification Unit before they will be covered. Only your physician or pharmacist, in the case of an antibiotic or analgesic, can request precertification for a drug. Step-therapy is another type of precertification. Certain medications will be excluded from coverage unless you try one or more "step" drug(s) first, or unless a medical exception is obtained. The drugs requiring precertification or step-therapy are subject to change. Visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com) for the most current information regarding the precertification and step-therapy lists. Ask your physician if the drugs being prescribed for you require precertification or step-therapy.
- **These are the dispensing limitations.** Prescription drugs prescribed by a licensed physician or dentist and obtained at a participating Plan retail pharmacy or by mail order may be dispensed for up to a 90-day supply of medication (if authorized by your physician). You may obtain up to a 30-day supply of medication for one copay, and a 31-day up to a 90-day supply of medication for two copays. In no event will the copay exceed the cost of the prescription drug. A generic equivalent will be dispensed if available, unless your physician specifically requires a brand name.

In the event that a member is called to active military duty and requires coverage under their prescription plan benefits of an additional filing of their medication(s) prior to departure, their pharmacist will need to contact Aetna. Coverage of additional prescriptions will only be allowed if there are refills remaining on the member's current prescription or a new prescription has been issued by their physician. The member is responsible for the applicable copayment for the additional prescription.

- The Plan allows coverage of a medication refill when at least 80% of the previous prescription, according to the physician's prescribed directions, has been utilized. For a 30-day supply of medication, this provision would allow a prescription refill to be covered 24 days after the last filling, thereby allowing a member to have an additional supply of their medication, in case of emergency.
- **When you do have to file a claim.** Send your itemized bill(s) to: Aetna, P.O. Box 52444, Phoenix, AZ 85072-2444.

Here are some things to keep in mind about our prescription drug program:

- A generic equivalent may be dispensed if it is available, and where allowed by law.
- **Specialty drugs.** Specialty drugs are medications that treat complex, chronic diseases which includes select oral, injectable and infused medications. The first fill including all subsequent refills of these medications must be obtained through a network specialty pharmacy.

Certain Specialty Formulary medications identified on the Specialty Drug List next to the drug name maybe covered under the medical or pharmacy section of this brochure depending on how and where the medication is administered. If the provider supplies and administers the medication during an office visit, you will pay the applicable PCP or specialist office visit copay. If you obtain the prescribed medications directly from a network specialty pharmacy, you will pay the applicable copay as outlined in Section 5(f) of this brochure.

Often these drugs require special handling, storage and shipping. For a detailed listing of specialty medications visit [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php) or contact us at 833-497-2413 for a copy. Note that the medications and categories covered are subject to change. **Some specialty medications may qualify for third-party copayment assistance programs that could lower your out-of-pocket costs for those products. For any such specialty medication where third-party copayment assistance is used, you shall not receive credit toward your out-of-pocket maximum or deductible for any copayment or coinsurance amounts that are applied to a manufacturer coupon or rebate.**

- To request a printed copy of the 2025 Pharmacy Drug (Formulary) Guide, call 833-497-2413. The information in the 2025 Pharmacy Drug (Formulary) Guide is subject to change. As brand name drugs lose their patents and new generics become available on the market, the brand name drug may be removed from the formulary. Under your benefit plan, this will result in a savings to you, as you pay a lower prescription copayment for generic formulary drugs. Please visit our website [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php) for current 2025 Pharmacy Drug (Formulary) Guide information.

Benefit Description	You pay	
	High Option	Basic Option
<p><b>Covered medications and supplies</b></p> <p>We cover the following medications and supplies prescribed by a licensed physician or dentist and obtained from a Plan pharmacy or through our mail order program:</p> <ul style="list-style-type: none"> <li>• Drugs approved by the U.S. Food and Drug Administration for which a prescription is required by Federal law, except those listed as <i>Not covered</i></li> <li>• Diabetic supplies limited to <ul style="list-style-type: none"> <li>- Lancets, alcohol swabs, urine test strips/tablets, and blood glucose test strips</li> <li>- Insulin</li> <li>- Disposable needles and syringes needed to inject covered prescribed medications</li> </ul> </li> <li>• Prenatal vitamins (as covered under the plan's formulary)</li> <li>• Drugs to treat gender dysphoria</li> <li>• Medications prescribed to treat obesity</li> <li>• Oral and Injectable Infertility medications (Includes Artificial Insemination (AI), In vitro fertilization (IVF)/ART medications)</li> </ul>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$3 per Preferred Generic (PG) formulary drug;</p> <p>\$35 per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$200 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$6 (two copays) per Preferred Generic (PG) formulary drug;</p> <p>\$70 (two copays) per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$400 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$10 per Preferred Generic (PG) formulary drug;</p> <p>50% up to \$200 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$300 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$20 (two copays) per Preferred Generic (PG) formulary drug;</p> <p>50% up to \$400 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$600 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>

*Covered medications and supplies - continued on next page*

Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
<p>Note: If your physician prescribes or you request a covered brand name prescription drug when a generic prescription drug equivalent is available, you will pay the difference in cost between the brand name prescription drug and the generic prescription drug equivalent, plus the applicable copayment/coinsurance unless your physician submits a preauthorization request providing clinical necessity and a medical exception is obtained.</p> <p>Note: Certain drugs to treat Gender dysphoria and infertility are considered specialty drugs. Please see Specialty drugs in this section.</p> <p>Note: Over-the-counter and appropriate prescription drugs approved by the FDA to treat nicotine dependence are covered under the Tobacco cessation program with a prescription. (See Section 5(a)). OTC drugs will not be covered unless you have a prescription and that prescription is presented at the pharmacy and processed through our pharmacy claim system.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$3 per Preferred Generic (PG) formulary drug;</p> <p>\$35 per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$200 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$6 (two copays) per Preferred Generic (PG) formulary drug;</p> <p>\$70 (two copays) per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$400 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$10 per Preferred Generic (PG) formulary drug;</p> <p>50% up to \$200 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$300 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$20 (two copays) per Preferred Generic (PG) formulary drug;</p> <p>50% up to \$400 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$600 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>
<p><b>Preventive Care Medications</b></p> <p>Medications to promote better health as recommended by ACA.</p> <p>Drugs and supplements are covered without cost-share, which includes some over-the-counter, when prescribed by a health care professional and filled at a network pharmacy.</p> <p>We will cover preventive medications in accordance with the U.S. Preventive Services Task Force (USPSTF) recommendations/guidance:</p> <ul style="list-style-type: none"> <li>• Aspirin</li> <li>• Folic acid supplements</li> <li>• Oral fluoride</li> <li>• Statins</li> <li>• Breast cancer prevention drugs</li> <li>• HIV PrEP</li> <li>• Nicotine Replacement Medications (Limits apply)</li> <li>• Bowel Prep Medications (Required with preventive Colonoscopy)</li> </ul>	<p>Nothing</p>	<p>Nothing</p>

*Covered medications and supplies - continued on next page*



Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
<p>Opioid rescue agents such as naloxone are covered under this Plan with no cost sharing when obtained from an in-network pharmacy in any over-the-counter or prescription form available such as nasal sprays and intramuscular injections.</p> <p>For more information consult the FDA guidance at: <a href="https://www.fda.gov/consumers/consumer-updates/access-naloxone-can-save-life-during-opioid-overdose">https://www.fda.gov/consumers/consumer-updates/access-naloxone-can-save-life-during-opioid-overdose</a> or call SAMHSA’s National Helpline 1-800-662-HELP (4357) or go to <a href="https://www.findtreatment.samhsa.gov/">https://www.findtreatment.samhsa.gov/</a>.</p> <p>Please refer to the Aetna 2025 Pharmacy Drug (Formulary) Guide for a complete list of preventive drugs including coverage details and limitations: <a href="http://www.aetnafedspostal.com/pharmacy.php">www.aetnafedspostal.com/pharmacy.php</a></p> <p>Note: To receive this benefit a prescription from a doctor must be presented to pharmacy.</p> <p>Note: Preventive Medications with a USPSTF recommendation of A or B are covered without cost-share when prescribed by a health care professional and filled by a network pharmacy. These may include some over-the counter vitamins, nicotine replacement medications, and low dose aspirin for certain patients. For current recommendations go to <a href="http://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations">www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations</a>.</p>	<p>Nothing</p>	<p>Nothing</p>
<p>Contraceptive drugs and devices as listed in the Health Resources and Services Administration site <a href="http://www.hrsa.gov/womens-guidelines">www.hrsa.gov/womens-guidelines</a>.</p> <p>Contraceptive coverage is available at no cost to PSHB members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any contraceptive that is not already available without cost sharing on the formulary can be accessed through the contraceptive exceptions process described below.</p> <p>Over-the-counter and prescription drugs approved by the FDA to prevent unintended pregnancy.</p> <p>Visit <a href="http://www.aetnafedspostal.com/familyplanning.php">www.aetnafedspostal.com/familyplanning.php</a> for more information on contraception and the exception process.</p> <p>If you have difficulty accessing contraceptive coverage or other reproductive healthcare, you can contact <a href="mailto:contraception@opm.gov">contraception@opm.gov</a>.</p>	<p>See coverage below.</p>	<p>See coverage below.</p>

*Covered medications and supplies - continued on next page*

Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
<p>Reimbursement for covered over-the-counter contraceptives can be submitted in accordance with Section 7.</p> <p>Note: For additional Family Planning benefits see Section 5(a).</p>	See coverage below.	See coverage below.
<p>Women's contraceptive drugs and devices</p> <ul style="list-style-type: none"> <li>• Generic oral contraceptives on our formulary list</li> <li>• Generic emergency contraception, including over-the-counter (OTC) when filled with a prescription</li> <li>• Generic injectable contraceptives on our formulary list - five (5) vials per calendar year</li> <li>• Diaphragms - one (1) per calendar year</li> <li>• Brand name Intra Uterine Device</li> <li>• Generic patch contraception</li> </ul> <p>Note: If it is medically necessary for you to use a prescription drug on the Formulary Exclusions List, you or your prescriber must request a medical exception. Visit our website at <a href="http://www.aetnafedspostal.com/pharmacy.php">www.aetnafedspostal.com/pharmacy.php</a> to review our 2025 Pharmacy Drug (Formulary) Guide or call 833-497-2413.</p>	Nothing	Nothing
<ul style="list-style-type: none"> <li>• Brand name contraceptive drugs</li> <li>• Brand name injectable contraceptive drugs such as Depo Provera - five (5) vials per calendar year</li> <li>• Brand emergency contraception</li> </ul> <p>Note: If your physician prescribes or you request a covered brand name prescription drug when a generic prescription drug equivalent is available, you will pay the difference in cost between the brand name prescription drug and the generic prescription drug equivalent, plus the applicable copayment/coinsurance unless your physician submits a preauthorization request providing clinical necessity and a medical exception is obtained.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$35 per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$200 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$70 (two copays) per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$400 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>50% up to \$200 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$300 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>50% up to \$400 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$600 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>
Specialty Medications	Up to a 30-day supply per prescription or refill:	Up to a 30-day supply per prescription or refill:

*Covered medications and supplies - continued on next page*

Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
<p><b>Specialty medications must be filled through a network specialty pharmacy.</b> These medications are not available through the mail order benefit.</p> <p>Certain Specialty Formulary medications identified on the Specialty Drug List next to the drug name may be covered under the medical or pharmacy section of this brochure. Please refer to above, Specialty Drugs for more information or visit <a href="http://www.aetnafedspostal.com/pharmacy.php">www.aetnafedspostal.com/pharmacy.php</a></p>	<p>Up to a 30-day supply per prescription or refill:</p> <p>Preferred Specialty (PSP): 50% up to \$350 maximum</p> <p>Non-preferred Specialty (NPSP): 50% up to \$700 maximum</p>	<p>Up to a 30-day supply per prescription or refill:</p> <p>Preferred Specialty (PSP): 50% up to \$350 maximum</p> <p>Non-preferred Specialty (NPSP): 50% up to \$700 maximum</p>
<p><b>Limited benefits:</b></p> <ul style="list-style-type: none"> <li>• Drugs to treat erectile dysfunction are limited up to six (6) tablets per 30-day period. Contact the Plan at 833-497-2413 for dose limits.</li> </ul>	<p>Retail Pharmacy for up to a 30-day supply per prescription or refill:</p> <p>\$3 per Preferred Generic (PG) formulary drug;</p> <p>\$35 per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$200 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>	<p>Retail Pharmacy for up to a 30-day supply per prescription or refill:</p> <p>\$10 per Preferred Generic (PG) formulary drug;</p> <p>50% up to \$200 maximum per Preferred Brand (PB) name formulary drug; and</p> <p>50% up to \$300 maximum per covered Non-Preferred (NP) (generic or brand name) drug.</p>
<p><b>Not covered:</b></p> <ul style="list-style-type: none"> <li>• <i>Drugs available without a prescription or for which there is a nonprescription equivalent available, (i. e., an over-the-counter (OTC) drug) unless required by law.</i></li> <li>• <i>Drugs obtained at a non-Plan pharmacy except when related to out-of-area emergency care</i></li> <li>• <i>Vitamins, unless otherwise stated (including prescription vitamins), nutritional supplements, and any food item, including infant formula, medical foods and other nutritional items, even if it is the sole source of nutrition when administered under the direction of a Plan doctor (please see Durable Medical Equipment in Section 5(a) for more information on what the plan will cover).</i></li> <li>• <i>Medical supplies such as dressings and antiseptics</i></li> <li>• <i>Lost, stolen or damaged drugs</i></li> <li>• <i>Drugs for cosmetic purposes</i></li> <li>• <i>Drugs to enhance athletic performance</i></li> <li>• <i>Nonprescription medications unless specifically indicated elsewhere</i></li> <li>• <i>Prophylactic drugs including, but not limited to, anti-malarials for travel</i></li> <li>• <i>Compounded bioidentical hormone replacement (BHR) therapy that includes progesterone, testosterone and/or estrogen</i></li> </ul>	<p><i>All charges</i></p>	<p><i>All charges</i></p>

*Covered medications and supplies - continued on next page*

## High and Basic Option

Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
• <i>Compounded thyroid hormone therapy</i>	<i>All charges</i>	<i>All charges</i>

**Section 5(f)(a). PDP EGWP Prescription Drug Benefits**

**Important things you should keep in mind about these benefits:**

- This prescription drug plan uses a custom formulary. The formulary is a list of drugs that your health plan covers. This formulary covers all drugs that CMS determines to be Part D and additionally, offers supplemental benefits for coverage of non-Part D drugs as outlined below.
- If you are a Postal Service annuitant and their covered Medicare-eligible family member and enroll in this Plan, you will be automatically group enrolled in our Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) under Medicare Part D. Contact us for additional information at 833-251-9749.
- These prescription drug benefits are for members enrolled in our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP). It is called Aetna Medicare Rx (PDP EGWP) offered by SilverScript. The PDP is subject to Medicare rules.
- There is no calendar year deductible for prescription drugs in this Section 5(f)(a).

Note: Notify us as soon as possible if you or your eligible family member is already enrolled in a Medicare Part D Plan. Enrollment in our PDP EGWP will cancel your enrollment in another Medicare Part D plan.

**There are advantages to being enrolled in our PDP EGWP:**

- In our PDP EGWP, your cost-share for covered drugs, medications, and supplies will be equal to or better than the cost-share for those enrolled in our standard non-PDP EGWP Prescription Drug Program.
- In our PDP EGWP, you have access to a pharmacy network including retail, mail-order, long-term care and home infusion pharmacies.
- The PDP EGWP Catastrophic Protection Out-of-Pocket Maximum is \$2,000 per person. After you reach your individual maximum out-of-pocket costs of \$2,000, the Plan will pay 100% of all eligible covered prescription drugs.

**We cover prescribed drugs and medications, as described in this section.**

- Please remember that all benefits are subject to the definitions, limitations and exclusions in the Evidence of Coverage and this brochure and are payable only when we determine they are medically necessary.
- Your prescribers must obtain prior authorization for certain prescription drugs and supplies before coverage applies. Prior authorizations must be renewed periodically. For more information about prior authorization, please call us at 833-251-9749 or visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).
- Federal law prevents the pharmacy from accepting unused drugs, medications, and supplies.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works.
- Participants who are enrolled in our Aetna Medicare Rx (PDP EGWP) offered by SilverScript will receive a separate prescription ID card to use for filling prescriptions.
- Be sure receive to read Section 9 about coordinating benefits with Medicare and other coverage.
- Medicare Income-Related Monthly Adjustment Amount (IRMAA) is an amount you may pay in addition to your PSHB premium to enroll in and maintain Medicare prescription drug coverage. This additional premium is assessed only to those with higher incomes and is adjusted based on the income reported on your IRS tax return. You do not make any IRMAA payments to your PSHB plan. Refer to the Part D-IRMAA section of the Medicare website: [www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans](http://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans) to see if you would be subject to this additional premium.

- If you choose to opt out of or disenroll from our PDP EGWP, see Section 9 for additional PDP EGWP information and for our opt-out and disenrollment process. Contact us for assistance with the PDP EGWP opt out and disenrollment process.

**Warning: If you opt out of or disenroll from our PDP EGWP, you will not have any PSHB Program prescription drug coverage.**

**Note: If you choose to opt out of or disenroll from our PDP EGWP, your premium will not be reduced, and you may have to wait to re-enroll during Open Season or for a QLE. If you do not maintain creditable coverage, re-enrollment in any PDP EGWP may be subject to late enrollment penalty. Contact us for assistance at 833-251-9749.**

**There are important features you should be aware of. These include:**

- **Who can write your Prescription** A licensed physician or dentist, and in the states allowing it, licensed/certified providers with prescriptive authority prescribing within their scope of practice, must prescribe your medication. Your prescribers must have Medicare-approved prescriptive authority.
- \* **Note:** If you are enrolled in Aetna Open Access High or Basic options and are covered by Medicare and it is primary, we will automatically enroll you in our Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) under Medicare Part D. This EGWP PDP enhances your PSHB coverage by offering lower cost shares on the prescription tiers for covered drugs. Participants will receive a separate Aetna Medicare Rx offered by SilverScript prescription ID card to use for filling prescriptions. You can find more details at the end of this section and Section 9 Medicare prescription drug coverage (Part D). The PDP is subject to Medicare rules.
- **Where you can obtain prescription drugs.** You may fill the prescription at a network retail pharmacy or by network mail-order pharmacy for certain drugs. In an emergency, you may fill prescriptions up to a 30-day supply at an out-of-network pharmacy but will be required to submit a claim for reimbursement. For assistance locating a PDP EGWP network pharmacy, visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com), or call us at 833-251-9749.
- **We have a formulary.** A formulary is a list of covered drugs selected by SilverScript in consultation with a team of health care providers, which represents the prescription therapies believed to be a necessary part of a quality treatment program. The Plan will generally cover the drugs listed in our formulary as long as the drug is medically necessary, the prescription is filled at an in-network pharmacy, and other plan rules are followed. For more information or to see your current formulary at [www.aetnafedspostal.com/pharmacy](http://www.aetnafedspostal.com/pharmacy).
- **These are the dispensing limitations.** Some covered drugs may have additional requirements or limits on coverage. In most cases, refills cannot be obtained until 75% of the drug has been used. Occasionally, as part of regular review, we may recommend that the use of a drug is appropriate only with limits on its quantity, total dose, duration of therapy, age, gender or specific diagnoses. Since the prescription does not usually explain the reason your provider prescribed a medication, we may implement any of these limits and/or require preauthorization to confirm the intent of the prescriber.

Certain medications may require Utilization Management strategies:

**Prior Authorization (PA):** Some drugs require you or your physician to get prior authorization. You must get an approval from us before you can get your prescription filled. If you don't get approval, we may not cover the drug.

**Quantity Limits (QL):** For certain drugs, there is a quantity limit in the amount of the drug that we will cover. For example, our plan provides up to 30 tablets per 30-day prescription for atorvastatin. This may be in addition to a standard one-month or three-month supply.

**Step Therapy (ST):** In some cases, our plan requires you to first try certain drugs to treat your medical condition before we will cover another drug for that condition. For example, if Drug A and Drug B both treat your medical condition, we may not cover Drug B unless you try Drug A first. If Drug A does not work for you, SilverScript will then cover Drug B.

- **You may request a Formulary Exception** Asking for coverage of a drug that is not on the Drug List is sometimes called a **formulary exception**. Asking for removal of a restriction on coverage for a drug is sometimes called a **formulary exception**. Asking to pay a lower price for a covered non-preferred drug is sometimes called a **tiering exception**.

Start by calling, writing, or faxing SilverScript to make your request for us to authorize or provide coverage for the prescription you want. You can also access the coverage decision process through the [caremark.com](http://caremark.com) website. We must accept any written request, including a request submitted on the CMS Model Coverage Determination Request Form. You, your doctor, (or other prescriber), or your representative can request an exception. **A generic equivalent will be dispensed if it is available** unless your physician specifically requires a brand name drug.

- **Why use generic drugs?** A generic drug is the chemical equivalent to a brand name drug, yet it costs much less. Choosing generic drugs rather than brand name drugs can reduce your out-of-pocket expenses. The U.S. Food and Drug Administration sets quality standards for generic drugs to ensure that these drugs meet the same standards of quality and strength as brand name drugs. They must contain the same active ingredients, be equivalent in strength and dosage, and meet the same standards for safety, purity and effectiveness as the original brand name product.
- **When you have to file a claim.** Members who purchase prescriptions at an out-of-network pharmacy, mail your SilverScript claim form and prescription receipts to: SilverScript Insurance Company, Prescription Drug Plans, Medicare Part D Paper Claim, P.O. Box 52066, Phoenix, AZ 85072-2066. Receipts must include the prescription number, name of drug, date, prescribing doctor’s name, charge, name and address of pharmacy and NDC number (included on the bill). See Section 7, Filing a Claim for Covered Services for additional information.
- **If we deny your claim and you want to appeal,** you, your representative, or your prescriber must request an appeal following the process described in Section 8(a).

Benefit Description	You pay	
	High Option	Basic Option
<b>Covered medications and supplies</b>		
<p>We cover the following medications and supplies prescribed by a licensed physician or dentist and obtained from a Plan pharmacy or through our mail order program. You may purchase the following medications and supplies prescribed by a physician from either a Network retail pharmacy or by network mail order pharmacy (for certain prescription drugs):</p> <ul style="list-style-type: none"> <li>• Drugs and medications that by Federal law of the United States require a doctor’s written prescription</li> <li>• Drugs and medications (including those administered during a non-covered admission or in a non-covered facility) that by Federal law of the United States require a physician’s prescription for their purchase, except those listed as not covered below</li> <li>• Insulin</li> <li>• Diabetic supplies</li> <li>• Disposable needles and syringes for the administration of covered medications</li> <li>• Drugs to treat gender dysphoria</li> <li>• Medications prescribed to treat obesity</li> </ul> <p>Non-Part D Supplemental Benefit including but not limited to:</p> <ul style="list-style-type: none"> <li>• Agents used for cosmetic purposes or hair growth.</li> <li>• Agents used to promote fertility.</li> <li>• Agents when used for the symptomatic relief of cough and colds.</li> <li>• Agents when used for the treatment of sexual or erectile dysfunction (ED).</li> </ul>	<p>Retail Pharmacy, for up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$2 per drug at preferred pharmacy; \$3 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$25 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$75 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty (Includes high-cost/unique generic and brand drugs): 25%, but not more than \$150 per drug at preferred/standard pharmacy;</li> </ul> <p>Retail/Mail Order Pharmacy, for up to a 90-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$4 per drug at preferred pharmacy; \$6 per drug at standard pharmacy;</li> </ul>	<p>Retail Pharmacy, for up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$4 per drug at preferred pharmacy; \$5 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$40 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$100 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty (Includes high-cost/unique generic and brand drugs): 25%, but not more than \$150 per drug at preferred/standard pharmacy;</li> </ul> <p>Retail/Mail Order Pharmacy, for up to a 90-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$8 per drug at preferred pharmacy; \$10 per drug at standard pharmacy;</li> </ul>

*Covered medications and supplies - continued on next page*

Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>Agents when used for weight loss.</li> <li>Prescription vitamins and mineral products, except prenatal vitamins and fluoride preparations.</li> <li>Part B drugs.</li> </ul> <p>Note: Prior authorization may be required for certain drugs, call us at 833-251-9749 if you have any questions regarding preauthorization, quantity limits, or other issues.</p> <p>For access to our formulary, please visit: <a href="http://www.aetnafedspostal.com/pharmacy">www.aetnafedspostal.com/pharmacy</a></p>	<p>Retail Pharmacy, for up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>Tier 2 Generic: \$2 per drug at preferred pharmacy; \$3 per drug at standard pharmacy;</li> <li>Tier 3 Preferred Brand: \$25 per drug at preferred/standard pharmacy;</li> <li>Tier 4 Non-Preferred Brand: \$75 per drug at preferred/standard pharmacy;</li> <li>Tier 5 Specialty (Includes high-cost/unique generic and brand drugs): 25%, but not more than \$150 per drug at preferred/standard pharmacy;</li> </ul> <p>Retail/Mail Order Pharmacy, for up to a 90-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>Tier 2 Generic: \$4 per drug at preferred pharmacy; \$6 per drug at standard pharmacy;</li> <li>Tier 3 Preferred Brand: \$50 per drug at preferred/standard pharmacy;</li> <li>Tier 4 Non-Preferred Brand: \$150 per drug at preferred/standard pharmacy;</li> <li>Tier 5 Specialty: only available for 30 day supply</li> </ul>	<p>Retail Pharmacy, for up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>Tier 2 Generic: \$4 per drug at preferred pharmacy; \$5 per drug at standard pharmacy;</li> <li>Tier 3 Preferred Brand: \$40 per drug at preferred/standard pharmacy;</li> <li>Tier 4 Non-Preferred Brand: \$100 per drug at preferred/standard pharmacy;</li> <li>Tier 5 Specialty (Includes high-cost/unique generic and brand drugs): 25%, but not more than \$150 per drug at preferred/standard pharmacy;</li> </ul> <p>Retail/Mail Order Pharmacy, for up to a 90-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>Tier 2 Generic: \$8 per drug at preferred pharmacy; \$10 per drug at standard pharmacy;</li> <li>Tier 3 Preferred Brand: \$80 per drug at preferred/standard pharmacy;</li> <li>Tier 4 Non-Preferred Brand: \$200 per drug at preferred/standard pharmacy;</li> <li>Tier 5 Specialty: only available for 30 day supply</li> </ul>
<ul style="list-style-type: none"> <li>Preventive drugs that are part of the Affordable Care Act. (A valid prescription is required.)</li> <li>Narcan</li> <li>Select drugs to treat cancer</li> <li>Includes coverage of Part B covered diabetic supplies and vaccines</li> <li>Tobacco Cessation drugs</li> </ul>	\$0	\$0

*Covered medications and supplies - continued on next page*



Benefit Description	You pay	
Covered medications and supplies (cont.)	High Option	Basic Option
<ul style="list-style-type: none"> <li>• Certain contraceptive drugs</li> <li>• Opioid rescue agents such as naloxone</li> </ul>	\$0	\$0
<p>Medicare Part D Prescription Drug Plan – EGWP PDP includes a maximum out of pocket.</p> <p>Note: Once you reach the \$2,000 out of pocket maximum for your prescription costs, you will pay \$0 for the remainder of the calendar year for covered drugs under this Medicare Part D Prescription Drug Plan. This \$2,000 will also apply to the Medical Plan’s total calendar year out-of-pocket maximum, see Section 4 for additional details on your Plan option out of pocket maximum.</p>	\$2,000	\$2,000
Covered medications and supplies	High Option	Basic Option
<p><b><i>Not covered</i></b></p> <ul style="list-style-type: none"> <li>• <i>Drugs and supplies for cosmetic purposes</i></li> <li>• <i>Drugs obtained at a non-network pharmacy; except for out-of-area emergencies or otherwise documented in our Evidence of Coverage document.</i></li> <li>• <i>Over-the-counter medications even if prescribed by a physician, unless otherwise stated in this section</i></li> <li>• <i>Nonprescription medications unless specifically indicated elsewhere</i></li> <li>• <i>Topical analgesics, including patches, lotions and creams</i></li> <li>• <i>Erectile dysfunction drugs</i></li> <li>• <i>Drugs obtained from a foreign pharmacy</i></li> <li>• <i>Drugs to enhance athletic performance</i></li> </ul>	<i>All charges</i>	<i>All charges</i>

**Section 5(g). Dental Benefits**

**Important things you should keep in mind about these benefits:**

- You have two different dental options, Advantage Dental or Dental PPO, from which to choose. New members are automatically enrolled in the Advantage Dental option. If you would like to switch your option, you must call on or before the 15<sup>th</sup> of the month for your coverage in the Dental PPO option to be effective on the first of the following month (i.e., call on 1/8 and your coverage is effective on 2/1, but if you call on 1/17, your coverage will not be effective until 3/1).
- If you are enrolled in a Federal Employees Dental/Vision Insurance Program (FEDVIP) Dental Plan, your PSHB Plan will be First/Primary payor of any Benefit payments and your FEDVIP Plan is secondary to your PSHB Plan. See Section 9 Coordinating benefits with other coverage.
- **Under the Advantage Dental option, you must select a Plan primary care dentist before receiving care.** Your selected Plan primary care dentist must provide or arrange covered care. **Services rendered by non-Plan dentists are not covered.** The Plan will cover 100% of the charges for the preventive, diagnostic and restorative procedures shown on the next page. You will be responsible for a copayment of \$5 for each office visit regardless of the number of procedures performed.

**Note: You will be covered automatically under this Advantage Dental option unless you enroll in the Dental PPO option by calling Member Services at 833-497-2413.**

- Under the Dental PPO option, the Plan covers 100% of the charges (after satisfaction of a \$20 annual deductible per member) for those preventive, diagnostic, and restorative procedures shown on the next page when using a participating network dentist. Participating network PPO dentists may offer members other services at discounted fees. Discounts may not be available in all states. Providers are not required to honor the contracted rate/discount for dental services that are not covered or not in this section.
- You also have the choice to use non-network dentists under this Dental PPO option for those preventive, diagnostic and restorative procedures shown on the next page, but the Plan will cover only 50% of the standard negotiated rate we would have paid an in-network PPO provider. You are responsible for any difference between the amount billed and the amount paid by the Plan for the eligible services listed in this section, plus your annual \$20 deductible. **Any other dental services rendered by non-network dentists are not covered.**
- We cover hospitalization for dental procedures only when a nondental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. See Section 5 (c) for inpatient hospital benefits. We do not cover the dental procedure unless it is described on the next pages.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

Dental benefits	You Pay	
Accidental injury benefit	High Option	Basic Option
Coverage is limited to palliative treatment and those services listed on the following schedule.	See benefits below	See benefits below
Note: See Oral and maxillofacial surgery, section 5(b).		

*Dental benefits begin on next page*

Service	You pay After the calendar year deductible...		
	Advantage Dental	PPO-Network	PPO Non-Network
<b>Dental benefits</b>			
Annual Deductible	No deductible	\$20 per member per year.	\$20 per member per year.
<b>Diagnostic</b> Office visit for routine oral evaluation — limited to 2 visits per year Bitewing X-rays — limited to 2 sets of bitewing X-rays per year Complete X-ray series — limited to 1 complete X-ray series in any 3 year period Periapical X-rays and other dental X-rays — as necessary Diagnostic casts <b>Preventive</b> Prophylaxis (cleaning of teeth) — limited to 2 treatments per year Topical application of fluoride — limited to 2 courses of treatment per year to children under age 18 Oral hygiene instruction (not covered under PPO) <b>Restorative (Fillings)</b> Amalgam/Composite 1 surface, primary or permanent Amalgam/Composite 2 surfaces, primary or permanent Amalgam/Composite 3 surfaces, primary or permanent Amalgam/Composite 4 or more surfaces, primary or permanent <b>Prosthodontics Removable</b> Denture adjustments (complete or partial/upper or lower) <b>Endodontics</b> Pulp cap — direct Pulp cap — indirect	No deductible: \$5 per visit	Nothing	50% of our negotiated rate and any difference between our allowance and the billed amount.

**Advantage Dental Option**

Note: Advantage Dental option services shown in this section are only covered when provided by your selected participating primary care dentist in accordance with the terms of your Plan. ***If rendered by a participating specialist, they are provided at reduced fees. Pediatric dentists are considered specialists.*** Certain other services will be provided by your selected participating primary care dentist at reduced fees. Specific fees vary by area of the country. Call Member Services at 833-497-2413 for specific fees for your procedure. All member fees must be paid directly to the participating dentist. **Services provided by a non-network dentist are not covered.**

**Each employee and dependent(s) automatically will be enrolled in the Advantage Dental option, unless you enroll in the Dental PPO option.**

Each employee and dependent **must** select a primary care dentist from the directory when participating in the Basic Dental option and include the dentist's name on the enrollment form. You also may call Member Services at 833-497-2413.

### **Dental PPO**

Under this option, you have the choice to use our participating Dental PPO network dentists or a non-network dentist. The benefit levels are different, based on whether or not the dentist participates in our network. You must contact Member Services at 833-497-2413 to select this option.

If you call on or before the 15<sup>th</sup> of the month, your coverage in the Dental PPO option will be effective on the first of the following month (i.e., call on 1/8 and your coverage is effective on 2/1, but if you call on 1/17, your coverage will not be effective until 3/1).

If you decide to switch back to the Basic Dental Option, you must call Member Services. The same timing rules apply. You must also select a Primary Care Dentist. Your prior Primary Care Dentist will not be reassigned to you, unless you specifically request it.

### **Dental PPO In-Network Option**

The plan covers 100% of the charges (after satisfaction of the \$20 annual deductible per member) for those preventive, diagnostic, and restorative procedures shown **on the previous page** when using a participating network dentist. Participating network PPO dentists may offer members other services at discounted fees. Discounts may not be available in all states. Please call Member Services at 833-497-2413 for specific fees for your procedure.

### **Dental PPO Non-Network Option**

Dentists' normal fees generally are higher than Aetna's negotiated fees. **Non-participating dentists will be paid only for those services shown on the previous page.** Payment will be based on the standard negotiated rate provided to participating general dentists in the same geographic area. Members may be balance billed by the dentist for the difference between the dentist's usual fee and the amount paid by the Plan.

**Section 5. Aetna Saver Option Benefits**

See Section 2 for how our benefits changed this year. See Summary of Benefits for a benefits summary of each option. Make sure that you review the benefits that are available under the option in which you are enrolled.

Section 5. Aetna Saver Option Benefits Overview .....94

Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals .....95

    Diagnostic and treatment services.....95

    Telehealth Services .....95

    Lab, X-ray and other diagnostic tests.....96

    Preventive care, adult.....96

    Preventive care, children.....98

    Maternity care .....99

    Family planning .....100

    Infertility services .....100

    Allergy care.....103

    Treatment therapies.....103

    Physical and occupational therapies .....104

    Pulmonary and cardiac rehabilitation .....104

    Habilitative therapy.....105

    Speech therapy .....105

    Hearing services (testing, treatment, and supplies).....105

    Vision services (testing, treatment, and supplies).....105

    Foot care.....106

    Orthopedic and prosthetic devices .....106

    Durable medical equipment (DME).....107

    Home health services .....107

    Chiropractic.....108

    Alternative medicine treatments .....108

    Educational classes and programs.....109

Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals .....110

    Surgical procedures .....110

    Reconstructive surgery .....112

    Oral and maxillofacial surgery .....112

    Organ/tissue transplants .....113

    Anesthesia .....118

Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services .....119

    Inpatient hospital .....119

    Outpatient hospital or ambulatory surgical center .....120

    Extended care benefits/Skilled nursing care facility benefits .....121

    Hospice care.....121

    Ambulance .....121

Section 5(d). Emergency Services/Accidents .....123

    Emergency within our service area .....124

    Emergencies outside our service area .....124

    Telehealth services .....125

    Ambulance .....125

Section 5(e). Mental Health and Substance Use Disorder Benefits.....126

    Professional services .....126

Diagnostics .....127

Inpatient hospital or other covered facility .....127

Outpatient hospital or other covered facility.....128

Not covered .....128

Section 5(f). Prescription Drug Benefits .....129

    Covered medications and supplies .....131

Section 5(f)(a). PDP EGWP Prescription Drug Benefits .....136

    Covered medications and supplies .....138

Section 5(g). Dental Benefits .....141

    Accidental injury benefit.....141

Section 5(h). Wellness and Other Special Features.....142

    Flexible benefits option.....142

    Aetna Member Website.....142

    Services for deaf and hearing impaired.....142

    24 hour nurse line.....143

    Enhanced Maternity Program: .....143

    National Medical Excellence Program .....143

    Reciprocity benefit.....143

Summary of Benefits for the Aetna Saver Plan - 2025 .....173

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## Section 5. Aetna Saver Option Benefits Overview

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This Plan offers a Saver Option. The benefit package is described in Section 5. Make sure that you review the benefits that are available under the option in which you are enrolled.

The Saver Option Section 5 is divided into subsections. Please read *Important things you should keep in mind* at the beginning of the subsections. Also, read the general exclusions in Section 6; they apply to the benefits in the following subsections. To obtain claim forms, claims filing advice, or more information about our Saver Option benefits, contact us at 833-497-2413 or on our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

The Saver Option offers:

- You must use participating providers in our network, in order to receive benefits.
- Easy to use lower cost plan.
- No Referrals (Open Access).
- Services covered under this plan are subject to coinsurance which means we pay a percentage and you pay a percentage of our negotiated rates with our network providers to keep costs down.
- \$0 copay (no deductible) for preventive services like flu shots and physicals.

## Section 5(a). Medical Services and Supplies Provided by Physicians and Other Healthcare Professionals

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- Plan physicians must provide or arrange your care.
- A facility cost sharing applies to services that appear in this section but are performed in an ambulatory surgical center or the outpatient department of a hospital.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.
- The coverage and cost-sharing listed below are for services provided by physicians and other health care professionals for your medical care. See Section 5(c) for cost-sharing associated with the facility (i.e., hospital, surgical center, etc.).

If you live or work in our service area, you do not have to obtain a referral from your PCP to see a network specialist.

Benefit Description	You pay after the calendar year deductible
<b>Diagnostic and treatment services</b>	<b>In-network</b>
Professional services of physicians (PCP or Specialist) <ul style="list-style-type: none"> <li>• In physician’s office                             <ul style="list-style-type: none"> <li>- Office medical evaluations, examinations, and consultations</li> <li>- Second surgical or medical opinion</li> </ul> </li> </ul>	30% of our plan allowance
<ul style="list-style-type: none"> <li>• During a hospital stay</li> <li>• In a skilled nursing facility</li> </ul>	30% of our plan allowance
<ul style="list-style-type: none"> <li>• In an urgent care center</li> </ul>	30% of our plan allowance
<ul style="list-style-type: none"> <li>• At home</li> </ul>	30% of our plan allowance
<b>Telehealth Services</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Teladoc Health consult</li> </ul>	30% of the consult fee
<ul style="list-style-type: none"> <li>• CVS Health Virtual Care™ consult</li> </ul>	\$55 per consult until the deductible is met, \$0 per consult after deductible has been met
Please see <a href="http://www.aetnafedspostal.com/tools.php">www.aetnafedspostal.com/tools.php</a> for information on medical and behavioral telehealth services.  Members will receive a welcome kit explaining the telehealth benefits.	

Telehealth Services - continued on next page  
Aetna Saver Option Section 5(a)



Benefit Description	You pay after the calendar year deductible
<b>Telehealth Services (cont.)</b>	<b>In-network</b>
Refer to Section 5(e) for behavioral health telehealth consults.	
<b>Lab, X-ray and other diagnostic tests</b>	<b>In-network</b>
<p>Tests, such as:</p> <ul style="list-style-type: none"> <li>• Blood tests</li> <li>• Urinalysis</li> <li>• Non-routine pap tests</li> <li>• Pathology</li> <li>• X-rays</li> <li>• Non-routine mammograms</li> <li>• Ultrasound</li> <li>• Electrocardiogram and electroencephalogram (EEG)</li> <li>• Sleep Studies</li> </ul>	30% of our plan allowance
<p>Diagnostic tests limited to:</p> <ul style="list-style-type: none"> <li>• Bone density tests - diagnostic</li> <li>• CT scans/MRIs/PET scans</li> <li>• Diagnostic angiography</li> <li>• Genetic testing - diagnostic*</li> <li>• Nuclear medicine</li> </ul> <p>Note: The services need precertification. See Section 3 "Services requiring our prior approval".</p> <p>*Note: Benefits are available for specialized diagnostic genetic testing when it is medically necessary to diagnose and/or manage a patient's medical condition.</p>	30% of our plan allowance
<ul style="list-style-type: none"> <li>• Genetic Counseling and Evaluation for BRCA Testing</li> <li>• Genetic Testing for BRCA-Related Cancer*</li> </ul> <p>*Note: Requires precertification. See Section 3 "Services requiring our prior approval".</p>	Nothing (no deductible)
<b>Preventive care, adult</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Routine physicals - one (1) exam every calendar year</li> </ul> <p>The following preventive services are covered at the time interval recommended at each of the links below.</p> <ul style="list-style-type: none"> <li>• U.S. Preventive Services Task Force (USPSTF) A and B recommended screenings such as cancer, osteoporosis, depression, diabetes, high blood pressure, total blood cholesterol, HIV, and colorectal cancer. For a complete list of screenings go to the U.S. Preventive Services Task Force (USPSTF) website at <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations</a>.</li> </ul>	Nothing (no deductible)

*Preventive care, adult - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Preventive care, adult (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Adult Immunizations endorsed by the Centers for Disease Control (CDC): based on the Advisory Committee on Immunization Practices (ACIP) schedule. for a complete list of endorsed immunizations go to the Centers for Disease Control (CDC) website at <a href="http://www.cdc.gov/vaccines/schedules/">www.cdc.gov/vaccines/schedules/</a></li> <li>• Individual counseling on prevention and reducing health risks</li> <li>• Preventive care benefits for women such as Pap smears, gonorrhea prophylactic medication to protect newborns, annual counseling for sexually transmitted infections, contraceptive methods, and screening for interpersonal and domestic violence. For a complete list of preventive care benefits for women please visit the Health and Human Services (HHS) website at <a href="https://www.hrsa.gov/womens-guidelines">https://www.hrsa.gov/womens-guidelines</a> To build your personalized list of preventive services go to <a href="https://health.gov/myhealthfinder">https://health.gov/myhealthfinder</a></li> </ul> <p>Note: Some tests provided during a routine physical may not be considered preventive. Contact member services at 833-497-2413 for information on whether a specific test is considered routine.</p>	Nothing (no deductible)
<p>Obesity counseling, screening and referral for those persons at or above the USPSTF obesity prevention risk factor level, to intensive nutrition and behavioral weight-loss therapy, counseling, or family centered programs under the USPSTF A and B recommendations are covered as part of prevention and treatment of obesity as follows:</p> <ul style="list-style-type: none"> <li>• Intensive nutrition and behavioral weight-loss counseling therapy, limited to 26 visits per person per calendar year</li> <li>• Counseling programs when medically identified to support obesity prevention and management by an in-network provider</li> </ul> <p>Note: For anti-obesity medications prescribed as indicated by the FDA chronic weight management guidelines, see Section 5(f), <i>Prescription drug benefits</i>.</p> <p>Note: When Bariatric or Metabolic surgical treatment or intervention is indicated for severe obesity. See Section 5(b) for surgery requirements and cost share.</p>	Nothing (no deductible)
<p>Routine mammogram - covered</p> <ul style="list-style-type: none"> <li>• One (1) every calendar year; or when medically necessary</li> </ul>	Nothing (no deductible)
<p>Note: Any procedure, injection, diagnostic service, laboratory, or X-ray service done in conjunction with a routine examination and is not included in the preventive recommended listing of services will be subject to the applicable member copayments, coinsurance, and deductible.</p>	Nothing (no deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Physical exams, immunizations, and boosters required for obtaining or continuing employment or insurance, attending schools or camp, athletic exams, or travel.</i></li> <li>• <i>Immunizations, boosters, and medications for travel or work-related exposure.</i></li> </ul>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<p><b>Preventive care, children</b></p>	<p><b>In-network</b></p>
<ul style="list-style-type: none"> <li>• Well-child visits, examinations, and other preventive services as described in the Bright Future Guidelines provided by the American Academy of Pediatrics. For a complete list of the American Academy of Pediatrics Bright Futures Guidelines go to <a href="https://brightfutures.aap.org">https://brightfutures.aap.org</a></li> <li>• Children’s immunizations endorsed by the Centers for Disease Control (CDC) including DTaP/Tdap, Polio, Measles, Mumps, and Rubella (MMR), and Varicella. For a complete list of immunizations go to the website at <a href="https://www.cdc.gov/vaccines/schedules/index.html">https://www.cdc.gov/vaccines/schedules/index.html</a></li> <li>• You may also find a complete list of U.S. Preventive Services Task Force (USPSTF) online at <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations</a></li> <li>• To build your personalized list of preventive services go to <a href="https://health.gov/myhealthfinder">https://health.gov/myhealthfinder</a></li> </ul> <p>Note: Some tests provided during a routine physical may not be considered preventive. Contact member services at 833-497-2413 for information on whether a specific test is considered routine.</p>	<p>Nothing (no deductible)</p>
<ul style="list-style-type: none"> <li>• Well-child care charges for routine examinations, immunizations and care (up to age 22) <ul style="list-style-type: none"> <li>- Seven (7) routine exams to from birth age 12 months</li> <li>- Three (3) routine exams from age 12 months to 24 months</li> <li>- Three (3) routine exams from age 24 months to 36 months</li> <li>- One (1) routine exam per year thereafter to age 22</li> </ul> </li> <li>• Examinations such as: <ul style="list-style-type: none"> <li>- Vision screenings through age 17 to determine the need for vision correction*</li> <li>- Hearing exams through age 17 to determine the need for hearing correction</li> <li>- Routine examinations done on the day of immunizations (up to age 22)</li> </ul> </li> </ul> <p>*For routine eye refraction, see Vision Services</p>	<p>Nothing (no deductible)</p>
<p>Note: Any procedure, injection, diagnostic service, laboratory, or X-ray service done in conjunction with a routine examination and is not included in the preventive recommended listing of services will be subject to the applicable member copayments, coinsurance, and deductible.</p>	<p>Refer to Note</p>
<p>Obesity counseling, screening and referral for those persons at or above the USPSTF obesity prevention risk factor level, to comprehensive, intensive nutrition and behavioral weight-loss therapy and counseling programs under the USPSTF A and B recommendations. These programs are covered as part of prevention and treatment of obesity as follows:</p> <ul style="list-style-type: none"> <li>• Comprehensive, intensive nutrition and behavioral weight-loss counseling therapy.</li> <li>• When anti-obesity medication is prescribed as indicated by the FDA obesity medication treatment guidelines. See Section 5(f) for cost share requirements for anti-obesity medications.</li> <li>• When Bariatric or Metabolic surgical treatment or intervention is indicated for severe obesity. See Section 5(b) for surgery requirements and cost share.</li> </ul>	<p>Nothing (no deductible)</p>

Benefit Description	You pay after the calendar year deductible
<b>Preventive care, children (cont.)</b>	<b>In-network</b>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>Physical exams, immunizations and boosters required for obtaining or continuing employment or insurance, attending schools or camp, athletic exams, or travel.</li> </ul>	<p><i>All charges</i></p>
<b>Maternity care</b>	<b>In-network</b>
<p>Complete maternity (obstetrical) care, such as:</p> <ul style="list-style-type: none"> <li>Routine Prenatal care - includes the initial and subsequent history, physical examinations, recording of weight, blood pressures, fetal heart tones, routine chemical urinalysis, and monthly visits up to 28 weeks gestation, biweekly visits to 36 weeks gestation, and weekly visits until delivery.</li> <li>Screening and counseling for prenatal and postpartum depression</li> </ul> <p>Note: Items not considered routine include: (but not limited to)</p> <ul style="list-style-type: none"> <li>Screening for gestational diabetes</li> <li>Delivery</li> <li>Postnatal care</li> </ul> <p>Note: Here are some things to keep in mind:</p> <p>You do not need to precertify your vaginal delivery; see below for other circumstances, such as extended stays for you or your baby.</p> <ul style="list-style-type: none"> <li>As part of your coverage, you have access to in-network certified nurse midwives, home nurse visits and board-certified lactation specialists during the prenatal and post-partum period. To enroll in the Enhanced Maternity program, call toll-free 1-800-272-3531.</li> <li>You may remain in the hospital up to three (3) days after a vaginal delivery and five (5) days after a cesarean delivery. We will extend your inpatient stay if medically necessary, but you, your representative, your participating doctor, or your hospital must precertify the extended stay.</li> <li>We cover routine nursery care of the newborn child during the covered portion of the mother’s maternity stay including the initial examination of a newborn child covered under a Self Only, Self Plus One or Self and Family enrollment. We will cover other care of an infant who requires non-routine treatment only if we cover the infant under a Self Plus One or Self and Family enrollment.</li> <li>We pay hospitalization and surgeon services for maternity care (delivery) the same as for illness and injury. See Hospital benefits (Section 5c) and Surgery benefits (Section 5b).</li> </ul> <p>Note: Also see our Enhanced Maternity Program in Section 5 (h).</p> <p>Note: When a newborn requires definitive treatment during or after the mother’s hospital stay, the newborn is considered a patient in their own right. If the newborn is eligible for coverage, regular medical or surgical benefits apply rather than maternity benefits. In addition, circumcision is covered at the same rate as for regular medical or surgical benefits.</p>	<p>Nothing (no deductible) for routine prenatal care or the first postpartum care visit when services are rendered by an in-network delivering health care provider, 30% of our Plan allowance for postpartum care visits thereafter.</p> <p>Note: If your PCP or specialist refers you to another specialist or facility for additional services, you pay the applicable cost share for the service rendered.</p>
Breastfeeding and lactation support, supplies and counseling for each birth	Nothing (no deductible)
<i>Not covered: Home births</i>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<b>Family planning</b>	<b>In-network</b>
<p>A range of voluntary family planning services without cost sharing, that includes at least one form of contraception in each of the categories on the HRSA list. This list includes:</p> <ul style="list-style-type: none"> <li>• Voluntary female sterilization</li> <li>• Contraceptive counseling on an annual basis</li> <li>• Surgically implanted contraceptives</li> <li>• Generic injectable contraceptive drugs, such as Depo-Provera</li> <li>• Intrauterine devices (IUDs)</li> <li>• Diaphragms</li> </ul> <p>Note: See additional Family Planning and Prescription drug coverage Section 5(f)</p> <p>Note: Your plan offers some type of voluntary female sterilization surgery coverage at no cost to members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any type of voluntary female sterilization surgery that is not already available without cost. Visit <a href="http://www.aetnafedspostal.com/familyplanning.php">www.aetnafedspostal.com/familyplanning.php</a> for more information on contraception and the exception process. If you have difficulty accessing contraceptive coverage or other reproductive healthcare, you can contact <a href="mailto:contraception@opm.gov">contraception@opm.gov</a>.</p> <p>Note: We cover injectable contraceptives under the medical benefit when supplied by and administered at the provider's office. Injectable contraceptives are covered at the prescription drug benefit when they are dispensed at the Pharmacy. If a member must obtain the drug at the pharmacy and bring it to the provider's office to be administered, the member would be responsible for both the Rx and office visit cost sharing. We cover oral contraceptives under the prescription drug benefit.</p>	<p>Nothing (no deductible)</p>
<ul style="list-style-type: none"> <li>• Voluntary male sterilization (See Surgical procedures Section 5 (b))</li> </ul>	<p>30% of our plan allowance</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Reversal of voluntary surgical sterilization</i></li> <li>• <i>Genetic testing and counseling</i></li> </ul>	<p><i>All charges</i></p>
<b>Infertility services</b>	<b>In-network</b>
<p>Infertility is a disease defined as when a person is unable to conceive or produce conception after one year of egg-sperm contact when the individual attempting conception is under 35 years of age, or after six months of egg-sperm contact when the individual attempting conception is 35 years of age or older. Egg-sperm contact can be achieved by regular sexual intercourse or artificial insemination (intrauterine, intracervical, or intravaginal) as stated in our medical clinical policy bulletin (see Section 10. for definition of Medical Necessity for additional details on Aetna's Clinical Policy). This definition applies to all individuals regardless of sexual orientation or the presence/availability of a reproductive partner. Infertility may also be established by the demonstration of a disease or condition of the reproductive tract such that egg-sperm contact would be ineffective.</p>	<p>50% of our plan allowance</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>

*Infertility services - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Infertility services (cont.)</b>	<b>In-network</b>
<p>Diagnosis and treatment of infertility, such as:</p> <ul style="list-style-type: none"> <li>• Testing for diagnosis and surgical treatment of the underlying medical cause of infertility.</li> <li>• Fertility preservation procedures (retrieval of and freezing of eggs or sperm) for members facing the possibility of infertility caused by chemotherapy, pelvic radiotherapy, other gonadotoxic therapies, or ovary or testicle removal for treatment of disease.* **</li> <li>• Artificial insemination (AI)* ** and monitoring of ovulation:               <ul style="list-style-type: none"> <li>- Intracervical insemination (ICI)</li> <li>- Intrauterine insemination (IUI)</li> <li>- Intravaginal insemination (IVI)</li> </ul> </li> </ul> <p>We limit Artificial Insemination cycles and Ovulation Induction cycles to 3 cycles total per calendar year. The Plan defines a “cycle” as:</p> <ul style="list-style-type: none"> <li>• An artificial insemination cycle with or without injectable medication to stimulate the ovaries</li> <li>• Ovulation induction cycle(s) while on injectable medication (including but not limited to menotropins, hCG, GnRH) to stimulate the ovaries. *(See Section 5(f) for coverage)</li> <li>• Services provided in the setting of ovulation induction such as ultrasounds, laboratory studies, and physician *</li> <li>• Injectable fertility drugs including but not limited to menotropins, hCG, and GnRH agonists. (See Section 5(f) for coverage)*</li> </ul> <p>You are eligible for covered ovulation induction medication cycles if:</p> <ul style="list-style-type: none"> <li>• You or your partner have been diagnosed with infertility.</li> <li>• You have met the requirement for the number of months trying to conceive through egg and sperm contact.</li> <li>• Your unmedicated day 3 Follicle Stimulating Hormone (FSH) level and testing of ovarian responsiveness meet the criteria outlined in Aetna’s infertility clinical policy.</li> </ul> <p>Note: The Plan does not cover infertility drugs under the medical benefit. See Section 5(f) for coverage.</p>	<p>50% of our plan allowance</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>
<p><b>Aetna’s National Infertility Unit</b></p> <p>Our NIU is here to help you and is staffed by a dedicated team of registered nurses and infertility coordinators. They can help you with understanding your benefits and the medical precertification process. You can learn more at <a href="http://www.aetnainfertilitycare.com">www.aetnainfertilitycare.com</a> or call the NIU at 1-800-575-5999 (TTY: 711).</p> <p>* Subject to medical necessity</p>	<p>50% of our plan allowance</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>

*Infertility services - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Infertility services (cont.)</b>	<b>In-network</b>
<p>** Note: Requires Precertification. See Section 3 “Services requiring our prior approval”. You are responsible for ensuring that we are asked to precertify your care; you should always ask your physician or hospital whether they have contacted us. For precertification or criteria subject to medical necessity, please contact us at 833-497-2413. Your network provider will request approval from us in advance for your infertility services. If your provider is not a network provider, you are responsible to request approval from us in advance.</p>	<p>50% of our plan allowance</p> <p>Note: Your out of pocket costs for infertility services do not count towards your out-of-pocket maximum (See Section 4 for details)</p>
<p><i>Not covered:</i></p> <p><i>All infertility services associated with or in support of an Advanced Reproductive Technology (ART) cycle. These include, but are not limited to:</i></p> <ul style="list-style-type: none"> <li>• <i>Imaging, laboratory services, and professional services</i></li> <li>• <i>In vitro fertilization (IVF)</i></li> <li>• <i>Zygote intrafallopian transfer (ZIFT)</i></li> <li>• <i>Gamete intrafallopian transfer (GIFT)</i></li> <li>• <i>Cryopreserved embryo transfers</i></li> <li>• <i>Gestational carrier cycles</i></li> <li>• <i>Any related services, products or procedures (such as intracytoplasmic sperm injection (ICSI) or ovum microsurgery).</i></li> <li>• <i>Cryopreservation (freezing), storage or thawing of eggs, embryos, sperm or reproductive tissue (unless noted as covered)</i></li> <li>• <i>All charges associated with or in support of surrogacy arrangements for you or the surrogate. A surrogate is a female carrying her own genetically related child with the intention of the child being raised by someone else, including the biological father</i></li> <li>• <i>Infertility services that are not reasonably likely to result in success</i></li> <li>• <i>Any charges associated with care required to obtain ART services (e.g. office, hospital, ultrasounds, laboratory tests, etc); and any charges associated with obtaining sperm for ART procedures except as stated above</i></li> <li>• <i>The purchase of donor sperm and any charges for the storage of sperm; the purchase of donor eggs and any charges associated with care of the donor required for donor egg retrievals or transfers or gestational carriers (or surrogacy); all charges associated with a gestational carrier program for the covered person or the gestational carrier</i></li> <li>• <i>Reversal of sterilization surgery.</i></li> <li>• <i>Treatment for infertility when the cause of the infertility was a previous sterilization with or without surgical reversal. This includes tubal ligation, hysterectomy and vasectomy only if obtained as a form of voluntary sterilization</i></li> <li>• <i>Services and supplies related to the above mentioned services, including sperm processing</i></li> <li>• <i>Cost of home ovulation predictor kits or home pregnancy kits</i></li> <li>• <i>Drugs related to the treatment of non-covered benefits</i></li> <li>• <i>Infertility services that are not reasonably likely to result in success</i></li> </ul>	<p><i>All charges</i></p>

*Infertility services - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Infertility services (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• <i>Elective fertility preservation, such as egg freezing sought due to natural aging;</i></li> <li>• <i>Infertility treatments such as in vitro fertilization that might be needed after the necessary medical intervention</i></li> <li>• <i>Storage costs</i></li> <li>• <i>Obtaining sperm from a person not covered under this plan</i></li> <li>• <i>Infertility treatment when a successful pregnancy could have been obtained through less costly treatment</i></li> <li>• <i>Infertility treatment when infertility is due to a natural physiologic process such as age related ovarian insufficiency (e.g. perimenopause, menopause) as measured by an unmedicated FSH level at or above 19 on cycle day two or three of your menstrual period or other abnormal testing results as outlined in Aetna’s infertility clinical policy</i></li> <li>• <i>Oral and Injectable infertility medication, including but not limited to menotropins, hCG, and GnRH agonists. (except where otherwise noted in Section 5f)</i></li> <li>• <i>Any infertility service rendered that requires precertification without a prior authorization</i></li> <li>• <i>Coverage for services received by a spouse or partner who is not a covered member under the plan</i></li> </ul>	All charges
<b>Allergy care</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Testing and treatment</li> <li>• Allergy injections</li> </ul> <p>Note: You pay the applicable cost share for each visit to a doctor’s office including each visit to a nurse for an injection.</p>	30% of our plan allowance
Allergy serum	30% of our plan allowance
<i>Not covered: Provocative food testing and sublingual allergy desensitization</i>	<i>All charges</i>
<b>Treatment therapies</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Chemotherapy and radiation therapy</li> </ul> <p>Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed under Organ/Tissue Transplants in Section 5(b).</p> <ul style="list-style-type: none"> <li>• Respiratory and inhalation therapy</li> <li>• Dialysis – hemodialysis and peritoneal dialysis</li> <li>• Intravenous (IV) Infusion Therapy in a doctor’s office or facility (For IV infusion and antibiotic treatment at home, see Home Health Services.)</li> <li>• Growth hormone therapy (GHT)</li> </ul> <p>Note: Growth hormone therapy is covered under Medical Benefits; office cost sharing applies. We cover growth hormone injectables under the prescription drug benefit.</p>	30% of our plan allowance

*Treatment therapies - continued on next page*



Benefit Description	You pay after the calendar year deductible
<b>Treatment therapies (cont.)</b>	<b>In-network</b>
<p>Note: We will only cover GHT when we preauthorize the treatment. Call 800-245-1206 for preauthorization. We will ask you to submit information that establishes that the GHT is medically necessary. Ask us to authorize GHT before you begin treatment; otherwise, we will only cover GHT services from the date you submit the information and it is authorized by Aetna. If you do not ask or if we determine GHT is not medically necessary, we will not cover the GHT or related services and supplies. See <i>Services requiring our prior approval</i> in Section 3.</p> <p>Applied Behavior Analysis - (see Section 5(e) for benefits)</p>	30% of our plan allowance
<b>Physical and occupational therapies</b>	<b>In-network</b>
<p>60 visits per person, per calendar year for physical or occupational therapy or a combination of both for the services of each of the following:</p> <ul style="list-style-type: none"> <li>• Qualified Physical therapists</li> <li>• Occupational therapists</li> </ul> <p>Note: We only cover therapy when a physician:</p> <ul style="list-style-type: none"> <li>• Orders the care;</li> <li>• Identifies the specific professional skills the patient requires and the medical necessity for skilled services; and</li> <li>• Indicates the length of time the services are needed.</li> </ul> <p>Note: Occupational therapy is limited to services that assist the member to achieve and maintain self-care and improved functioning in other activities of daily living. Inpatient therapy is covered under Hospital/ Extended Care Benefits.</p> <ul style="list-style-type: none"> <li>• Physical therapy to treat temporomandibular joint (TMJ) pain dysfunction syndrome</li> </ul> <p>Note: Physical therapy treatment of lymphedemas following breast reconstruction surgery is covered under the Reconstructive surgery benefit - see section 5(b).</p>	30% of our plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Long-term rehabilitative therapy</i></li> </ul>	<i>All charges</i>
<b>Pulmonary and cardiac rehabilitation</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Twenty visits per condition per member per calendar year of pulmonary rehabilitation to treat functional pulmonary disability</li> <li>• Cardiac rehabilitation following a qualifying event/ condition is provided for up to 3 visits a week for a total of 18 visits.</li> </ul>	30% of our plan allowance
<p><i>Not Covered: Long-term rehabilitative therapy</i></p>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<b>Habilitative therapy</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>Habilitative services for children under age 19 with congenital or genetic birth defects including, but not limited to, autism or an autism spectrum disorder and developmental delays. Treatment is provided to enhance the child's ability to function. Services include occupational therapy, physical therapy and speech therapy.</li> </ul> <p>Note: No day or visit limit applies.</p>	30% of our plan allowance
<b>Speech therapy</b>	<b>In-network</b>
<p>60 visits per person, per calendar year</p> <p>Note: For children up to age 19, no day or visit limit applies for habilitative therapy, see section 5(a) Habilitative therapy.</p>	30% of our plan allowance
<b>Hearing services (testing, treatment, and supplies)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>Audiological testing and medically necessary treatment for hearing problems</li> <li>Hearing testing for children through age 17 (See <i>Preventive care, children</i>)</li> <li>Implanted hearing-related devices, such as bone anchored hearing aids (BAHA) and cochlear implants (See <i>Orthopedic and prosthetic devices</i> section and the note referring to Section 5(b) and 5 (c) for hospital and ambulatory surgery center benefits).</li> </ul> <p>Note: For routine hearing screening performed during a child's preventive care visit, see Section 5(a) <i>Preventive care, children</i>.</p>	30% of our plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>All other hearing testing not medically necessary</li> <li>Hearing services that are not shown as covered</li> <li>Hearing aids</li> </ul>	All charges
<b>Vision services (testing, treatment, and supplies)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>Treatment of eye diseases and injury</li> </ul>	30% of our plan allowance
<ul style="list-style-type: none"> <li>One (1) routine eye exam (including refraction) every 12-month period</li> </ul>	30% of our plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>Fitting of contact lenses</li> <li>Vision therapy, including eye patches and eye exercises, e.g., orthoptics, pleoptics, for the treatment of conditions related to learning disabilities or developmental delays</li> <li>Radial keratotomy and laser eye surgery, including related procedures designed to surgically correct refractive errors</li> </ul>	All charges

Benefit Description	You pay after the calendar year deductible
<b>Foot care</b>	<b>In-network</b>
<p>Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.</p>	30% of our plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Cutting, trimming or removal of corns, calluses, or the free edge of toenails, and similar routine treatment of conditions of the foot, except as stated above</i></li> <li>• <i>Treatment of weak, strained or flat feet; and of any instability, imbalance or subluxation of the foot (unless the treatment is by open manipulation or fixation)</i></li> <li>• <i>Foot orthotics</i></li> <li>• <i>Podiatric shoe inserts</i></li> </ul>	<i>All charges</i>
<b>Orthopedic and prosthetic devices</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Orthopedic devices such as braces and prosthetic devices such as artificial limbs and eyes. Limb and torso prosthetics must be preauthorized.</li> <li>• Externally worn breast prostheses and surgical bras, including necessary replacements, following a mastectomy.</li> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, bone anchored hearing aids (BAHA), penile implants, defibrillator, surgically implanted breast implant following mastectomy, and lenses following cataract removal.</li> <li>• Corrective orthopedic appliances for non-dental treatment of temporomandibular joint (TMJ) pain dysfunction syndrome.</li> <li>• Ostomy supplies specific to ostomy care (quantities and types vary according to ostomy, location, construction, etc.)</li> </ul> <p>Note: Certain devices require precertification by you or your physician. Please see Section 3 for a list of services that require precertification.</p> <p>Note: Coverage includes repair and replacement when due to growth or normal wear and tear.</p> <p>Note: For information on the professional charges for the surgery to insert an implant or internal prosthetic device, see Section 5(b) Surgical procedures. For information regarding facility fees associated with obtaining orthopedic and prosthetic devices, see Section 5(c).</p>	30% of our plan allowance
<ul style="list-style-type: none"> <li>• Hair prosthesis prescribed by a physician for hair loss resulting from radiation therapy, chemotherapy or certain other injuries, diseases, or treatment of a disease.</li> </ul>	Nothing up to Plan lifetime maximum of \$500
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Orthopedic and corrective shoes, arch supports, foot orthotics, heel pads and heel cups</i></li> <li>• <i>Lumbosacral supports</i></li> <li>• <i>All charges over \$500 for hair prosthesis</i></li> </ul>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<b>Durable medical equipment (DME)</b>	<b>In-network</b>
<p>We cover rental or purchase of durable medical equipment, at our option, including repair and adjustment. Contact Plan at 833-497-2413 for a complete list of covered DME. Some covered items include:</p> <ul style="list-style-type: none"> <li>• Oxygen</li> <li>• Dialysis equipment</li> <li>• Hospital beds (Clinitron and electric beds must be preauthorized)</li> <li>• Wheelchairs (motorized wheelchairs and scooters must be preauthorized)</li> <li>• Crutches</li> <li>• Walkers</li> <li>• Insulin pumps and related supplies such as needles and catheters</li> <li>• Medical foods taken for the treatment of Inborn Errors of Metabolism when provided by a participating DME provider and administered under the direction of a physician</li> </ul> <p>Note: You must get your DME from a participating DME provider. Some DME may require precertification by you or your physician.</p>	30% of our plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Elastic stockings and support hose</i></li> <li>• <i>Bathroom equipment such as bathtub seats, benches, rails and lifts</i></li> <li>• <i>Home modifications such as stair glides, elevators and wheelchair ramps</i></li> <li>• <i>Wheelchair lifts and accessories needed to adapt to the outside environment or convenience for work or to perform leisure or recreational activities</i></li> <li>• <i>Medical foods that do not require a prescription under Federal law even if your physician or other health care professional prescribes them</i></li> <li>• <i>Nutritional supplements that are not administered by catheter or nasogastric tubes, except for oral medical foods taken for the treatment of Inborn Errors of Metabolism when administered under the direction of a physician</i></li> </ul>	<i>All charges</i>
<b>Home health services</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Home health services ordered by a Plan Physician and provided by nurses and home health aides through a participating home health care agency. Home health services include skilled nursing services provided by a licensed nursing professional; services provided by a physical therapist, occupational therapist, or speech therapist; and services of a home health aide when provided in support of the skilled home health services. Home health services are limited to one (1) visit per day with each visit equal to a period of four (4) hours or less. The plan will allow up to 60 visits per member per calendar year. Your Plan Physician will periodically review the program for continuing appropriateness and need.</li> <li>• Services include oxygen therapy.</li> </ul>	30% of our plan allowance
Intravenous (IV) Infusion Therapy and medications	30% of our plan allowance
<p>Note: Short-term physical, speech, or occupational therapy accumulate toward the applicable benefit limit (See the physical, speech and occupational therapy benefits in this section).</p>	

*Home health services - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Home health services (cont.)</b>	<b>In-network</b>
<p>Note: Skilled nursing under home health services must be precertified by your Plan physician.</p>	
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Nursing care for the convenience of the patient or the patient’s family.</i></li> <li>• <i>Custodial care, i.e. home care primarily for personal assistance that does not include a medical component and is not diagnostic, therapeutic, or rehabilitative and appropriate for the active treatment of a condition, illness, disease or injury.</i></li> <li>• <i>Services provided by a family member or resident in the member’s home.</i></li> <li>• <i>Services rendered at any site other than the member’s home.</i></li> <li>• <i>Services rendered when the member is not homebound because of illness or injury.</i></li> <li>• <i>Private duty nursing services.</i></li> <li>• <i>Transportation.</i></li> </ul>	<i>All charges</i>
<b>Chiropractic</b>	<b>In-network</b>
<p>Chiropractic services up to 20 visits per member per calendar year</p> <ul style="list-style-type: none"> <li>• Manipulation of the spine and extremities</li> <li>• Adjunctive procedures such as ultrasound, electric muscle stimulation, vibratory therapy and cold pack application</li> </ul>	30% of our plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Any services not listed above</i></li> </ul>	<i>All charges</i>
<b>Alternative medicine treatments</b>	<b>In-network</b>
<p>Acupuncture - 10 visits per member per calendar year (when considered medically necessary)</p> <p>Note: See Section 5(b) for our coverage of acupuncture when provided as anesthesia for covered surgery.</p> <p>See Section 5 Non-PSHB benefits available to Plan members for discount arrangements.</p>	30% of plan allowance (after deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Acupuncture other than stated above</i></li> <li>• <i>Applied kinesiology</i></li> <li>• <i>Aromatherapy</i></li> <li>• <i>Biofeedback</i></li> <li>• <i>Craniosacral therapy</i></li> <li>• <i>Hair analysis</i></li> <li>• <i>Reflexology</i></li> </ul>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<p><b>Educational classes and programs</b></p>	<p><b>In-network</b></p>
<p>Aetna offers disease management. Included are programs for:</p> <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Cerebrovascular disease</li> <li>• Chronic obstructive pulmonary disease (COPD)</li> <li>• Congestive heart failure (CHF)</li> <li>• Coronary artery disease</li> <li>• Cystic Fibrosis</li> <li>• Depression</li> <li>• Diabetes</li> <li>• Hepatitis</li> <li>• Inflammatory bowel disease</li> <li>• Kidney failure</li> <li>• Low back pain</li> <li>• Sickle Cell disease</li> </ul> <p>To request more information on our disease management programs, call 833-497-2413.</p>	<p>Nothing (no deductible)</p>
<p>Coverage is provided for:</p> <ul style="list-style-type: none"> <li>• Tobacco cessation Programs including individual/ group/phone counseling, and for over-the-counter (OTC) and prescription drugs approved by the FDA to treat nicotine dependence.</li> </ul> <p>Note: OTC drugs will not be covered unless you have a prescription and the prescription is presented at the pharmacy and processed through our pharmacy claim system.</p>	<p>Nothing (no deductible) for four (4) smoking cessation counseling sessions per quit attempt and two (2) quit attempts per year.</p> <p>Nothing for OTC drugs and prescription drugs approved by the FDA to treat nicotine dependence.</p>

**Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Healthcare Professionals**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- Plan physicians must provide or arrange your care.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The services listed below are for the charges billed by a physician or other health care professional for your surgical care. See Section 5(c) for charges associated with the facility (i.e., hospital, surgical center, etc.).
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.

**YOUR PHYSICIAN MUST GET PRECERTIFICATION FOR SOME SURGICAL PROCEDURES.** Please refer to the precertification information shown in Section 3 to be sure which services require precertification and identify which surgeries require precertification.

Benefit Description	You pay after the calendar year deductible
<b>Surgical procedures</b>	<b>In-network</b>
<p>A comprehensive range of services, such as:</p> <ul style="list-style-type: none"> <li>• Operative procedures</li> <li>• Treatment of fractures, including casting</li> <li>• Normal pre- and post-operative care by the surgeon</li> <li>• Correction of amblyopia and strabismus</li> <li>• Endoscopy procedures</li> <li>• Biopsy procedures</li> <li>• Removal of tumors and cysts</li> <li>• Correction of congenital anomalies (See <i>Reconstructive surgery</i>)</li> <li>• Surgical treatment of severe obesity (bariatric surgery) – a condition in which an individual has a body mass index (BMI) exceeding 40 or a BMI greater than 35 in conjunction with documented significant co-morbid conditions (such as coronary heart disease, type 2 diabetes mellitus, obstructive sleep apnea, nonalcoholic steatohepatitis (NASH) or refractory hypertension).**</li> </ul>	30% of our Plan allowance

*Surgical procedures - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Surgical procedures (cont.)</b>	<b>In-network</b>
<p>- Members must have attempted weight loss in the past without successful long-term weight reduction; <i>and</i> Members must have participated in and been compliant with an intensive multicomponent behavioral intervention through a combination of dietary changes and increased physical activity for 12 or more sessions occurring within 2 years prior to surgery. Blood glucose control must be optimized, and psychological clearance may be necessary.</p> <p><b>We will consider:</b></p> <ul style="list-style-type: none"> <li>- Open or laparoscopic Roux-en-Y gastric bypass; or</li> <li>- Open or laparoscopic biliopancreatic diversion with or without duodenal switch; or</li> <li>- Sleeve gastrectomy; or</li> <li>- Laparoscopic adjustable silicone gastric banding (Lap-Band) procedures.</li> </ul> <p>• Insertion of internal prosthetic devices. See 5(a) – <i>Orthopedic and prosthetic devices</i> for device coverage information</p> <p>Note: Generally, we pay for internal prostheses (devices) according to where the procedure is done. For example, we pay Hospital benefits for a pacemaker and Surgery benefits for insertion of the pacemaker.</p> <ul style="list-style-type: none"> <li>• Voluntary sterilization for men (e.g., vasectomy)</li> <li>• Treatment of burns</li> <li>• Skin grafting and tissue implants</li> <li>• Gender affirming surgery*</li> <li>• The Plan will provide coverage for the following when the member meets Plan criteria: <ul style="list-style-type: none"> <li>- Surgical removal of breasts**</li> <li>- Breast augmentation (implants/lipofilling)**</li> <li>- Surgical removal of uterus, ovaries and testes**</li> <li>- Reconstruction of external genitalia**</li> <li>- Medically necessary facial gender affirming surgery and body contouring (Note: For more information on coverage details for medically necessary facial and body contouring coverage and criteria, please refer to <a href="http://www.aetnafedspostal.com/gender-affirming-care">www.aetnafedspostal.com/gender-affirming-care</a>)</li> </ul> </li> </ul> <p>* Note: Requires Precertification. See Section 3 “Services requiring our prior approval”. You are responsible for ensuring that we are asked to precertify your care; you should always ask your physician or hospital whether they have contacted us. For precertification or criteria subject to medical necessity, please contact us at 833-497-2413.</p> <p>** Subject to medical necessity based on our clinical policy bulletin.</p> <p>Note: Hormone therapy is covered under Section 5(f), Prescription drug benefits. Prior authorization is required.</p>	<p>30% of our Plan allowance</p>
Voluntary sterilization for women (e.g., tubal ligation)	Nothing (no deductible)
<i>Not covered:</i>	<i>All charges</i>

*Surgical procedures - continued on next page*



Benefit Description	You pay after the calendar year deductible
<b>Surgical procedures (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• <i>Reversal of voluntary surgically-induced sterilization</i></li> <li>• <i>Surgery primarily for cosmetic purposes</i></li> <li>• <i>Radial keratotomy and laser surgery, including related procedures designed to surgically correct refractive errors</i></li> <li>• <i>Routine treatment of conditions of the foot; (see Foot care)</i></li> <li>• <i>Gender reassignment services that are not considered medically necessary</i></li> </ul>	<i>All charges</i>
<b>Reconstructive surgery</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Surgery to correct a functional defect</li> <li>• Surgery to correct a condition caused by injury or illness if:               <ul style="list-style-type: none"> <li>- the condition produced a major effect on the member’s appearance and</li> <li>- the condition can reasonably be expected to be corrected by such surgery</li> </ul> </li> <li>• Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm. Examples of congenital and developmental anomalies are cleft lip, cleft palate, webbed fingers and webbed toes. All surgical requests must be preauthorized.</li> <li>• All stages of breast reconstruction surgery following a mastectomy, such as:               <ul style="list-style-type: none"> <li>- surgery to produce a symmetrical appearance of breasts</li> <li>- treatment of any physical complications, such as lymphedema</li> <li>- breast prostheses and surgical bras and replacements (<i>See Prosthetic devices</i>)</li> </ul> </li> </ul> <p>Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.</p>	30% of our Plan allowance
<p><i>Not covered:</i></p> <p><i>Cosmetic surgery – any surgical procedure (or any portion of a procedure) performed primarily to improve physical appearance through change in bodily form, except repair of accidental injury</i></p>	<i>All charges</i>
<b>Oral and maxillofacial surgery</b>	<b>In-network</b>
<p>Oral surgical procedures, that are medical in nature, such as:</p> <ul style="list-style-type: none"> <li>• Treatment of fractures of the jaws or facial bones;</li> <li>• Removal of stones from salivary ducts;</li> <li>• Excision of benign or malignant lesions;</li> <li>• Medically necessary surgical treatment of TMJ (must be preauthorized);</li> <li>• Excision of tumors and cysts; and</li> <li>• Removal of bony impacted wisdom teeth</li> </ul> <p>Note: When requesting oral and maxillofacial services, please check our online provider directory or call Member Services at 833-497-2413 for a participating oral and maxillofacial surgeon.</p>	30% of our Plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Dental implants</i></li> </ul>	<i>All charges</i>

*Oral and maxillofacial surgery - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Oral and maxillofacial surgery (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>Dental care (such as restorations) involved with the treatment of temporomandibular joint (TMJ) pain dysfunction syndrome</li> </ul>	All charges
<b>Organ/tissue transplants</b>	<b>In-network</b>
<p>These <b>solid organ transplants</b> are subject to medical necessity and experimental/investigational review by the Plan. See Section 3, <i>Other services</i> under <i>You need prior Plan approval for certain services</i>.</p> <ul style="list-style-type: none"> <li>Autologous pancreas islet cell transplant (as an adjunct to total or near total pancreatectomy) only for patients with chronic pancreatitis</li> <li>Cornea</li> <li>Heart</li> <li>Heart/lung</li> <li>Intestinal transplants               <ul style="list-style-type: none"> <li>Isolated small intestine</li> <li>Small intestine with the liver</li> <li>Small intestine with multiple organs, such as the liver, stomach, and pancreas</li> </ul> </li> <li>Kidney</li> <li>Kidney-pancreas</li> <li>Liver</li> <li>Lung: single/bilateral/lobar</li> <li>Pancreas; Pancreas/Kidney (simultaneous)</li> </ul>	30% of our Plan allowance
<p>These <b>tandem blood or marrow stem cell transplants for covered transplants</b> are subject to medical necessity review by the Plan. Refer to <i>Other services</i> in Section 3 for prior authorization procedures.</p> <ul style="list-style-type: none"> <li>Autologous tandem transplants for:               <ul style="list-style-type: none"> <li>AL Amyloidosis</li> <li>High-risk neuroblastoma</li> <li>Multiple myeloma (de novo and treated)</li> <li>Recurrent germ cell tumors (including testicular cancer)</li> </ul> </li> </ul>	30% of our Plan allowance
<p><b>Blood or marrow stem cell transplants</b></p> <p>Physicians consider many features to determine how diseases will respond to different types of treatment. Some of the features measured are the presence or absence of normal and abnormal chromosomes, the extension of the disease throughout the body, and how fast the tumor cells can grow. By analyzing these and other characteristics, physicians can determine which diseases will respond to treatment without transplant and which diseases may respond to transplant.</p>	30% of our Plan allowance
<p>The Plan extends coverage for the diagnoses as indicated below.</p> <ul style="list-style-type: none"> <li>Allogenic transplants for:               <ul style="list-style-type: none"> <li>Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>Acute myeloid leukemia</li> </ul> </li> </ul>	30% of our Plan allowance

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Organ/tissue transplants (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>- Advanced Hodgkin’s lymphoma with recurrence (relapsed)</li> <li>- Advanced Myeloproliferative Disorders (MPDs)</li> <li>- Advanced non-Hodgkin’s lymphoma with recurrence (relapsed)</li> <li>- Amyloidosis</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)*</li> <li>- Hemoglobinopathies</li> <li>- Hematopoietic Stem Cell Transplant (HSCT)</li> <li>- Infantile malignant osteopetrosis</li> <li>- Kostmann's syndrome</li> <li>- Leukocyte adhesion deficiencies</li> <li>- Marrow Failure and Related Disorders (i.e. Fanconi’s, Paroxysmal Nocturnal Hemoglobinuria, Pure Red Cell Aplasia)</li> <li>- Mucopolysaccharidosis (e.g., Gaucher's disease, metachromatic leukodystrophy, adrenoleukodystrophy)</li> <li>- Mucopolysaccharidosis (e.g., Hunter's syndrome, Hurler's syndrome, Sanfillippo's syndrome, Maroteaux-Lamy syndrome variants)</li> <li>- Myelodysplasia/Myelodysplastic Syndromes</li> <li>- Paroxysmal Nocturnal Hemoglobinuria</li> <li>- Phagocytic/Hemophagocytic deficiency diseases (e.g., Wiskott-Aldrich syndrome)</li> <li>- Severe combined immunodeficiency</li> <li>- Severe or very severe aplastic anemia</li> <li>- Sickle cell anemia</li> <li>- X-linked lymphoproliferative syndrome</li> <li>• Autologous transplants for: <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin’s lymphoma with recurrence (relapsed)</li> <li>- Advanced non-Hodgkin’s lymphoma with recurrence (relapsed)</li> <li>- Amyloidosis</li> <li>- Breast Cancer*</li> <li>- Ependyblastoma</li> <li>- Epithelial Ovarian Cancer*</li> <li>- Ewing's sarcoma</li> <li>- Hematopoietic Stem Cell Transplant (HSCT)</li> <li>- Medulloblastoma</li> <li>- Multiple myeloma</li> <li>- Neuroblastoma</li> <li>- Pineoblastoma</li> <li>- Testicular, Mediastinal, Retroperitoneal, and Ovarian germ cell tumors</li> <li>- Waldenstrom’s macroglobulinemia</li> </ul> </li> </ul>	<p>30% of our Plan allowance</p>

Benefit Description	You pay after the calendar year deductible
<b>Organ/tissue transplants (cont.)</b>	<b>In-network</b>
*Approved clinical trial necessary for coverage.	30% of our Plan allowance
<p>These blood or marrow stem cell transplants are covered only in a National Cancer Institute or National Institutes of Health <b>approved clinical trial</b> or a Plan-designated center of excellence.</p> <p>If you are a participant in a clinical trial, the Plan will provide benefits for related routine care that is medically necessary (such as doctor visits, lab tests, X-rays and scans, and hospitalization related to treating the patient's condition) if it is not provided by the clinical trial. Section 9 has additional information on costs related to clinical trials. We encourage you to contact the Plan to discuss specific services if you participate in a clinical trial.</p> <ul style="list-style-type: none"> <li>• Allogeneic transplants for: <ul style="list-style-type: none"> <li>- Advanced Hodgkin's lymphoma</li> <li>- Advanced non-Hodgkin's lymphoma</li> <li>- Beta Thalassemia Major</li> <li>- Chronic inflammatory demyelination polyneuropathy (CIDP)</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Multiple myeloma</li> <li>- Multiple sclerosis</li> <li>- Sickle Cell anemia</li> </ul> </li> <li>• Non-myeloablative allogeneic, reduced intensity conditioning or RIC for: <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin's lymphoma</li> <li>- Advanced non-Hodgkin's lymphoma</li> <li>- Breast cancer</li> <li>- Chronic lymphocytic leukemia</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Chronic myelogenous leukemia</li> <li>- Colon cancer</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Multiple myeloma</li> <li>- Multiple sclerosis</li> <li>- Myelodysplasia/Myelodysplastic Syndromes</li> <li>- Myeloproliferative disorders (MPDs)</li> <li>- Non-small cell lung cancer</li> <li>- Ovarian cancer</li> <li>- Prostate cancer</li> <li>- Renal cell carcinoma</li> <li>- Sarcomas</li> <li>- Sickle Cell anemia</li> </ul> </li> <li>• Autologous Transplants for: <ul style="list-style-type: none"> <li>- Advanced Childhood kidney cancers</li> </ul> </li> </ul>	30% of our Plan allowance

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Organ/tissue transplants (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>- Advanced Ewing sarcoma</li> <li>- Advanced Hodgkin's lymphoma</li> <li>- Advanced non-Hodgkin's lymphoma</li> <li>- Aggressive non-Hodgkin's lymphomas (Mantle Cell lymphoma, adult T-cell leukemia/ lymphoma, peripheral T-cell lymphomas and aggressive Dendritic Cell neoplasms)</li> <li>- Breast cancer</li> <li>- Childhood rhabdomyosarcoma</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Chronic myelogenous leukemia</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Epithelial ovarian cancer</li> <li>- Mantle Cell (Non-Hodgkin lymphoma)</li> <li>- Multiple sclerosis</li> <li>- Scleroderma</li> <li>- Scleroderma-SSc (severe, progressive)</li> <li>- Small cell lung cancer</li> <li>- Systemic lupus erythematosus</li> <li>- Systemic sclerosis</li> </ul>	30% of our Plan allowance
<ul style="list-style-type: none"> <li>• <b>National Transplant Program (NTP)</b> - Transplants which are non-experimental or non- investigational are a covered benefit. Covered transplants must be ordered by your primary care doctor and plan specialist physician and approved by our medical director in advance of the surgery. The transplant must be performed at hospitals (Institutes of Excellence) specifically approved and designated by us to perform these procedures. A transplant is non-experimental and non- investigational when we have determined, in our sole discretion, that the medical community has generally accepted the procedure as appropriate treatment for your specific condition. Coverage for a transplant where you are the recipient includes coverage for the medical and surgical expenses of a live donor, to the extent these services are not covered by another plan or program.</li> </ul> <p>*Note: Transplants must be performed at hospitals designated as Institutes of Excellence (IOE). Hospitals in our network, but not designated as an IOE hospital will not be covered.</p>	Refer to Note
<p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient. We cover donor testing for the actual solid organ donor or up to four allogenic bone marrow/stem cell transplant donors in addition to the testing of family members.</p>	Refer to Note
<p>Clinical trials must meet the following criteria:</p> <ul style="list-style-type: none"> <li>a. The member has a current diagnosis that will most likely cause death within one year or less despite therapy with currently accepted treatment; or the member has a diagnosis of cancer; AND</li> <li>b. All of the following criteria must be met:</li> </ul>	30% of our Plan allowance

*Organ/tissue transplants - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Organ/tissue transplants (cont.)</b>	<b>In-network</b>
<p>1. Standard therapies have not been effective in treating the member or would not be medically appropriate; and</p> <p>2. The risks and benefits of the experimental or investigational technology are reasonable compared to those associated with the member's medical condition and standard therapy based on at least two documents of medical and scientific evidence (as defined below); and</p> <p>3. The experimental or investigational technology shows promise of being effective as demonstrated by the member's participation in a clinical trial satisfying ALL of the following criteria:</p> <p>a. The experimental or investigational drug, device, procedure, or treatment is under current review by the FDA and has an Investigational New Drug (IND) number; and</p> <p>b. The clinical trial has passed review by a panel of independent medical professionals (evidenced by Aetna's review of the written clinical trial protocols from the requesting institution) approved by Aetna who treat the type of disease involved and has also been approved by an Institutional Review Board (IRB) that will oversee the investigation; and</p> <p>c. The clinical trial is sponsored by the National Cancer Institute (NCI) or similar national cooperative body (e.g., Department of Defense, VA Affairs) and conforms to the rigorous independent oversight criteria as defined by the NCI for the performance of clinical trials; and</p> <p>d. The clinical trial is not a single institution or investigator study (NCI designated Cancer Centers are exempt from this requirement); and</p> <p>4. The member must:</p> <p>a. Not be treated "off protocol," and</p> <p>b. Must actually be enrolled in the trial.</p>	30% of our Plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>The experimental intervention itself (except medically necessary Category B investigational devices and promising experimental and investigational interventions for terminal illnesses in certain clinical trials. Terminal illness means a medical prognosis of 6 months or less to live); and</i></li> <li>• <i>Costs of data collection and record keeping that would not be required but for the clinical trial; and</i></li> <li>• <i>Other services to clinical trial participants necessary solely to satisfy data collection needs of the clinical trial (i.e., "protocol-induced costs"); and</i></li> <li>• <i>Items and services provided by the trial sponsor without charge</i></li> <li>• <i>Donor screening tests and donor search expenses, except as shown above</i></li> <li>• <i>Implants of artificial organs</i></li> <li>• <i>Transplants not listed as covered</i></li> </ul>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<b>Anesthesia</b>	<b>In-network</b>
<p>Professional services (including Acupuncture - when provided as anesthesia for a covered surgery) provided in:</p> <ul style="list-style-type: none"> <li>• Hospital (inpatient)</li> <li>• Hospital outpatient department</li> <li>• Skilled nursing facility</li> <li>• Ambulatory surgical center</li> <li>• Office</li> </ul> <p>Note: For sedation or anesthesia relating to dental services performed in a dental office, see Section 5 (g), Dental benefits.</p> <p>Note: When the anesthesiologist is the primary giver of services, such as for pain management, the specialist cost sharing applies.</p>	<p>30% of our Plan allowance</p>

## Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- Plan physicians must provide or arrange your care and you must be hospitalized in a Plan facility.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e., hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge (i.e., physicians, etc.) are in Sections 5(a) or (b).
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.
- We define observation as monitoring patients following medical or surgical treatments to determine if you need more care, need admission or can be discharged. Observation care can be billed as Emergency Room, Outpatient, or Inpatient depending on where services are rendered, benefited accordingly and how it is billed to us within the scope of the facilities contract. Hospital observation cost share is determined as anything greater than 23 hours, and Aetna’s policy is to allow up to 48 hours of hospital observation without preauthorization. After 48 hours, facilities must determine if they are going to discharge or admit the patient from observation and if admitting they will be responsible to preauthorize. Once admitted, inpatient hospital member cost sharing will apply.

**Except in emergencies, all hospital admissions and select outpatient surgery require precertification from your participating physician and prior authorization from Aetna.** Please refer to Section 3 to be sure which services require precertification.

Benefit Description	You pay after the calendar year deductible
	In-network
<p>Inpatient hospital</p> <p>Room and board, such as</p> <ul style="list-style-type: none"> <li>• Private, semiprivate, or intensive care accommodations</li> <li>• General nursing care</li> <li>• Meals and special diets</li> </ul> <p>Note: If you want a private room when it is not medically necessary, you pay the additional charge above the semiprivate room rate.</p> <p>Other hospital services and supplies, such as:</p> <ul style="list-style-type: none"> <li>• Operating, recovery, maternity, and other treatment rooms</li> <li>• Prescribed drugs and medications</li> <li>• Diagnostic laboratory tests and X-rays</li> <li>• Administration of blood and blood products</li> </ul>	<p>30% of our Plan allowance</p>

*Inpatient hospital - continued on next page*



Benefit Description	You pay after the calendar year deductible
<b>Inpatient hospital (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Blood products, derivatives and components, artificial blood products and biological serum. Blood products include any product created from a component of blood such as, but not limited to, plasma, packed red blood cells, platelets, albumin, Factor VIII, Immunoglobulin, and prolactin</li> <li>• Dressings, splints, casts, and sterile tray services</li> <li>• Medical supplies and equipment, including oxygen</li> <li>• Anesthetics, including nurse anesthetist services</li> <li>• Take-home items</li> <li>• Medical supplies, appliances, medical equipment, and any covered items billed by a hospital for use at home.</li> </ul>	30% of our Plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Whole blood and concentrated red blood cells not replaced by the member</i></li> <li>• <i>Non-covered facilities, such as nursing homes, schools</i></li> <li>• <i>Custodial care, rest cures, domiciliary or convalescent cares</i></li> <li>• <i>Personal comfort items, such as phone and television</i></li> <li>• <i>Private nursing care</i></li> </ul>	<i>All charges</i>
<b>Outpatient hospital or ambulatory surgical center</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Operating, recovery, and other treatment rooms</li> <li>• Prescribed drugs and medications</li> <li>• Radiologic procedures, diagnostic laboratory tests, and X-rays when associated with a medical procedure being done the same day</li> <li>• Pathology Services</li> <li>• Administration of blood, blood plasma, and other biologicals</li> <li>• Blood products, derivatives and components, artificial blood products and biological serum</li> <li>• Pre-surgical testing</li> <li>• Dressings, casts, and sterile tray services</li> <li>• Medical supplies, including oxygen</li> <li>• Anesthetics and anesthesia service</li> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, bone anchored hearing aids (BAHA), penile implants, defibrillator, surgically implanted breast implant following mastectomy, and lenses following cataract removal.</li> </ul> <p>Note: Certain devices require precertification by you or your physician. Please see Section 3 for a list of services that require precertification.</p> <p>Note: We cover hospital services and supplies related to dental procedures when necessitated by a non- dental physical impairment. We do not cover the dental procedures.</p> <p>Note: Preventive care services are not subject to cost sharing listed.</p>	30% of our Plan allowance
Services not associated with a medical procedure being done the same day, such as:	30% of our Plan allowance

*Outpatient hospital or ambulatory surgical center - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Outpatient hospital or ambulatory surgical center (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Mammogram</li> <li>• Radiologic procedures*</li> <li>• Lab tests*</li> <li>• Sleep studies</li> </ul> <p>*See below for exceptions</p> <p>Note: Preventive care services are not subject to cost sharing listed.</p>	30% of our Plan allowance
<p>Complex diagnostic tests limited to:</p> <ul style="list-style-type: none"> <li>• Bone density tests - diagnostic</li> <li>• CT scans/MRIs/PET scans</li> <li>• Diagnostic angiography</li> <li>• Genetic testing - diagnostic*</li> <li>• Nuclear medicine</li> </ul> <p>Note: These services need precertification. See Section 3, "Services requiring our prior approval".</p> <p>* Note: Benefits are available for specialized diagnostic genetic testing when it is medically necessary to diagnose and/or manage a patient's medical condition.</p>	30% of our Plan allowance
<i>Not covered: Whole blood and concentrated red blood cells not replaced by the member.</i>	<i>All charges</i>
<b>Extended care benefits/Skilled nursing care facility benefits</b>	<b>In-network</b>
<p>Extended care benefit: All necessary services during confinement in a skilled nursing facility with a 60 day limit per calendar year when full-time nursing care is necessary and the confinement is medically appropriate as determined by a Plan doctor and approved by the Plan.</p>	30% of our Plan allowance
<i>Not covered: Custodial care</i>	<i>All charges</i>
<b>Hospice care</b>	<b>In-network</b>
<p>Supportive and palliative care for a terminally ill member in the home or hospice facility, including inpatient and outpatient care and family counseling, when provided under the direction of a Plan doctor, who certifies the patient is in the terminal stages of illness, with a life expectancy of approximately 6 months or less.</p>	30% of our Plan allowance
<b>Ambulance</b>	<b>In-network</b>
<p>Aetna covers ground ambulance from the place of injury or illness to the closest facility that can provide appropriate care. The following circumstances would be covered:</p> <ol style="list-style-type: none"> <li>1. Transport in a medical emergency (i.e., where the prudent layperson could reasonably believe that an acute medical condition requires immediate care to prevent serious harm); or</li> <li>2. To transport a member from one hospital to another nearby hospital when the first hospital does not have the required services and/or facilities to treat the member; or</li> </ol>	30% of our Plan allowance

*Ambulance - continued on next page*

Benefit Description	You pay after the calendar year deductible
<b>Ambulance (cont.)</b>	<b>In-network</b>
<p>3. To transport a member from hospital to home, skilled nursing facility or nursing home when the member cannot be safely or adequately transported in another way without endangering the individual’s health, whether or not such other transportation is actually available; or</p> <p>4. To transport a member from home to hospital for medically necessary inpatient or outpatient treatment when an ambulance is required to safely and adequately transport the member.</p>	30% of our Plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Ambulance transportation to receive outpatient or inpatient services and back home again, except in an emergency</i></li> <li>• <i>Ambulette service</i></li> <li>• <i>Ambulance transportation for member convenience or reasons that are not medically necessary</i></li> </ul> <p>Note: Elective air ambulance transport, including facility-to-facility transfers, requires prior approval from the Plan.</p>	<i>All charges</i>

## Section 5(d). Emergency Services/Accidents

### Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.
- We define observation as monitoring patients following medical or surgical treatments to determine if you need more care, need admission or can be discharged. Observation care can be billed as Emergency Room, Outpatient, or Inpatient depending on where services are rendered, benefited accordingly and how it is billed to us within the scope of the facilities contract. Hospital observation cost share is determined as anything greater than 23 hours, and Aetna's policy is to allow up to 48 hours of hospital observation without preauthorization. After 48 hours, facilities must determine if they are going to discharge or admit the patient from observation and if admitting they will be responsible to preauthorize. Once admitted, inpatient hospital member cost sharing will apply.

### What is a medical emergency?

A medical emergency is the sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability, and requires immediate medical or surgical care. Some problems are emergencies because, if not treated promptly, they might become more serious; examples include deep cuts and broken bones. Others are emergencies because they are potentially life-threatening, such as heart attacks, strokes, poisonings, gunshot wounds, or sudden inability to breathe. There are many other acute conditions that we may determine are medical emergencies – what they all have in common is the need for quick action.

### What to do in case of emergency: Emergencies within our Service Area:

If you need emergency care, you are covered 24 hours a day, 7 days a week, anywhere in the world. An emergency medical condition is one manifesting itself by acute symptoms of sufficient severity such that a prudent layperson, who possesses average knowledge of health and medicine, could reasonably expect the absence of immediate medical attention to result in serious jeopardy to the person's health, or with respect to a pregnant woman, the health of the woman and her unborn child.

Whether you are in or out of an Aetna HMO service area, we simply ask that you follow the guidelines below when you believe you need emergency care.

- Call the local emergency hotline (e.g., 911) or go to the nearest emergency facility. For non-emergency services, care may be obtained from a retail clinic, a walk-in clinic, an urgent care center or by calling Teladoc. If a delay would not be detrimental to your health, call your primary care provider. Notify your primary care provider as soon as possible after receiving treatment.
- After assessing and stabilizing your condition, the emergency facility should contact your primary care provider so they can assist the treating physician by supplying information about your medical history.
- If you are admitted to an inpatient facility, you or a family member or friend on your behalf should notify Aetna as soon as possible.

### Emergencies outside our Service Area:

If you are traveling outside your Aetna service area, including overseas/foreign lands, or if you are a student who is away at school, you are covered for emergency and urgently needed care. For non-emergency services, care may be obtained from a walk-in clinic, an urgent care center or by calling Teladoc. Urgent care may be obtained from a private practice physician, a walk-in clinic, or an urgent care center. Certain conditions, such as severe vomiting, earaches, or high fever are considered “urgent care” outside your Aetna service area and are covered in any of the above settings.

If, after reviewing information submitted to us by the provider that supplied care, the nature of the urgent or emergency problem does not qualify for coverage, it may be necessary to provide us with additional information. We will send you an Emergency Room Notification Report to complete, or a Member Services representative can take this information by phone.

**Follow-up Care after Emergencies**

All follow-up care should be coordinated by your PCP or network specialist. Follow-up care with non-participating providers is only covered with a referral from your primary care provider and pre-approval from Aetna. Suture removal, cast removal, X-rays and clinic and emergency room revisits are some examples of follow-up care.

Benefit Description	You pay after the calendar year deductible
<b>Emergency within our service area</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Emergency or urgent care at a doctor’s office</li> </ul>	30% of our Plan allowance
<ul style="list-style-type: none"> <li>• Services provided at a Walk in clinic or CVS MinuteClinic®</li> </ul>	\$0 per visit
<ul style="list-style-type: none"> <li>• Emergency or urgent care at an urgent care center</li> </ul>	30% of our Plan allowance
<ul style="list-style-type: none"> <li>• Emergency or urgent care as an outpatient at a hospital (Emergency Room) including doctors' services.</li> </ul>	30% of our Plan allowance
<i>Not covered: Elective care or non-emergency care</i>	<i>All charges</i>
<b>Emergencies outside our service area</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Emergency or urgent care at a doctor’s office</li> </ul>	30% of our Plan allowance
<ul style="list-style-type: none"> <li>• Services provided at a Walk in clinic or CVS MinuteClinic®</li> </ul>	\$0 per visit
<ul style="list-style-type: none"> <li>• Emergency or urgent care at an urgent care center</li> </ul>	30% of our Plan allowance
<ul style="list-style-type: none"> <li>• Emergency or urgent care as an outpatient at a hospital (Emergency Room), including doctors' services.</li> </ul>	30% of our Plan allowance
<i>Not covered:</i> <ul style="list-style-type: none"> <li>• <i>Elective care or non-emergency care and follow-up care recommended by non-Plan providers that has not been approved by the Plan or provided by Plan providers</i></li> <li>• <i>Emergency care provided outside the service area if the need for care could have been foreseen before leaving the service area</i></li> <li>• <i>Medical and hospital costs resulting from a normal full-term delivery of a baby outside the service area.</i></li> </ul>	<i>All charges</i>

Benefit Description	You pay after the calendar year deductible
<b>Telehealth services</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>Teladoc Health consult</li> </ul>	30% of the consult fee
<ul style="list-style-type: none"> <li>CVS Health Virtual Care™ consult</li> </ul>	\$55 per consult until the deductible is met, \$0 per consult after deductible has been met
<p>Please see <a href="http://www.aetnafedspostal.com/tools.php">www.aetnafedspostal.com/tools.php</a> for information on medical and behavioral telehealth services.</p> <p>Members will receive a welcome kit explaining the telehealth benefits.</p>	
<b>Ambulance</b>	<b>In-network</b>
<p>Aetna covers ground ambulance from the place of injury or illness to the closest facility that can provide appropriate care. The following circumstances would be covered:</p> <ol style="list-style-type: none"> <li>1. Transport in a medical emergency (i.e., where the prudent layperson could reasonably believe that an acute medical condition requires immediate care to prevent serious harm); or</li> <li>2. To transport a member from one hospital to another nearby hospital when the first hospital does not have the required services and/or facilities to treat the member; or</li> <li>3. To transport a member from hospital to home, skilled nursing facility or nursing home when the member cannot be safely or adequately transported in another way without endangering the individual’s health, whether or not such other transportation is actually available; or</li> <li>4. To transport a member from home to hospital for medically necessary inpatient or outpatient treatment when an ambulance is required to safely and adequately transport the member.</li> </ol> <p>Air and sea ambulance may be covered. Prior approval is required.</p> <p>Note: See 5(c) for non-emergency service.</p>	30% of our Plan allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Ambulance transportation to receive outpatient or inpatient services and back home again, except in an emergency.</i></li> <li><i>Ambulette service</i></li> <li><i>Air ambulance without prior approval</i></li> <li><i>Ambulance transportation for member convenience or for reasons that are not medically necessary.</i></li> </ul> <p>Note: Elective air ambulance transport, including facility-to-facility transfers, requires prior approval from the Plan</p>	<i>All charges</i>

**Section 5(e). Mental Health and Substance Use Disorder Benefits**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- **YOU MUST GET PREAUTHORIZATION FOR CERTAIN SERVICES.** Benefits are payable only when we determine the care is clinically appropriate to treat your condition. To be eligible to receive full benefits, you must follow the preauthorization process and get Plan approval of your treatment plan. **Please see Section 3 of this brochure for a list of services that require preauthorization.**
- Aetna can assist you in locating participating providers in the Plan, unless your needs for covered services extend beyond the capability of the affiliated providers. Emergency care is covered (See Section 5(d), Emergency services/accidents). You can receive information regarding the appropriate way to access the behavioral health care services that are covered under your specific plan by calling Member Services at 833-497-2413. A referral from your PCP is not necessary to access behavioral health care but your PCP may assist in coordinating your care.
- We will provide medical review criteria for denials to enrollees, members or providers upon request or as otherwise required.
- OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.

Benefits Description	You pay after the calendar year deductible
<b>Professional services</b>	<b>In-network</b>
We cover professional services by licensed professional mental health and substance misuse disorder treatment practitioners when acting within the scope of their license, such as psychiatrists, psychologists, clinical social workers, licensed professional counselors, or marriage and family therapists.	Your cost-sharing responsibilities are no greater than for other illnesses or conditions.
Diagnosis and treatment of psychiatric conditions, mental illness, or mental disorders. Services include: <ul style="list-style-type: none"> <li>• Psychiatric office visits to Behavioral Health practitioner</li> <li>• Substance Use Disorder (SUD) office visits to Behavioral Health practitioner</li> <li>• Routine psychiatric office visits to Behavioral Health practitioner</li> <li>• Behavioral therapy</li> </ul>	30% of our Plan allowance
Telehealth Behavioral Health consult	30% of our Plan allowance
CVS Health Virtual Care™ telehealth consult	30% of our Plan allowance

*Professional services - continued on next page*

Benefits Description	You pay after the calendar year deductible
<b>Professional services (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Skilled behavioral health services provided in the home, but only when all of the following criteria are met:               <ul style="list-style-type: none"> <li>- Your physician orders them</li> <li>- The services take the place of a stay in a hospital or a residential treatment facility, or you are unable to receive the same services outside your home</li> <li>- The skilled behavioral health care is appropriate for the active treatment of a condition, illness or disease to avoid placing you at risk for serious complications</li> </ul> </li> </ul>	30% of our Plan allowance
<p>Applied Behavior Analysis (ABA)</p> <p>The plan covers medically necessary Applied Behavior Analysis (ABA) therapy when provided by network behavioral health providers. These providers include:</p> <ul style="list-style-type: none"> <li>• Providers who are licensed or who possess a state- issued or state-sanctioned certification in ABA therapy.</li> <li>• Behavior analysts certified by the Behavior Analyst Certification Board (BACB).</li> <li>• Registered Behavior Technicians (RBTs) certified by the BACB or equivalent paraprofessionals who work under the supervision of a licensed provider or a certified behavior analyst.</li> </ul> <p>Note: Requires Precertification. See Section 3 “Services requiring our prior approval”. You are responsible for ensuring that we are asked to precertify your care. You should always ask your physician or hospital whether they have contacted us. For precertification or criteria subject to medical necessity, please contact us at 833-497-2413.</p>	30% of our Plan allowance
<b>Diagnostics</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• Psychological and Neuropsychological testing tests provided and billed by a licensed mental health and SUD treatment practitioner</li> <li>• Outpatient diagnostic tests provided and billed by a laboratory, hospital or other covered facility</li> </ul>	30% of our Plan allowance
<b>Inpatient hospital or other covered facility</b>	<b>In-network</b>
<p>Inpatient services provided and billed by a hospital or other covered facility including an overnight residential treatment facility</p> <ul style="list-style-type: none"> <li>• Room and board, such as semiprivate or intensive accommodations, general nursing care, meals and special diets, and other hospital services</li> <li>• Inpatient diagnostic tests provided and billed by a hospital or other covered facility</li> </ul>	30% of our Plan allowance



Benefits Description	You pay after the calendar year deductible
<b>Outpatient hospital or other covered facility</b>	<b>In-network</b>
<p>Outpatient services provided and billed by a hospital or other covered facility including other outpatient mental health treatment such as:</p> <ul style="list-style-type: none"> <li>• Partial hospitalization treatment provided in a facility or program for mental health treatment provided under the direction of a physician</li> <li>• Intensive outpatient program provided in a facility or program for mental health treatment provided under the direction of a physician</li> <li>• Outpatient detoxification</li> <li>• Ambulatory detoxification which is outpatient services that monitor withdrawal from alcohol or other substance abuse, including administration of medications</li> <li>• Electro-convulsive therapy (ECT)</li> <li>• Transcranial magnetic stimulation (TMS)</li> <li>• Psychological/Neuropsychological testing</li> </ul>	30% of our Plan allowance
<b>Not covered</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• <i>Educational services for treatment of behavioral disorders</i></li> <li>• <i>Services in half-way houses</i></li> </ul>	<i>All charges</i>

## Section 5(f). Prescription Drug Benefits

Important things you should keep in mind about these benefits:

- This is a two tier closed formulary pharmacy plan, High Value Formulary. The formulary is a list of drugs that your health plan covers. With your High Value Formulary Pharmacy Plan, each drug is grouped as a generic or a brand. Each tier has a separate out-of-pocket cost.
  - Preferred generic
  - Preferred brand
- We cover prescribed drugs and medications, as described in the chart beginning on the next page.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Your prescribers must obtain prior approval/precertification for certain prescription drugs and supplies before coverage applies. Prior approval/precertifications must be renewed periodically.
- Federal law prevents the pharmacy from accepting unused medications.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- Certain drugs require your doctor to get precertification from the Plan before they can be covered under the Plan. Upon approval by the Plan, the prescription is covered for the current calendar year or a specified time period, whichever is less
- **During the course of the year, we may move a brand-name drug from Tier 2 (preferred brand-name, preferred generic specialty and preferred brand-name specialty drugs) to non-covered if there is a change in manufacturer contracting, a generic equivalent or biosimilar becomes available or if new safety concerns arise. If your drug is moved to non-covered, you pay the full cost of the medication. Tier reassignments during the year are not considered benefit changes.**
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.
- \* **Note:** If you are enrolled in the Aetna Saver option and are covered by Medicare and it is primary, we will automatically enroll you in our Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) under Medicare Part D. You can find more details in Section 5(f)(a) and Section 9 Medicare prescription drug coverage (Part D).

There are important features you should be aware of. These include:

- **Who can write your prescription.** A licensed physician or dentist, and in states allowing it, licensed/certified providers with prescriptive authority prescribing within their scope of practice.

- **Where you can obtain them.** You may fill non-emergency prescriptions at a participating Plan retail pharmacy or by mail order for up to a 90-day supply of medication (if authorized by your physician). In no event will the copay exceed the cost of the prescription drug. Please call Member Services at 833-497-2413 for more details on how to use the mail order program. **Mail order is not available for drugs and medications ordered through a network specialty pharmacy. Prescriptions ordered through a network specialty pharmacy are only filled for up to a 30-day supply due to the nature of these prescriptions.** In an emergency or urgent care situation, you may fill your covered prescription at any retail pharmacy. For retail pharmacy transactions, you must present your Aetna Member ID card at the point of sale for coverage. If you obtain an emergency prescription at a pharmacy that does not participate with the plan, you will need to pay the pharmacy the full price of the prescription and submit a claim for reimbursement subject to the terms and conditions of the plan.
- **We use a closed managed formulary.** The formulary is a list of drugs that your Plan covers. Drugs are prescribed by Plan doctors and dispensed in accordance with the 2025 Pharmacy Drug (Formulary) Guide. Certain drugs require your doctor to get precertification or requires step therapy before they can be covered under the Plan. Your prescription drug plan includes drugs listed in the 2025 Pharmacy Drug (Formulary) Guide. Visit our website at [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php) to review our 2025 Pharmacy Drug (Formulary) Guide or call 833-497-2413.
- **Drugs not on the formulary.** Formularies are developed and reviewed by the CVS Caremark<sup>®</sup> Pharmacy and Therapeutics Committee, comprised of physicians, pharmacists and other clinicians that review drugs for inclusion in the formulary. They consider the drug's effectiveness and safety in their evaluation. The High Value formulary is a closed formulary, which means in order for your drug to be covered, it must be on our formulary. Drugs not on the High Value formulary will not be covered. **If it is medically necessary for you to use a prescription drug not on the formulary, you or your prescriber must request a medical exception. Remember, a generic equivalent will be dispensed, if available, unless your physician specifically requires a brand name and writes "Dispense as Written" (DAW) on the prescription, so discuss this with your doctor.**
- **Choose generics.** The Plan requires the use of generics if a generic drug is available. If your physician prescribes or you request a covered brand name prescription drug when a generic prescription drug equivalent is available, you will pay the difference in cost between the brand name prescription drug and the generic prescription drug equivalent, plus the applicable copayment/ coinsurance\* unless your physician submits a preauthorization request providing clinical necessity and a medical exception is obtained from the Plan. Generics contain the same active ingredients in the same amounts as their brand name counterparts and have been approved by the FDA. By using generic drugs, you will see cost savings, without jeopardizing clinical outcome or compromising quality. \* The differential/penalty will not apply to Plan accumulators (example: deductible and out-of-pocket maximum)
- **Precertification.** Your pharmacy benefits plan includes precertification. Precertification helps encourage the appropriate and cost-effective use of certain drugs. These drugs must be pre-approved by our Pharmacy Management Precertification Unit before they will be covered. Only your physician or pharmacist, in the case of an antibiotic or analgesic, can request precertification for a drug. Step therapy is another type of precertification. Certain medications will be excluded from coverage unless you try one or more "step" drug(s) first, or unless a medical exception is obtained. The drugs requiring precertification or step therapy are subject to change. Visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com) for the most current information regarding the precertification and step therapy lists. Ask your physician if the drugs being prescribed for you require precertification or step therapy.
- **These are the dispensing limitations.** Prescription drugs prescribed by a licensed physician or dentist and obtained at a participating Plan retail pharmacy for up to 90-day supply or by mail order may be dispensed for up to a 90-day supply of medication (if authorized by your physician). In no event will the copay exceed the cost of the prescription drug. A generic equivalent will be dispensed if available, unless your physician specifically requires a brand name.

In the event that a member is called to active military duty and requires coverage under their prescription plan benefits of an additional filing of their medication(s) prior to departure, their pharmacist will need to contact Aetna. Coverage of additional prescriptions will only be allowed if there are refills remaining on the member's current prescription or a new prescription has been issued by their physician. The member is responsible for the applicable cost sharing for the additional prescription.

- The Plan allows coverage of a medication refill when at least 80% of the previous prescription, according to the physician's prescribed directions, has been utilized. For a 30-day supply of medication, this provision would allow a prescription refill to be covered 24 days after the last filling, thereby allowing a member to have an additional supply of their medication, in case of emergency.

- **When you do have to file a claim.** Send your itemized bill(s) to: Aetna, P.O. Box 52444, Phoenix, AZ 85072-2444.

Here are some things to keep in mind about our prescription drug program:

- A generic equivalent may be dispensed if it is available, and where allowed by law.
- **Specialty drugs.** Specialty drugs are medications that treat complex, chronic diseases which includes select oral, injectable and infused medications. The first fill including all subsequent refills of these medications must be obtained through a network specialty pharmacy.

Certain Specialty Formulary medications identified on the Specialty Drug List next to the drug name maybe covered under the medical or pharmacy section of this brochure depending on how and where the medication is administered. If the provider supplies and administers the medication during an office visit, you will pay the applicable PCP or specialist office visit copay. If you obtain the prescribed medications directly from a network specialty pharmacy, you will pay the applicable copay as outlined in Section 5(f) of this brochure.

Often these drugs require special handling, storage and shipping. For a detailed listing of specialty medications visit [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php) or contact us at 833-497-2413 for a copy. Note that the medications and categories covered are subject to change. **Some specialty medications may qualify for third-party copayment assistance programs that could lower your out-of-pocket costs for those products. For any such specialty medication where third-party copayment assistance is used, you shall not receive credit toward your out-of-pocket maximum or deductible for any copayment or coinsurance amounts that are applied to a manufacturer coupon or rebate.**

- To request a printed copy of the 2025 Pharmacy Drug (Formulary) Guide, call 833-497-2413. The information in the 2025 Pharmacy Drug (Formulary) Guide is subject to change. As brand name drugs lose their patents and new generics become available on the market, the brand name drug may be removed from the formulary. Under your benefit plan, this will result in a savings to you, as you pay a lower prescription copayment for generic formulary drugs. Please visit our website [www.aetnafedspostal.com/pharmacy.php](http://www.aetnafedspostal.com/pharmacy.php) for current 2025 Pharmacy Drug (Formulary) Guide information.

Benefits Description	You pay after the calendar year deductible
<b>Covered medications and supplies</b>	<b>In-network</b>
<p>We cover the following medications and supplies prescribed by a licensed physician or dentist and obtained from a Plan pharmacy or through our mail order program:</p> <ul style="list-style-type: none"> <li>• Drugs approved by the U.S. Food and Drug Administration for which a prescription is required by Federal law, except those listed as <i>Not covered</i></li> <li>• Diabetic supplies limited to               <ul style="list-style-type: none"> <li>- Lancets, alcohol swabs, urine test strips/tablets, and blood glucose test strips</li> <li>- Insulin</li> <li>- Disposable needles and syringes needed to inject covered prescribed medications</li> </ul> </li> <li>• Prenatal vitamins (as covered under the plan's formulary)</li> <li>• Drugs to treat gender dysphoria</li> <li>• Medications prescribed to treat obesity</li> <li>• Oral and Injectable Infertility medications (includes Artificial Insemination (AI), In vitro fertilization (IVF)/ART medications)</li> </ul>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$10 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$30 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p>

*Covered medications and supplies - continued on next page*

Benefits Description	You pay after the calendar year deductible
<b>Covered medications and supplies (cont.)</b>	<b>In-network</b>
<p>Note: If your physician prescribes or you request a covered brand name prescription drug when a generic prescription drug equivalent is available, you will pay the difference in cost between the brand name prescription drug and the generic prescription drug equivalent, plus the applicable copayment/coinsurance unless your physician submits a preauthorization request providing clinical necessity and a medical exception is obtained.</p> <p>Note: Certain drugs to treat Gender dysphoria and infertility are considered specialty drugs. Please see Specialty drugs in this section.</p> <p>Note: Over-the-counter and appropriate prescription drugs approved by the FDA to treat tobacco dependence are covered under the Tobacco cessation program with a prescription. (See Section 5(a)). OTC drugs will not be covered unless you have a prescription and that prescription is presented at the pharmacy and processed through our pharmacy claim system.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$10 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$30 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p>
<p><b>Preventive Care Medications</b></p> <p>Medications to promote better health as recommended by ACA.</p> <p>Drugs and supplements are covered without cost-share, even if over-the-counter, are prescribed by a health care professional and filled at a network pharmacy.</p> <p>We will cover preventive medications in accordance with the U.S. Preventive Services Task Force (USPSTF) recommendations/guidance:</p> <ul style="list-style-type: none"> <li>• Aspirin</li> <li>• Folic acid supplements</li> <li>• Oral Fluoride</li> <li>• Statins</li> <li>• Breast Cancer Prevention drugs</li> <li>• HIV PrEP</li> <li>• Nicotine Replacement Medications (Limits apply)</li> <li>• Bowel Prep Medications (Required with preventive Colonoscopy)</li> </ul> <p>Opioid rescue agents such as naloxone are covered under this Plan with no cost sharing when obtained from an in-network pharmacy in any over-the-counter or prescription form available such as nasal sprays and intramuscular injections.</p> <p>For more information consult the FDA guidance at: <a href="http://www.fda.gov/consumers/consumer-updates/access-naloxone-can-save-life-during-opioid-overdose">www.fda.gov/consumers/consumer-updates/access-naloxone-can-save-life-during-opioid-overdose</a> or call SAMHSA’s National Helpline 1-800-662-HELP (4357) or go to <a href="http://www.findtreatment.samhsa.gov/">www.findtreatment.samhsa.gov/</a>.</p> <p>Please refer to the Aetna formulary guide for a complete list of preventive drugs including coverage details and limitations: <a href="http://www.aetnafedspostal.com/pharmacy.php">www.aetnafedspostal.com/pharmacy.php</a></p>	<p>Nothing (no deductible)</p>

*Covered medications and supplies - continued on next page*

Benefits Description	You pay after the calendar year deductible
<b>Covered medications and supplies (cont.)</b>	<b>In-network</b>
<p>Note: To receive this benefit a prescription from a doctor must be presented to pharmacy.</p> <p>Note: Preventive Medications with a USPSTF recommendation of A or B are covered without cost-share when prescribed by a health care professional and filled by a network pharmacy. These may include some over-the counter vitamins, nicotine replacement medications, and low dose aspirin for certain patients. For current recommendations go to <a href="http://www.uspreventiveservicestaskforce.org/BrowseRec/Index/">www.uspreventiveservicestaskforce.org/BrowseRec/Index/</a></p>	Nothing (no deductible)
<p>Contraceptive drugs and devices as listed in the Health Resources and Services Administration site <a href="http://www.hrsa.gov/womens-guidelines">www.hrsa.gov/womens-guidelines</a>.</p> <p>Contraceptive coverage is available at no cost to PSHB members. The contraceptive benefit includes at least one option in each of the HRSA-supported categories of contraception (as well as the screening, education, counseling, and follow-up care). Any contraceptive that is not already available without cost sharing on the formulary can be accessed through the contraceptive exceptions process described below.</p> <p>Over-the-counter and prescription drugs approved by the FDA to prevent unintended pregnancy.</p> <p>Visit <a href="http://www.aetnafedspostal.com/familyplanning.php">www.aetnafedspostal.com/familyplanning.php</a> for more information on contraception and the exception process.</p> <p>If you have difficulty accessing contraceptive coverage or other reproductive healthcare, you can contact <a href="mailto:contraception@opm.gov">contraception@opm.gov</a>.</p> <p>Reimbursement for covered over-the-counter contraceptives can be submitted in accordance with Section 7.</p> <p>Note: For additional Family Planning benefits see Section 5(a).</p>	See coverage below.
<p>Women's contraceptive drugs and devices</p> <ul style="list-style-type: none"> <li>• Generic oral contraceptives on our formulary list</li> <li>• Generic emergency contraception, including over-the counter (OTC) when filled with a prescription</li> <li>• Generic injectable contraceptives on our formulary list - five (5) vials per calendar year</li> <li>• Diaphragms - one (1) per calendar year</li> <li>• Brand name Intra Uterine Device</li> <li>• Generic patch contraception</li> </ul> <p>Note: If it is medically necessary for you to use a prescription drug on the Formulary Exclusions List, you or your prescriber must request a medical exception. Visit our website at <a href="http://www.aetnafedspostal.com/pharmacy.php">www.aetnafedspostal.com/pharmacy.php</a> to review our 2025 Pharmacy Drug (Formulary) Guide or call 833-497-2413.</p>	Nothing (no deductible)
<ul style="list-style-type: none"> <li>• Brand name contraceptive drugs</li> <li>• Brand name injectable contraceptive drugs such as Depo Provera - five (5) vials per calendar year</li> <li>• Brand emergency contraception</li> </ul>	Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:

*Covered medications and supplies - continued on next page*

Benefits Description	You pay after the calendar year deductible
<b>Covered medications and supplies (cont.)</b>	<b>In-network</b>
	<p>50% per covered preferred brand formulary drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>50% per covered preferred brand formulary drug.</p>
<p>Note: If your physician prescribes or you request a covered brand name prescription drug when a generic prescription drug equivalent is available, you will pay the difference in cost between the brand name prescription drug and the generic prescription drug equivalent, plus the applicable copayment/coinsurance unless your physician submits a preauthorization request providing clinical necessity and a medical exception is obtained.</p>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$10 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p> <p>Retail Pharmacy or Mail Order Pharmacy, for a 31-day up to a 90-day supply per prescription or refill:</p> <p>\$30 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p>
<p>Specialty Medications</p> <p><b>Specialty medications must be filled through a network specialty pharmacy.</b> These medications are not available through the mail order benefit.</p> <p>Certain Specialty medications identified on the Specialty Drug List next to the drug name may be covered under the medical or pharmacy section of this brochure. Please refer to above, Specialty Drugs for more information or visit: <a href="http://www.aetnafedspostal.com/pharmacy.php">www.aetnafedspostal.com/pharmacy.php</a></p>	<p>Specialty Pharmacy for up to a 30-day supply per prescription or refill:</p> <p>\$10 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p>
<p><b>Limited benefits:</b></p> <ul style="list-style-type: none"> <li>• Drugs to treat erectile dysfunction are limited up to six (6) tablets per 30-day period. Contact the Plan at 833-497-2413 for dose limits.</li> </ul>	<p>Retail Pharmacy or Mail Order Pharmacy, for up to a 30-day supply per prescription or refill:</p> <p>\$10 per covered preferred generic formulary drug; and</p> <p>50% per covered preferred brand formulary drug.</p>
<p><b>Not covered</b></p> <ul style="list-style-type: none"> <li>• <i>Drugs available without a prescription (i.e., an over-the-counter (OTC) drug) unless required by law.</i></li> <li>• <i>Drugs obtained at a non-Plan pharmacy except when related to out-of-area emergency care</i></li> </ul>	<p><i>All charges</i></p>

*Covered medications and supplies - continued on next page*

Benefits Description	You pay after the calendar year deductible
<b>Covered medications and supplies (cont.)</b>	<b>In-network</b>
<ul style="list-style-type: none"> <li>• <i>Vitamins, unless otherwise stated (including prescription vitamins), nutritional supplements, and any food item, including infant formula, medical foods and other nutritional items, even if it is the sole source of nutrition when administered under the direction of a Plan doctor (please see Durable Medical Equipment in Section 5(a) for more information on what the plan will cover).</i></li> <li>• <i>Medical supplies such as dressings and antiseptics</i></li> <li>• <i>Lost, stolen or damaged drugs</i></li> <li>• <i>Drugs for cosmetic purposes</i></li> <li>• <i>Drugs to enhance athletic performance</i></li> <li>• <i>Nonprescription medications unless specifically indicated elsewhere</i></li> <li>• <i>Prophylactic drugs including, but not limited to, anti malarials for travel</i></li> <li>• <i>Compounded bioidentical hormone replacement (BHR) therapy that includes progesterone, testosterone and/or estrogen</i></li> <li>• <i>Compounded thyroid hormone therapy</i></li> </ul>	<p><i>All charges</i></p>



## Section 5(f)(a). PDP EGWP Prescription Drug Benefits

### Important things you should keep in mind about these benefits:

- This prescription drug plan uses a custom formulary. The formulary is a list of drugs that your health plan covers. This formulary covers all drugs that CMS determines to be Part D and additionally, offers supplemental benefits for coverage of non-Part D drugs as outlined below.
- If you are a Postal Service annuitant and their covered Medicare-eligible family member and enroll in this Plan, you will be automatically group enrolled in our Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) under Medicare Part D. Contact us for additional information at 833-251-9749.
- These prescription drug benefits are for members enrolled in our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP). It is called Aetna Medicare Rx (PDP EGWP) offered by SilverScript. The PDP is subject to Medicare rules.
- There is no calendar year deductible for prescription drugs in this Section 5(f)(a).

Note: Notify us as soon as possible if you or your eligible family member is already enrolled in a Medicare Part D Plan. Enrollment in our PDP EGWP will cancel your enrollment in another Medicare Part D plan.

### There are advantages to being enrolled in our PDP EGWP:

- In our PDP EGWP, your cost-share for covered drugs, medications, and supplies will be equal to or better than the cost-share for those enrolled in our standard non-PDP EGWP Prescription Drug Program.
- In our PDP EGWP, you have access to a pharmacy network including retail, mail-order, long-term care and home infusion pharmacies.
- The PDP EGWP Catastrophic Protection Out-of-Pocket Maximum is \$2,000 per person. After you reach your individual maximum out-of-pocket costs of \$2,000, the Plan will pay 100% of all eligible covered prescription drugs.

### We cover prescribed drugs and medications, as described in this section.

- Please remember that all benefits are subject to the definitions, limitations and exclusions in the Evidence of Coverage and this brochure and are payable only when we determine they are medically necessary.
- Your prescribers must obtain prior authorization for certain prescription drugs and supplies before coverage applies. Prior authorizations must be renewed periodically. For more information about prior authorization, please call us at 833-251-9749 or visit our website at [aetnafedpostal.com](http://aetnafedpostal.com).
- Federal law prevents the pharmacy from accepting unused drugs, medications, and supplies.
- Be sure to read Section 4, *Your Costs for Covered Services*, for valuable information about how cost-sharing works.
- Participants who are enrolled in our Aetna Medicare Rx (PDP EGWP) offered by SilverScript will receive a separate prescription ID card to use for filling prescriptions.
- Be sure receive to read Section 9 about coordinating benefits with Medicare and other coverage.
- Medicare Income-Related Monthly Adjustment Amount (IRMAA) is an amount you may pay in addition to your PSHB premium to enroll in and maintain Medicare prescription drug coverage. This additional premium is assessed only to those with higher incomes and is adjusted based on the income reported on your IRS tax return. You do not make any IRMAA payments to your PSHB plan. Refer to the Part D-IRMAA section of the Medicare website: [www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans](http://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans) to see if you would be subject to this additional premium.

- If you choose to opt out of or disenroll from our PDP EGWP, see Section 9 for additional PDP EGWP information and for our opt-out and disenrollment process. Contact us for assistance with the PDP EGWP opt out and disenrollment process.

**Warning: If you opt out of or disenroll from our PDP EGWP, you will not have any PSHB Program prescription drug coverage.**

**Note: If you choose to opt out of or disenroll from our PDP EGWP, your premium will not be reduced, and you may have to wait to re-enroll during Open Season or for a QLE. If you do not maintain creditable coverage, re-enrollment in any PDP EGWP may be subject to late enrollment penalty. Contact us for assistance at 833-251-9749.**

**There are important features you should be aware of. These include:**

- **Who can write your Prescription** A licensed physician or dentist, and in the states allowing it, licensed/certified providers with prescriptive authority prescribing within their scope of practice, must prescribe your medication. Your prescribers must have Medicare-approved prescriptive authority.
- \* **Note:** If you are enrolled in this Plan option and are covered by Medicare and it is primary, we will automatically enroll you in our Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) under Medicare Part D. This EGWP PDP enhances your PSHB coverage by offering lower cost shares on the prescription tiers for covered drugs. Participants will receive a separate Aetna Medicare Rx offered by SilverScript prescription ID card to use for filling prescriptions. You can find more details at the end of this section and Section 9 Medicare prescription drug coverage (Part D). The PDP is subject to Medicare rules.
- **Where you can obtain prescription drugs.** You may fill the prescription at a network retail pharmacy or by network mail-order pharmacy for certain drugs. In an emergency, you may fill prescriptions up to a 30-day supply at an out-of-network pharmacy but will be required to submit a claim for reimbursement. For assistance locating a PDP EGWP network pharmacy, visit our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com), or call us at 833-251-9749.
- **We have a formulary.** A formulary is a list of covered drugs selected by SilverScript in consultation with a team of health care providers, which represents the prescription therapies believed to be a necessary part of a quality treatment program. The Plan will generally cover the drugs listed in our formulary as long as the drug is medically necessary, the prescription is filled at an in-network pharmacy, and other plan rules are followed. For more information or to see your current formulary at [www.aetnafedspostal.com/pharmacy](http://www.aetnafedspostal.com/pharmacy).
- **These are the dispensing limitations.** Some covered drugs may have additional requirements or limits on coverage. In most cases, refills cannot be obtained until 75% of the drug has been used. Occasionally, as part of regular review, we may recommend that the use of a drug is appropriate only with limits on its quantity, total dose, duration of therapy, age, gender or specific diagnoses. Since the prescription does not usually explain the reason your provider prescribed a medication, we may implement any of these limits and/or require preauthorization to confirm the intent of the prescriber.

Certain medications may require Utilization Management strategies:

**Prior Authorization (PA):** Some drugs require you or your physician to get prior authorization. You must get an approval from us before you can get your prescription filled. If you don't get approval, we may not cover the drug.

**Quantity Limits (QL):** For certain drugs, there is a quantity limit in the amount of the drug that we will cover. For example, our plan provides up to 30 tablets per 30-day prescription for atorvastatin. This may be in addition to a standard one-month or three-month supply.

**Step Therapy (ST):** In some cases, our plan requires you to first try certain drugs to treat your medical condition before we will cover another drug for that condition. For example, if Drug A and Drug B both treat your medical condition, we may not cover Drug B unless you try Drug A first. If Drug A does not work for you, SilverScript will then cover Drug B.

- **You may request a Formulary Exception** Asking for coverage of a drug that is not on the Drug List is sometimes called a **formulary exception**. Asking for removal of a restriction on coverage for a drug is sometimes called a **formulary exception**. Asking to pay a lower price for a covered non-preferred drug is sometimes called a **tiering exception**.

Start by calling, writing, or faxing SilverScript to make your request for us to authorize or provide coverage for the prescription you want. You can also access the coverage decision process through the caremark.com website. We must accept any written request, including a request submitted on the CMS Model Coverage Determination Request Form. You, your doctor, (or other prescriber), or your representative can request an exception. **A generic equivalent will be dispensed if it is available** unless your physician specifically requires a brand name drug.

- **Why use generic drugs?** A generic drug is the chemical equivalent to a brand name drug, yet it costs much less. Choosing generic drugs rather than brand name drugs can reduce your out-of-pocket expenses. The U.S. Food and Drug Administration sets quality standards for generic drugs to ensure that these drugs meet the same standards of quality and strength as brand name drugs. They must contain the same active ingredients, be equivalent in strength and dosage, and meet the same standards for safety, purity and effectiveness as the original brand name product.
- **When you have to file a claim.** Members who purchase prescriptions at an out-of-network pharmacy, mail your SilverScript claim form and prescription receipts to: SilverScript Insurance Company, Prescription Drug Plans, Medicare Part D Paper Claim, P.O. Box 52066, Phoenix, AZ 85072-2066. Receipts must include the prescription number, name of drug, date, prescribing doctor’s name, charge, name and address of pharmacy and NDC number (included on the bill). See Section 7, Filing a Claim for Covered Services for additional information.
- **If we deny your claim and you want to appeal,** you, your representative, or your prescriber must request an appeal following the process described in Section 8(a).

Benefits Description	You pay
<p><b>Covered medications and supplies</b></p>	<p><b>Saver Option</b></p>
<p>We cover the following medications and supplies prescribed by a licensed physician or dentist and obtained from a Plan pharmacy or through our mail order program. You may purchase the following medications and supplies prescribed by a physician from either a Network retail pharmacy or by network mail order pharmacy (for certain prescription drugs):</p> <ul style="list-style-type: none"> <li>• Drugs and medications that by Federal law of the United States require a doctor’s written prescription</li> <li>• Drugs and medications (including those administered during a non-covered admission or in a non-covered facility) that by Federal law of the United States require a physician’s prescription for their purchase, except those listed as not covered below</li> <li>• Insulin</li> <li>• Diabetic supplies</li> <li>• Disposable needles and syringes for the administration of covered medications</li> <li>• Drugs to treat gender dysphoria</li> <li>• Medications prescribed to treat obesity</li> </ul> <p>Non-Part D Supplemental Benefit including but not limited to:</p> <ul style="list-style-type: none"> <li>• Agents used for cosmetic purposes or hair growth.</li> <li>• Agents used to promote fertility.</li> <li>• Agents when used for the symptomatic relief of cough and colds.</li> <li>• Agents when used for the treatment of sexual or erectile dysfunction (ED).</li> <li>• Agents when used for weight loss.</li> <li>• Prescription vitamins and mineral products, except prenatal vitamins and fluoride preparations.</li> <li>• Part B drugs.</li> </ul>	<p>Retail Pharmacy, for up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$5 per drug at preferred pharmacy; \$6 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$45 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$100 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty (Includes high-cost/unique generic and brand drugs): 25%, but not more than \$600 per drug at preferred/standard pharmacy;</li> </ul> <p>Retail/Mail Order Pharmacy, for up to a 90-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$10 per drug at preferred pharmacy; \$12 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$90 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$200 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty: only available for 30 day supply</li> </ul>

*Covered medications and supplies - continued on next page*

Benefits Description	You pay
Covered medications and supplies (cont.)	Saver Option
<p>Note: Prior authorization may be required for certain drugs, call us at 833-251-9749 if you have any questions regarding preauthorization, quantity limits, or other issues.</p> <p>For access to our formulary, please visit: <a href="http://www.aetnafedspostal.com/pharmacy">www.aetnafedspostal.com/pharmacy</a></p>	<p>Retail Pharmacy, for up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$5 per drug at preferred pharmacy; \$6 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$45 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$100 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty (Includes high-cost/unique generic and brand drugs): 25%, but not more than \$600 per drug at preferred/standard pharmacy;</li> </ul> <p>Retail/Mail Order Pharmacy, for up to a 90-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$10 per drug at preferred pharmacy; \$12 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$90 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$200 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty: only available for 30 day supply</li> </ul>
<ul style="list-style-type: none"> <li>• Preventive drugs that are part of the Affordable Care Act. (A valid prescription is required.)</li> <li>• Narcan</li> <li>• Select drugs to treat cancer</li> <li>• Includes coverage of Part B covered diabetic supplies and vaccines</li> <li>• Tobacco Cessation drugs</li> <li>• Certain contraceptive drugs</li> <li>• Opioid rescue agents such as naloxone</li> </ul>	<p>\$0</p>
<p>Medicare Part D Prescription Drug Plan – EGWP PDP includes a maximum out of pocket.</p> <p>Note: Once you reach the \$2,000 out of pocket maximum for your prescription costs, you will pay \$0 for the remainder of the calendar year for covered drugs under this Medicare Part D Prescription Drug Plan. This \$2,000 will also apply to the Medical Plan’s total calendar year out-of-pocket maximum, see Section 4 for additional details on your Plan option out of pocket maximum.</p>	<p>\$2,000</p>
<p><i>Not covered</i></p>	<p><i>All charges</i></p>

*Covered medications and supplies - continued on next page*

Benefits Description	You pay
Covered medications and supplies (cont.)	Saver Option
<ul style="list-style-type: none"> <li>• <i>Drugs and supplies for cosmetic purposes</i></li> <li>• <i>Drugs obtained at a non-network pharmacy; except for out-of-area emergencies or otherwise documented in our Evidence of Coverage document.</i></li> <li>• <i>Over-the-counter medications even if prescribed by a physician, unless otherwise stated in this section</i></li> <li>• <i>Nonprescription medications unless specifically indicated elsewhere</i></li> <li>• <i>Topical analgesics, including patches, lotions and creams</i></li> <li>• <i>Erectile dysfunction drugs</i></li> <li>• <i>Drugs obtained from a foreign pharmacy</i></li> <li>• <i>Drugs to enhance athletic performance</i></li> </ul>	<p><i>All charges</i></p>

**Section 5(g). Dental Benefits**

**Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.**

- If you are enrolled in a Federal Employees Dental/Vision Insurance Program (FEDVIP) Dental Plan, your PSHB Plan will be First/Primary payor of any Benefit payments and your FEDVIP Plan is secondary to your PSHB Plan. See Section 9 coordinating benefits with other coverage.
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment for Saver Option each calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One or Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- Be sure to read Section 4, Your costs for covered services, for valuable information about how cost-sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- Note: We cover hospitalization for dental procedures only when a non-dental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. We do not cover the dental procedure. See Section 5(c) for inpatient hospital benefits.
- You must use Participating providers in our network in order to receive benefits. We recommend that you select a PCP by calling Member Services at 833-497-2413.

Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

Benefits Description	You Pay after the calendar year deductible
<b>Accidental injury benefit</b>	<b>In-network</b>
<p>We cover restorative services and supplies necessary to promptly repair (but not replace) sound natural teeth. The need for these services must result from an accidental injury.</p> <p>We have no other dental benefits.</p> <p>Note: See Oral and maxillofacial surgery, section 5(b).</p>	30% of our plan allowance

**Section 5(h). Wellness and Other Special Features**

<p><b>Flexible benefits option</b></p>	<p>Under the flexible benefits option, we determine the most effective way to provide services.</p> <ul style="list-style-type: none"> <li>• We may identify medically appropriate alternatives to regular contract benefits as a less costly alternative. If we identify a less costly alternative, we will ask you to sign an alternative benefits agreement that will include all of the following terms in addition to other terms, as necessary. Until you sign and return the agreement, regular contract benefits will continue.</li> <li>• Alternative benefits will be made available for a limited time period and are subject to our ongoing review. You must cooperate with the review process.</li> <li>• By approving an alternative benefit, we do not guarantee you will get it in the future.</li> <li>• The decision to offer an alternative benefit is solely ours, and except as expressly provided in the agreement, we may withdraw it at any time and resume regular contract benefits.</li> <li>• If you sign the agreement, we will provide the agreed-upon alternative benefits for the stated time period (unless circumstances change). You may request an extension of the time period, but regular contract benefits will resume if we do not approve your request.</li> <li>• Our decision to offer or withdraw alternative benefits is not subject to OPM review under the disputed claims process. However, if at the time we make a decision regarding alternative benefits, we also decide that regular contract benefits are not payable, then you may dispute our regular contract benefits decision under the OPM disputed claim process (see Section 8).</li> </ul>
<p><b>Aetna Member Website</b></p>	<p>Aetna Member website, our secure member self-service website, provides you with the tools and personalized information to help you manage your health. Click on Aetna Member website from <a href="http://www.aetnafedspostal.com">www.aetnafedspostal.com</a> to register and access a secure, personalized view of your Aetna benefits.</p> <p>You can:</p> <ul style="list-style-type: none"> <li>• Review PCP selections</li> <li>• Print temporary ID cards</li> <li>• Download details about a claim such as the amount paid and the member’s responsibility</li> <li>• Contact member services at your convenience through secure messages</li> <li>• Access cost and quality information through Aetna’s transparency tools</li> <li>• View and update your Personal Health Record</li> <li>• Find information about the member extras that come with your plan</li> <li>• Access health information through Healthwise® Knowledgebase</li> </ul> <p>Registration assistance is available toll free, Monday through Friday, from 7am to 9pm Eastern Time at 800-225-3375. Register today at <a href="http://www.aetnafedspostal.com">www.aetnafedspostal.com</a>.</p>
<p><b>Services for deaf and hearing impaired</b></p>	<p>800-628-3323</p>

*Special features-continued on next page*

<p><b>24 hour nurse line</b></p>	<p>Provides eligible members with phone access to registered nurses experienced in providing information on a variety of health topics. 24-Hour Nurse Line is available 24 hours a day, 7 days a week. You may call 24-Hour Nurse Line at 800-556-1555. We provide TDD service for the hearing and speech-impaired. We also offer foreign language translation for non-English speaking members. 24-Hour Nurse Line nurses cannot diagnose, prescribe medication or give medical advice.</p>
<p><b>Enhanced Maternity Program:</b></p>	<p>Learn about what to expect before and after delivery, early labor symptoms, newborn care and more. We can also help you make choices for a healthy pregnancy, lower your risk for early labor, cope with postpartum depression and stop smoking. We will ask you questions to help us know you better and support you best. Enroll early and receive a reward when you sign up by the 16th week of pregnancy. To enroll in the program, call toll-free 1-800-272-3531 between 8 am and 7 pm ET.</p>
<p><b>National Medical Excellence Program</b></p>	<p>National Medical Excellence Program helps eligible members access appropriate, covered treatment for solid organ and tissue transplants using our Institutes of Excellence™ network. We coordinate specialized treatment needed by members with certain rare or complicated conditions and assist members who are admitted to a hospital for emergency medical care when they are traveling temporarily outside of the United States. Services under this program must be preauthorized. Contact member services at 833-497-2413 for more information.</p>
<p><b>Reciprocity benefit</b></p>	<p>If you need to visit a participating primary care provider for a covered service, and you are 50 miles or more away from home you may visit a primary care provider from our plan's approved network.</p> <ul style="list-style-type: none"> <li>• Call 833-497-2413 for provider information and location</li> <li>• Select a doctor from 3 primary care providers in that area</li> <li>• The Plan will authorize you for one visit and any tests or X-rays ordered by that primary care provider</li> <li>• You must coordinate all subsequent visits through your own participating primary care provider</li> </ul>



## Non-PSHB Benefits Available to Plan Members

The benefits on this page are not part of the PSHB contract or premium, and you cannot file an PSHB disputed claim about them. Fees you pay for these services do not count toward PSHB deductibles or catastrophic protection out-of-pocket maximums. These programs and materials are the responsibility of the Plan, and all appeals must follow their guidelines. For additional information, contact the plan at 833-497-2413 or visit their website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

### Eyewear and exams

Discounts on designer frames, prescription lenses, lens options like scratch coating, tint and non-disposable contact lenses. Save on LASIK laser eye surgery and replacement contact lenses delivered to your door. Save on accessories like eyeglass chains, lens cases, cleaners, and nonprescription sunglasses. Visit many doctors in private practice. Plus, national chains like LensCrafters<sup>®</sup>, Target Optical<sup>®</sup> and Pearle Vision<sup>®</sup>.

### Hearing aids and exams

Save on hearing exams, a large choice of leading brand hearing aids, batteries and free routine follow-up services. There are two ways for you to save at thousands of locations through Hearing Care Solutions or Amplifon Hearing Health Care.

### Healthy lifestyle choices

Save on gym memberships, health coaching, fitness gear and nutrition products that support a healthy lifestyle. Get access to local and national discounts on brands you know. At-home weight-loss programs with tips and menus. Also save on wearable fitness devices, meditation, yoga, wellness programs and group fitness on demand.

### Natural products and services

Ease your stress and tension and save on therapeutic massage, acupuncture or chiropractic care. Get advice from registered dietitians with nutrition services. Save on popular products from health and fitness vendors, like blood pressure monitors, pedometers and activity trackers, devices for pain relief and many other products. Save on teeth whitening, electronic toothbrushes, replacement brush heads and various oral health care kits.

Getting started is easy, just log in to your member website at [www.Aetnafedspostal.com](http://www.Aetnafedspostal.com), once you're an Aetna member.

***DISCOUNT OFFERS ARE NOT INSURANCE.*** They are not benefits under your insurance plan. You get access to discounts off the regular charge on products and services offered by third party vendors and providers. Aetna makes no payment to the third parties--you are responsible for the full cost. Check any insurance plan benefits you have before using these discount offers, as those benefits may give you lower costs than these discounts.

*Discount vendors and providers are not agents of Aetna and are solely responsible for the products and services they provide. Discount offers are not guaranteed and may be ended at any time. Aetna may get a fee when you buy these discounted products and services.*

*Hearing products and services are provided by Hearing Care Solutions and Amplifon Hearing Health Care.*

*Vision care providers are contracted through EyeMed Vision Care. LASIK surgery discounts are offered by the U.S. Laser Network and Quasight. Natural products and services are offered through ChooseHealthy<sup>®</sup>, a program provided by ChooseHealthy, Inc. which is a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a registered trademark of ASH and is used with permission.*

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## Section 6. General Exclusions – Services, Drugs and Supplies We Do not Cover

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The exclusions in this section apply to all benefits. There may be other exclusions and limitations listed in Section 5 of this brochure. Although we may list a specific service as a benefit, we will not cover it unless it is medically necessary to prevent, diagnose, or treat your illness, disease, injury, or condition. For information on obtaining prior approval for specific services, such as transplants, see Section 3 *When you need prior Plan approval for certain services*.

We do not cover the following:

- Care by non-Plan providers except for authorized referrals or emergencies (*See Emergency services/accidents*).
- Services, drugs, or supplies you receive while you are not enrolled in this Plan.
- Services, drugs, or supplies not medically necessary.
- Services, drugs, or supplies not required according to accepted standards of medical, dental, or psychiatric practice.
- Experimental or investigational procedures, treatments, drugs or devices (see specifics regarding transplants).
- Procedures, services, drugs, or supplies related to abortions, except when the life of the mother would be endangered if the fetus were carried to term, or when the pregnancy is the result of an act of rape or incest.
- Services, drugs, or supplies you receive from a provider or facility barred or precluded from the PSHB Program or other Federal Programs.
- Services, drugs, or supplies you receive without charge while in active military service.
- Cost of data collection and record keeping for clinical trials that would not be required, but for the clinical trial.
- Items and services provided by clinical trial sponsor without charge.
- Care for conditions that state or local law requires to be treated in a public facility, including but not limited to, mental illness commitments.
- Court ordered services, or those required by court order as a condition of parole or probation, except when medically necessary.
- Educational services for treatment of behavioral disorders.
- Services provided by a family member or resident in the member's home.
- Services or supplies we are prohibited from covering under the Federal law.

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## Section 7. Filing a Claim for Covered Services

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This Section primarily deals with post-service claims (claims for services, drugs or supplies you have already received). See Section 3 for information on pre-service claims procedures (services, drugs or supplies requiring prior Plan approval), including urgent care claims procedures. When you see Plan providers, receive services at Plan hospitals and facilities, or obtain your prescription drugs at Plan pharmacies, you will not have to file claims. Just present your identification card and pay your copayment, coinsurance, or deductible.

You will only need to file a claim when you receive emergency services from non-Plan providers. Sometimes these providers bill us directly. Check with the provider.

If you need to file the claim, here is the process:

### **Medical, hospital and prescription drug benefits**

In most cases, providers and facilities file claims for you. Providers must file on the form CMS-1500, Health Insurance Claim Form. Your facility will file on the UB-04 form. For claims questions and assistance, contact us at 833-497-2413 or at our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

When you must file a claim – such as for services you receive outside the Plan’s service area – submit it on the CMS-1500 or a claim form that includes the information shown below. Bills and receipts should be itemized and show:

- Covered member’s name date of birth, address, phone number and ID number
- Name and address of the provider or facility that provided the service or supply
- Dates you received the services or supplies
- Diagnosis
- Type of each service or supply
- The charge for each service or supply
- A copy of the explanation of benefits, payments, or denial from any primary payor – such as the Medicare Summary Notice (MSN)
- Receipts, if you paid for your services

Note: Canceled checks, cash register receipts, or balance due statements are not acceptable substitutes for itemized bills.

**Submit your medical, hospital and vision claims to:** Aetna, P.O. Box 14079, Lexington, KY 40512-4079.

**Submit your dental claims to:** Aetna, P.O. Box 14094, Lexington, KY 40512-4094.

**Submit your pharmacy claims to:** Aetna, P.O. Box 52444, Phoenix, AZ 85072-2444.

### **Deadline for filing your claim**

Send us all of the documents for your claim as soon as possible. You must submit the claim by December 31 of the year after the year you received the service, unless timely filing was prevented by administrative operations of Government or legal incapacity, provided the claim was submitted as soon as reasonably possible. Once we pay benefits, there is a three-year limitation on the reissuance of uncashed checks.

### **Post-service claims procedures**

We will notify you of our decision within 30 days after we receive your post-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you before the expiration of the original 30-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.

If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information.

If you do not agree with our initial decision, you may ask us to review it by following the disputed claims process detailed in Section 8 of this brochure.

**Authorized  
Representative**

You may designate an authorized representative to act on your behalf for filing a claim or to appeal claims decisions to us. For urgent care claims, a health care professional with knowledge of your medical condition will be permitted to act as your authorized representative without your express consent. For the purposes of this section, we are also referring to your authorized representative when we refer to you.

**Notice Requirements**

If you live in a county where at least 10% of the population is literate only in a non-English language (as determined by the Secretary of Health and Human Services), we will provide language assistance in that non-English language. You can request a copy of your Explanation of Benefits (EOB) statement, related correspondence, oral language services (such as phone customer assistance), and help with filing claims and appeals (including external reviews) in the applicable non-English language. The English versions of your EOBs and related correspondence will include information in the non-English language about how to access language services in that non-English language.

Any notice of an adverse benefit determination or correspondence from us confirming an adverse benefit determination will include information sufficient to identify the claim involved (including the date of service, the health care provider, and the claim amount, if applicable), and a statement describing the availability, upon request, of the diagnosis and procedure codes.

## Section 8. The Disputed Claims Process

You may appeal directly to the Office of Personnel Management (OPM) if we do not follow required claims processes. For more information or to make an inquiry about situations in which you are entitled to immediately appeal to OPM, including additional requirements not listed in Sections 3, 7 and 8 of this brochure, please call Aetna's Customer Service at the phone number found on your ID card, plan brochure or plan website: [www.aetnafedspostal.com](http://www.aetnafedspostal.com). If you are a Postal Service annuitant, or their covered Medicare-eligible family member, enrolled in our Medicare Part D Prescription Drug Plan (PDP) Employer Group Waiver Plan (EGWP) and you disagree with our **pre-service or post-service** decision about your prescription drug benefits, please, follow Medicare's appeals process outlined in Section 8a. Medicare PDP EGWP Disputed Claims Process.

Please follow this Postal Service Health Benefits Program disputed claims process if you disagree with our decision on your post-service claim (a claim where services, drugs or supplies have already been provided). In Section 3 *If you disagree with our pre-service claim decision*, we describe the process you need to follow if you have a claim for services, referrals, drugs or supplies that must have prior Plan approval, such as inpatient hospital admissions.

To help you prepare your appeal, you may arrange with us to review and copy, free of charge, all relevant materials and Plan documents under our control relating to your claim, including those that involve any expert review(s) of your claim. To make your request, please contact our Customer Service Department by writing Aetna, Attention: National Accounts, P.O. Box 14463, Lexington, KY 40512 or calling 833-497-2413.

Our reconsideration will take into account all comments, documents, records, and other information submitted by you relating to the claim, without regard to whether such information was submitted or considered in the initial benefit determination.

When our initial decision is based (in whole or in part) on a medical judgment (i.e., medical necessity, experimental/investigational), we will consult with a health care professional who has appropriate training and experience in the field of medicine involved in the medical judgment and who was not involved in making the initial decision.

Our reconsideration will not take in account the initial decision. The review will not be conducted by the same person, or their subordinate, who made the initial decision.

We will not make our decisions regarding hiring, compensation, termination, promotion, or other similar matters with respect to any individual (such as a claims adjudicator or medical expert) based upon the likelihood that the individual will support the denial of benefits.

Step	Description
<b>1</b>	<p>Ask us in writing to reconsider our initial decision. You must:</p> <ul style="list-style-type: none"> <li>a) Write to us within 6 months from the date of our decision; and</li> <li>b) Send your request to us at: Aetna, Attention: National Accounts, P.O. Box 14463, Lexington, KY 40512; and</li> <li>c) Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and</li> <li>d) Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms.</li> <li>e) Include your email address, if you would like to receive our decision via email. Please note that by providing your email address, you may receive our decision more quickly.</li> </ul> <p>We will provide you, free of charge and in a timely manner, with any new or additional evidence considered, relied upon, or generated by us or at our direction in connection with your claim and any new rationale for our claim decision. We will provide you with this information sufficiently in advance of the date that we are required to provide you with our reconsideration decision to allow you a reasonable opportunity to respond to us before that date. However, our failure to provide you with new evidence or rationale in sufficient time to allow you to timely respond shall not invalidate our decision on reconsideration. You may respond to that new evidence or rationale at the OPM review stage described in step 4.</p>

Step	Description
2	<p>In the case of a post-service claim, we have 30 days from the date we receive your request to:</p> <ul style="list-style-type: none"> <li>a) Pay the claim or</li> <li>b) Write to you and maintain our denial or</li> <li>c) Ask you or your provider for more information</li> </ul> <p>You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.</p> <p>If we do not receive the information within 60 days we will decide within 30 days of the date the information was due. We will base our decision on the information we already have. We will write to you with our decision.</p>
3	<p>If you do not agree with our decision, you may ask OPM to review it.</p> <p>You must write to OPM within:</p> <ul style="list-style-type: none"> <li>• 90 days after the date of our letter upholding our initial decision; or</li> <li>• 120 days after you first wrote to us -- if we did not answer that request in some way within 30 days; or</li> <li>• 120 days after we asked for additional information.</li> </ul> <p>Write to OPM at: United States Office of Personnel Management, Healthcare and Insurance, Postal Service Insurance Operations (PSIO), 1900 E Street, Room 3443, NW, Washington, DC 20415.</p> <p>Send OPM the following information:</p> <ul style="list-style-type: none"> <li>• A statement about why you believe our decision was wrong, based on specific benefit provisions in this brochure;</li> <li>• Copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms;</li> <li>• Copies of all letters you sent to us about the claim;</li> <li>• Copies of all letters we sent to you about the claim; and</li> <li>• Your daytime phone number and the best time to call.</li> <li>• Your email address if you would like to receive OPM's decision via email. Please note that by providing your email address, you may receive OPM's decision more quickly.</li> </ul> <p>Note: If you want OPM to review more than one claim, you must clearly identify which documents apply to which claim.</p> <p>Note: You are the only person who has a right to file a disputed claim with OPM. Parties acting as your representative, such as medical providers, must include a copy of your specific written consent with the review request. However, for urgent care claims, a healthcare professional with knowledge of your medical condition may act as your authorized representative without your express consent.</p> <p>Note: The above deadlines may be extended if you show that you were unable to meet the deadline because of reasons beyond your control.</p>
4	<p>OPM will review your disputed claim request and will use the information it collects from you and us to decide whether our decision is correct. OPM will send you a final decision or notify you of the status of OPM's review within 60 days. There are no other administrative appeals.</p> <p>If you do not agree with OPM's decision, your only recourse is to sue. If you decide to file a lawsuit, you must file the suit against OPM in Federal court by December 31 of the third year after the year in which you received the disputed services, drugs, or supplies or from the year in which you were denied precertification or prior approval. This is the only deadline that may not be extended.</p>

<p>OPM may disclose the information it collects during the review process to support their disputed claim decision. This information will become part of the court record.</p>
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<p>You may not file a lawsuit until you have completed the disputed claims process. Further, Federal law governs your lawsuit, benefits, and payment of benefits. The Federal court will base its review on the record that was before OPM when OPM decided to uphold or overturn our decision. You may recover only the amount of benefits in dispute.</p>
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Note: **If you have a serious or life threatening condition** (one that may cause permanent loss of bodily functions or death if not treated as soon as possible), and you did not indicate that your claim was a claim for urgent care, then call us at 833-497-2413. We will expedite our review (if we have not yet responded to your claim); or we will inform OPM so they can quickly review your claim on appeal. You may call OPM's PSIO at 202-936-0002 between 8 a.m. and 5 p.m. Eastern Time.

Please remember that we do not make decisions about plan eligibility issues. For example, we do not determine whether you or a family member is covered under this plan. You must raise eligibility issues with your Agency personnel/payroll office if you are an employee, your retirement system if you are an annuitant, or the Office of Workers' Compensation Programs if you are receiving Workers' Compensation benefits.

Reminder: If you are a Postal Service annuitant, or their covered Medicare-eligible family member, enrolled in our Medicare Part D PDP EGWP you may appeal an adverse pre-service or post-service determination through Medicare's appeals process. See Section 8(a).

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## Section 8(a). Medicare PDP EGWP Disputed Claims Process

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When a claim is denied in whole or in part, you may appeal the denial.

As a Medicare Advantage and Prescription Drug Plan Organization contracted with the Centers for Medicare & Medicaid Services (CMS) to offer Medicare Advantage and Prescription Drug Plans (PDP), Aetna handles complaints and appeals in accordance with CMS requirements.

### **Aetna Medicare standard appeals and Medicare expedited appeals process**

Aetna has a Medicare *standard* appeals process and a Medicare *expedited* appeals process. Aetna must notify a beneficiary in writing of any decision (partial or complete) to deny a claim or service. The notice must state the reasons for the denial and the right to a file an appeal. If it is then decided to proceed with the Medicare standard appeals process, the following steps will occur:

- The enrollee/requestor must ask for an appeal by making a written request to Aetna and must file his/her request within 60 days of the date on the written adverse coverage determination notice.
- Standard appeal decisions (favorable or unfavorable) for covered drug benefits for request for payment must be provided to the enrollee in writing no later than 7 calendar days of receipt of the appeal request.
- Failure to meet the time frames noted constitutes an adverse determination and Aetna must forward the enrollee's request to the Independent Review Entity (IRE) within 24 hours of the expiration of the adjudication time frame for the IRE to issue the appeal (redetermination) decision. This applies to both standard and expedited appeal requests.
- Enrollee can request an expedited appeal review for any items outlined in the coverage determinations section for which an enrollee received an adverse coverage determination. If we denied an expedited appeal, an enrollee has the right to resubmit his/her request for an expedited appeal with the prescribing physician's support.
- If additional medical information is required to process the request, Aetna must request it within 24 hours of receiving the expedited appeal request. Even if additional information is required, Aetna must still issue notice of the decision within the 72-hour time frame.
- If Aetna fails to make a redetermination within the 72 hour time frame it constitutes an adverse coverage determination. Aetna sends the request to the Independent Review Entity (IRE) designated by CMS within 24 hours of the expiration of adjudication time frame and the IRE issues a determination.

If Aetna decides to uphold the original adverse decision, either in whole or in part, the member is sent a letter which explains their right to file an appeal. In that letter, the member is provided with instructions on how to file their appeal by submitting their request to MAXIMUS Federal Services, Inc. for a new and impartial review. MAXIMUS is CMS's independent contractor for appeal reviews involving Medicare Advantage managed care plans.

Contact Us for Coverage Decisions and Appeals for Part D Prescription Drugs –

- Call: 833-251-9749 Calls to this number are free, 24 hours a day, 7 days a week.
- TTY 711 This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free, 24 hours a day, 7 days a week.
- Fax: 1-855-633-7673
- Write: SilverScript Insurance Company Prescription Drug Plans Coverage Decisions and Appeals Department, P.O. Box 52000, MC 109, Phoenix, AZ 85072-2000



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## Section 9. Coordinating Benefits with Medicare and Other Coverage

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### When you have other health coverage

You must tell us if you or a covered family member has coverage under any other health plan or has automobile insurance that pays health care expenses without regard to fault. This is called “double coverage.”

When you have double coverage, one plan normally pays its benefits in full as the primary payor and the other plan pays a reduced benefit as the secondary payor. We, like other insurers, determine which coverage is primary according to the National Association of Insurance Commissioners’ (NAIC) guidelines. For more information on NAIC rules regarding the coordinating of benefits, visit our website at [www.aetnafedspostal.com/NAIC.php](http://www.aetnafedspostal.com/NAIC.php).

When we are the primary payor, we pay the benefits described in this brochure.

When we are the secondary payor, the primary Plan will process the benefit for the expenses first, up to its plan limit. If the expense is covered in full by the primary plan, we will not pay anything. If the expense is not covered in full by the primary plan, we determine our allowance. If the primary Plan uses a preferred provider arrangement, we use the lesser of the primary plan’s negotiated fee, Aetna’s Reasonable and Customary (R&C) and billed charges. If the primary plan does not use a preferred provider arrangement, we use the lesser of Aetna’s R&C and billed charges. If the primary plan uses a preferred provider arrangement and Aetna does not, the allowable amount is the lesser of the primary plan’s negotiated rate, Aetna’s R&C and billed charges. If both plans do not use a preferred provider arrangement, we use the lesser of Aetna’s R&C and billed charges.

For example, we generally only make up the difference between the primary payor’s benefit payment and 100% of our Plan allowance, subject to your applicable deductible, if any, and coinsurance or copayment amounts.

When Medicare is the primary payor and the provider accepts Medicare assignment, our allowance is the difference between Medicare’s allowance and the amount paid by Medicare. We do not pay more than our allowance. You are still responsible for your copayment, deductible or coinsurance based on the amount left after Medicare payment.

Please see Section 4, *Your Costs for Covered Services*, for more information about how we pay claims.

### • TRICARE and CHAMPVA

TRICARE is the health care program for eligible dependents of military persons, and retirees of the military. TRICARE includes the CHAMPUS program. CHAMPVA provides health coverage to disabled Veterans and their eligible dependents. IF TRICARE or CHAMPVA and this Plan cover you, we pay first. See your TRICARE or CHAMPVA Health Benefits Advisor if you have questions about these programs.

**Suspended PSHB coverage to enroll in TRICARE or CHAMPVA:** If you are an annuitant or former spouse, you can suspend your PSHB coverage to enroll in one of these programs, eliminating your PSHB premium. (OPM does not contribute to any applicable plan premiums.) For information on suspending your PSHB enrollment, contact your retirement or employing office. If you later want to re-enroll in the PSHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under TRICARE or CHAMPVA.

- **Workers’ Compensation**

Every job-related injury or illness should be reported as soon as possible to your supervisor. Injury also means any illness or disease that is caused or aggravated by the employment as well as damage to medical braces, artificial limbs and other prosthetic devices. If you are a federal or postal employee, ask your supervisor to authorize medical treatment by use of form CA-16 before you obtain treatment. If your medical treatment is accepted by the Dept. of Labor Office of Workers’ Compensation (OWCP), the provider will be compensated by OWCP. If your treatment is determined not job-related, we will process your benefit according to the terms of this plan, including use of in-network providers. Take form CA-16 and form OWCP-1500/HCFA-1500 to your provider, or send it to your provider as soon as possible after treatment, to avoid complications about whether your treatment is covered by this plan or by OWCP.

We do not cover services that:

- You (or a covered family member) need because of a workplace-related illness or injury that the Office of Workers’ Compensation Programs (OWCP) or a similar federal or state agency determines they must provide; or
- OWCP or a similar agency pays for through a third-party injury settlement or other similar proceeding that is based on a claim you filed under OWCP or similar laws.

- **Medicaid**

When you have this Plan and Medicaid, we pay first.

**Suspended PSHB coverage to enroll in Medicaid or a similar state-sponsored program of medical assistance:** If you are an annuitant or former spouse, you can suspend your PSHB coverage to enroll in one of these state programs, eliminating your PSHB premium. For information on suspending your PSHB enrollment, contact your retirement or employing office. If you later want to re-enroll in the PSHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under the state program.

**When other Government agencies are responsible for your care**

We do not cover services and supplies when a local, state, or federal government agency directly or indirectly pays for them.

**When others are responsible for injuries**

Our right to pursue and receive subrogation and reimbursement recoveries is a condition of, and a limitation on, the nature of benefits or benefit payments and on the provision of benefits under our coverage.

If you have received benefits or benefit payments as a result of an injury or illness and you or your representatives, heirs, administrators, successors, or assignees receive payment from any party that may be liable, a third party’s insurance policies, your own insurance policies, or a workers’ compensation program or policy, you must reimburse us out of that payment. Our right of reimbursement extends to any payment received by settlement, judgment, or otherwise.

We are entitled to reimbursement to the extent of the benefits we have paid or provided in connection with your injury or illness. However, we will cover the cost of treatment that exceeds the amount of the payment you received.

Reimbursement to us out of the payment shall take first priority (before any of the rights of any other parties are honored) and is not impacted by how the judgment, settlement, or other recovery is characterized, designated, or apportioned. Our right of reimbursement is not subject to reduction based on attorney fees or costs under the “common fund” doctrine and is fully enforceable regardless of whether you are “made whole” or fully compensated for the full amount of damages claimed.

We may, at our option, choose to exercise our right of subrogation and pursue a recovery from any liable party as successor to your rights.

If you do pursue a claim or case related to your injury or illness, you must promptly notify us and cooperate with our reimbursement or subrogation efforts.

This Plan always pays secondary to:

- Any medical payment, PIP or No-Fault coverage under any automobile policy available to you.
- Any plan or program which is required by law. You should review your automobile insurance policy to ensure that uncoordinated medical benefits have been chosen so that the automobile insurance policy is the primary payer.

Note: For Motor Vehicle Accidents, charges incurred due to injuries received in an accident involving any motor vehicle for which no-fault insurance is available are excluded from coverage, regardless of whether any such no-fault policy is designated as secondary to health coverage.

For a complete explanation on how the Plan is authorized to operate when others are responsible for your injuries please go to: [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

### **When you have Federal Employees Dental and Vision Insurance Plan (FEDVIP) coverage**

Some PSHB plans already cover some dental and vision services. When you are covered by more than one vision/dental plan, coverage provided under your PSHB plan remains as your primary coverage. FEDVIP coverage pays secondary to that coverage. When you enroll in a dental and/or vision plan on [www.BENEFEDS.gov](http://www.BENEFEDS.gov) or by phone at 1-877-888-3337, (TTY 1-877-889-5680), you will be asked to provide information on your PSHB plan so that your plans can coordinate benefits. Providing your PSHB information may reduce your out-of-pocket cost.

### **Recovery rights related to Workers' Compensation**

If benefits are provided by Aetna for illness or injuries to a member and we determine the member received Workers' Compensation benefits through the Office of Workers' Compensation Programs (OWCP), a workers' compensation insurance carrier or employer, for the same incident that resulted in the illness or injuries, we have the right to recover those benefits as further described below. "Workers' Compensation benefits" includes benefits paid in connection with a Workers' Compensation claim, whether paid by an employer directly, the OWCP or any other workers' compensation insurance carrier, or any fund designed to provide compensation for workers' compensation claims. Aetna may exercise its recovery rights against the member if the member has received any payment to compensate them in connection with their claim. The recovery rights against the member will be applied even though:

- a) The Workers' Compensation benefits are in dispute or are paid by means of settlement or compromise;
- b) No final determination is made that bodily injury or sickness was sustained in the course of or resulted from the member's employment;
- c) The amount of Workers' Compensation benefits due to medical or health care is not agreed upon or defined by the member or the OWCP or other Workers' Compensation carrier; or
- d) The medical or health care benefits are specifically excluded from the Workers' Compensation settlement or compromise.

By accepting benefits under this Plan, the member or the member's representatives agree to notify Aetna of any Workers' Compensation claim made, and to reimburse us as described above.

Aetna may exercise its recovery rights against the provider in the event:

- a) the employer or carrier is found liable or responsible according to a final adjudication of the claim by the OWCP or other party responsible for adjudicating such claims; or

- b) an order approving a settlement agreement is entered; or
- c) the provider has previously been paid by the carrier directly, resulting in a duplicate payment.

### **Clinical trials**

An approved clinical trial includes a phase I, phase II, phase III or phase IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other life-threatening disease or condition and is either Federally funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration; or is a drug trial that is exempt from the requirement of an investigational new drug application.

If you are a participant in a clinical trial, this health plan will provide related care as follows, if it is not provided by the clinical trial:

- Routine care costs - costs for routine services such as doctor visits, lab tests, X-rays and scans, and hospitalizations related to treating the patient’s condition, whether the patient is in a clinical trial or is receiving standard therapy. These costs are covered by this Plan. See Section 5(b).
- Extra care costs - costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient’s routine care. We do not cover these costs. See Section 5(b).
- Research costs - costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials. We do not cover these costs. See Section 5(b).

### **When you have Medicare**

For more detailed information on “What is Medicare?” and “When do I Enroll in Medicare?” please contact Medicare at 1-800-MEDICARE (1-800-633-4227), (TTY 1-877-486-2048) or at [www.medicare.gov](http://www.medicare.gov).

Important Note: Subject to limited exceptions, Postal Service annuitants entitled to Medicare Part A and their eligible family members who are entitled to Medicare Part A are required to enroll in Medicare Part B to maintain eligibility for the PSHB Program in retirement.

If you are required to enroll in Medicare Part B and fail to do so at your first opportunity, you may be disenrolled (annuitants) and/or your family members removed from coverage.

### **The Original Medicare Plan (Part A or Part B)**

The Original Medicare Plan (Original Medicare) is available everywhere in the United States. It is the way everyone used to get Medicare benefits and is the way most people get their Medicare Part A and Part B benefits now. You may go to any doctor, specialist, or hospital that accepts Medicare. The Original Medicare Plan pays its share and you pay your share.

All physicians and other providers are required by law to file claims directly to Medicare for members with Medicare Part B, when Medicare is primary. This is true whether or not they accept Medicare.

When you are enrolled in Original Medicare along with this Plan, you still need to follow the rules in this brochure for us to cover your care.

**Claims process when you have the Original Medicare Plan** – You will probably not need to file a claim form when you have both our Plan and the Original Medicare Plan.

When we are the primary payor, we process the claim first.

When Original Medicare is the primary payor, Medicare processes your claim first. In most cases, your claim will be coordinated automatically and we will then provide secondary benefits for covered charges. To find out if you need to do something to file your claim, call us at 833-497-2413 or see our website at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).

We do not waive any costs if the Original Medicare Plan is your primary payor. Please review the following examples which illustrates your cost share if you are enrolled in Medicare Part B.

**Basic Option: EXAMPLE**

**Benefit Description: Deductible**

Basic Option You pay without Medicare: \$0

Basic Option You pay with Medicare Parts A and B (primary): \$0

**Benefit Description: Part B Premium Reimbursement Offered**

Basic Option You pay without Medicare: NA

Basic Option You pay with Medicare Parts A and B (primary): No reimbursement

**Benefit Description: Primary Care Physician**

Basic Option You pay without Medicare: \$25 per visit

Basic Option You pay with Medicare Parts A and B (primary): \$25 per visit

**Benefit Description: Specialist**

Basic Option You pay without Medicare: \$55 per visit

Basic Option You pay with Medicare Parts A and B (primary): \$55 per visit

**Benefit Description: Inpatient Hospital**

Basic Option You pay without Medicare: 20% of plan allowance per admission

Basic Option You pay with Medicare Parts A and B (primary): 20% of plan allowance per admission

**Benefit Description: Outpatient Hospital**

Basic Option You pay without Medicare: \$350 per visit

Basic Option You pay with Medicare Parts A and B (primary): \$350 per visit

**Benefit Description: Incentives offered**

Basic Option You pay without Medicare: NA

Basic Option You pay with Medicare Parts A and B (primary): We offer no additional incentives when a member has Medicare Part B.

You can find more information about how our plan coordinates benefits with Medicare by calling 833-497-2413.

- **Tell us about your Medicare coverage**

You must tell us if you or a covered family member has Medicare coverage, and let us obtain information about services denied or paid under Medicare if we ask. You must also tell us about other coverage you or your covered family members may have, as this coverage may affect the primary/secondary status of this Plan and Medicare.

- **Medicare Advantage (Part C)**

If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare Advantage Plan. These are private health care choices (like HMOs and regional PPOs) in some areas of the country.

To learn more about Medicare Advantage Plans, contact Medicare at 800-MEDICARE (800-633-4227), (TTY: 877-486-2048) or at [www.medicare.gov](http://www.medicare.gov).

If you enroll in a Medicare Advantage Plan, the following options are available to you:

**This Plan and our Medicare Advantage Plan:** You may enroll in our Medicare Advantage Plan and also remain enrolled in our PSHB Plan. If you are an annuitant or former spouse with PSHB coverage and are enrolled in Medicare Parts A and B, you may enroll in our Medicare Advantage Plan if one is available in your area. **We do not waive cost-sharing for your PSHB coverage.**

**This Plan and another plan's Medicare Advantage Plan:** You may enroll in another plan's Medicare Advantage Plan and also remain enrolled in our PSHB Plan. We will still provide benefits when your Medicare Advantage Plan is primary, even out of the Medicare Advantage Plan's network and/or service area (if you use our Plan providers). However, we will not waive any of our copayments or coinsurance. If you enroll in a Medicare Advantage Plan, tell us. We will need to know whether you are in the Original Medicare Plan or in a Medicare Advantage Plan so we can correctly coordinate benefits with Medicare.

**Suspended PSHB coverage to enroll in a Medicare Advantage Plan:** If you are an annuitant or former spouse, you can suspend your PSHB coverage to enroll in a Medicare Advantage Plan, eliminating your PSHB premium. (OPM does not contribute to your Medicare Advantage Plan premium.) For information on suspending your PSHB enrollment, contact your retirement office. If you later want to re-enroll in the PSHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage or move out of the Medicare Advantage Plan's service area.

- **Medicare prescription drug coverage (Part D)**

When we are the primary payor, we process the claim first. If we are the secondary payor, we will review claims for your prescription drug costs that are not covered by **a separate** Medicare Part D plan and consider them for payment under the PSHB plan.

Note: If you are a Postal Service annuitant or their covered Medicare-eligible family member enrolled in our Medicare Part D PDP EGWP, this does not apply to you because you may not be enrolled in more than one Medicare Part D plan at the same time. If you opt out of or disenroll from our PDP EGWP you do not have our PSHB Program prescription drug coverage and we are not a payor for prescription drug benefits.

- **Medicare Prescription Drug Plan Employer Group Waiver Plan (PDP EGWP)**

We offer a Medicare Employer Group Waiver Plan (EGWP) Prescription Drug Plan (PDP) to Medicare-eligible annuitants and Medicare eligible family members covered under the Plan. The Plan's formulary is approved by the Centers for Medicare and Medicaid Services. If you are an annuitant or an annuitant's family member who is enrolled in either Medicare Part A or B or Parts A and B, you will be automatically group enrolled in the Medicare EGWP PDP on January 1, 2025 or later upon becoming Medicare-eligible. There is no need for you or your eligible dependent to take action to enroll. Our PDP EGWP is a prescription drug benefit for Postal Service annuitants and their covered Medicare-eligible family members. This allows you to receive benefits that will never be less than the standard prescription drug coverage that is available to members with non-PDP EGWP prescription drug coverage. But more often you will receive benefits that are better than members with standard non-PDP EGWP prescription drug coverage.

Note: You have the choice to opt out of or disenroll from our PDP EGWP at any time and may obtain prescription drug coverage outside of the PSHB Program. See below for opt out/disenrollment information.

When you are enrolled in our Medicare PDP EGWP for your prescription drug benefits you continue to have our medical coverage.

We will pay the Medicare premium for this Part D drug plan coverage except any additional premium imposed due to exceeding the income threshold as defined by the Social Security Administration such as Income-Related Monthly Adjustment Amount (IRMAA). IRMAA is an extra amount that you pay in addition to your PSHB premium for your monthly Medicare Part D prescription drug plan premiums and your monthly Medicare Part B premiums. Social Security makes this determination based on your income. This additional premium is assessed only to those with higher incomes and is adjusted based on the income reported on your IRS tax return. You do not make any IRMAA payments to your PSHB plan. Refer to the Part D-IRMAA section of the Medicare website: [www.medicare.gov/drug-coverage-part-d/costs-for-medicaredrugcoverage/monthly-premium-for-drug-plans](http://www.medicare.gov/drug-coverage-part-d/costs-for-medicaredrugcoverage/monthly-premium-for-drug-plans), to see if you would be subject to this additional premium.

For people with limited income and resources, Extra Help is a Medicare program to help with Medicare prescription drug plan costs. Information regarding this program is available through the Social Security Administration (SSA) online at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call the SSA at 800-772-1213 TTY 800-325-0778.

**The PDP EGWP opt out process:**

If you were automatically group enrolled into our PDP EGWP and do not wish to enroll in the EGWP PDP, you may “opt-out” of the enrollment by following the instructions mailed to you. You will have 21 days to contact us at the toll free number (833-251-9749) to decline Part D coverage. Declining coverage or “opting out” will not place you back into your PSHB prescription drug coverage. Additionally, participation in the PDP EGWP is voluntary. If you opt out after the first of the month, it will be effective the first of the following month. Note: If you opt out of Part D coverage, you may not opt back in until the next Open Enrollment or if you have a QLE and may be without Prescription Drug coverage.

Contact us at 833-251-9749.

**The PDP EGWP disenrollment process:**

When you are enrolled in our PDP EGWP, you may choose to disenroll at any time. If you disenroll after the first of the month, it will be effective the first of the following month.

Contact us at 833-251-9749.

**Warning: If you opt out of or disenroll from our PDP EGWP, you will not have any PSHB Program prescription drug coverage.**

**Note: If you choose to opt out of or disenroll from our PDP EGWP, your premium will not be reduced, and you may have to wait to re-enroll when and if you are eligible.** If you do not maintain creditable coverage, re-enrollment in our PDP EGWP may be subject to a late enrollment penalty.

Please see Section 5(f)(a) for additional benefit details regarding the EGWP PDP.

Medicare always makes the final determination as to whether they are the primary payor. The following chart illustrates whether Medicare or this Plan should be the primary payor for you according to your employment status and other factors determined by Medicare. It is critical that you tell us if you or a covered family member has Medicare coverage so we can administer these requirements correctly. **(Having coverage under more than two health plans may change the order of benefits determined on this chart.)**

<b>Primary Payor Chart</b>		
<b>A. When you - or your covered spouse - are age 65 or over and have Medicare and you...</b>	<b>The primary payor for the individual with Medicare is...</b>	
	<b>Medicare</b>	<b>This Plan</b>
1) Have PSHB coverage on your own as an active employee		✓
2) Have PSHB coverage on your own as an annuitant or through your spouse who is an annuitant	✓	
3) Have PSHB through your spouse who is an active employee		✓
4) Are a reemployed annuitant with the Postal Service and your position is excluded from the PSHB (your employing office will know if this is the case) and you are not covered under PSHB through your spouse under #3 above	✓	
5) Are a reemployed annuitant with the Postal Service and your position is not excluded from the PSHB (your employing office will know if this is the case) and...		
• You have PSHB coverage on your own or through your spouse who is also an active employee		✓
• You have PSHB coverage through your spouse who is an annuitant	✓	
6) Are enrolled in Part B only, regardless of your employment status	✓ for Part B services	✓ for other services
7) Are a Postal employee receiving Workers' Compensation		✓*
8) Are a Postal employee receiving disability benefits for six months or more	✓	
<b>B. When you or a covered family member...</b>		
1) Have Medicare solely based on end stage renal disease (ESRD) and...		
• It is within the first 30 months of eligibility for or entitlement to Medicare due to ESRD <b>(30-month coordination period)</b>		✓
• It is beyond the 30-month coordination period and you or a family member are still entitled to Medicare due to ESRD	✓	
2) Become eligible for Medicare due to ESRD while already a Medicare beneficiary and...		
• This Plan was the primary payor before eligibility due to ESRD <b>(for 30-month coordination period)</b>		✓
• Medicare was the primary payor before eligibility due to ESRD	✓	
3) Have Temporary Continuation of Coverage (TCC) and...		
• Medicare based on age and disability	✓	
• Medicare based on ESRD <b>(for the 30-month coordination period)</b>		✓
• Medicare based on ESRD <b>(after the 30-month coordination period)</b>	✓	
<b>C. When either you or a covered family member are eligible for Medicare solely due to disability and you...</b>		
1) Have PSHB coverage on your own as an active employee or through a family member who is an active employee		✓
2) Have PSHB coverage on your own as an annuitant or through a family member who is an annuitant	✓	

\*Workers' Compensation is primary for claims related to your condition under Workers' Compensation.



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## Section 10. Definitions of Terms We Use in This Brochure

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<b>Assignment</b>	<p>An authorization by you (the enrollee or covered family member) that is approved by us (the Carrier), for us to issue payment of benefits directly to the provider.</p> <ul style="list-style-type: none"><li>• We reserve the right to pay you directly for all covered services. Benefits payable under the contract are not assignable by you to any person without express written approval from us, and in the absence of such approval, any assignment shall be void.</li><li>• Your specific written consent for a designated authorized representative to act on your behalf to request reconsideration of a claim decision (or, for an urgent care claim, for a representative to act on your behalf without designation) does not constitute an Assignment.</li><li>• OPM's contract with us, based on federal statute and regulation, gives you a right to seek judicial review of OPM's final action on the denial of a health benefits claim but it does not provide you with authority to assign your right to file such a lawsuit to any other person or entity. Any agreement you enter into with another person or entity (such as a provider, or other individual or entity) authorizing that person or entity to bring a lawsuit against OPM, whether or not acting on your behalf, does not constitute an Assignment, is not a valid authorization under this contract, and is void.</li></ul>
<b>Calendar year</b>	<p>January 1 through December 31 of the same year. For new enrollees, the calendar year begins on the effective date of their enrollment and ends on December 31 of the same year.</p>
<b>Clinical trials cost categories</b>	<p>An approved clinical trial includes a phase I, phase II, phase III, or phase IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other life-threatening disease or condition, and is either Federally-funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration (FDA); or is a drug trial that is exempt from the requirement of an investigational new drug application.</p> <p>If you are a participant in a clinical trial, this health plan will provide related care as follows, if it is not provided by the clinical trial:</p> <ul style="list-style-type: none"><li>• Routine care costs - costs for routine services such as doctor visits, lab tests, X-rays and scans, and hospitalizations related to treating the patient's condition, whether the patient is in a clinical trial or is receiving standard therapy. These costs are covered by this Plan. See Section 5(b).</li><li>• Extra care costs - costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient's routine care. We do not cover these costs. See Section 5(b).</li><li>• Research costs - costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials. This Plan does not cover these costs. See Section 5(b).</li></ul>
<b>Coinsurance</b>	<p>See Section 4.</p>
<b>Copayment</b>	<p>See Section 4.</p>
<b>Cost-sharing</b>	<p>See Section 4.</p>
<b>Covered services</b>	<p>Care we provide benefits for, as described in this brochure.</p>

<b>Custodial care</b>	<p>Any type of care provided according to Medicare guidelines, including room and board, that a) does not require the skills of technical or professional personnel; b) is not furnished by or under the supervision of such personnel or does not otherwise meet the requirements of post-hospital Skilled Nursing Facility care; or c) is a level such that you have reached the maximum level of physical or mental function and such person is not likely to make further significant improvement. Custodial care includes any type of care where the primary purpose is to attend to your daily living activities which do not entail or require the continuing attention of trained medical or paramedical personnel. Examples include assistance in walking, getting in and out of bed, bathing, dressing, feeding, using the toilet, changes of dressings of noninfected wounds, post-operative or chronic conditions, preparation of special diets, supervision of medication which can be self-administered by you, the general maintenance care of colostomy or ileostomy, routine services to maintain other service which, in our sole determination, is based on medically accepted standards, can be safely and adequately self-administered or performed by the average non-medical person without the direct supervision of trained medical or paramedical personnel, regardless of who actually provides the service, residential care and adult day care, protective and supportive care including educational services, rest cures, or convalescent care. Custodial care that lasts 90 days or more is sometimes known as long term care. Custodial care is not covered.</p>
<b>Deductible</b>	See Section 4.
<b>Detoxification</b>	<p>The process whereby an alcohol or drug intoxicated or alcohol or drug dependent person is assisted, in a facility licensed by the appropriate regulatory authority, through the period of time necessary to eliminate, by metabolic or other means, the intoxicating alcohol or drug, alcohol or drug dependent factors or alcohol in combination with drugs as determined by a licensed Physician, while keeping the physiological risk to the patient at a minimum.</p>
<b>Emergency care</b>	<p>A medical emergency is the sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability, and requires immediate medical or surgical care. Some problems are emergencies because, if not treated promptly, they might become more serious; examples include deep cuts and broken bones. Others are emergencies because they are potentially life-threatening, such as heart attacks, strokes, poisonings, gunshot wounds, or sudden inability to breathe. There are many other acute conditions that we may determine are medical emergencies – what they all have in common is the need for quick action.</p>
<b>Experimental or investigational services</b>	<p>Services or supplies that are, as determined by us, experimental. A drug, device, procedure or treatment will be determined to be experimental if:</p> <ul style="list-style-type: none"> <li>• There is not sufficient outcome data available from controlled clinical trials published in the peer reviewed literature to substantiate its safety and effectiveness for the disease or injury involved; or</li> <li>• Required FDA approval has not been granted for marketing; or</li> <li>• A recognized national medical or dental society or regulatory agency has determined, in writing, that it is experimental or for research purposes; or</li> <li>• The written protocol or protocol(s) used by the treating facility or the protocol or protocol(s) of any other facility studying substantially the same drug, device, procedure or treatment or the written informed consent used by the treating facility or by another facility studying the same drug, device, procedure or treatment states that it is experimental or for research purposes; or</li> <li>• It is not of proven benefit for the specific diagnosis or treatment of your particular condition; or</li> <li>• It is not generally recognized by the Medical Community as effective or appropriate for the specific diagnosis or treatment of your particular condition; or</li> <li>• It is provided or performed in special settings for research purposes.</li> </ul>

Note: When a medical necessity determination is made utilizing the Aetna Clinical Policy Bulletins (CPBs), you may obtain a copy of the CPB through the Internet at: [www.aetna.com/health-care-professionals/clinical-policy-bulletins/medical-clinical-policy-bulletins.html](http://www.aetna.com/health-care-professionals/clinical-policy-bulletins/medical-clinical-policy-bulletins.html)

**Healthcare professional**

A physician or other healthcare professional licensed, accredited, or certified to perform specified health services consistent with state law.

**Infertility**

Infertility is a disease defined as when a person is unable to conceive or produce conception after one year of egg-sperm contact when the individual attempting conception is under 35 years of age, or after six months of egg-sperm contact when the individual attempting conception is 35 years of age or older. Egg-sperm contact can be achieved by regular sexual intercourse or artificial insemination (intrauterine, intracervical, or intravaginal) as stated in our medical clinical policy bulletin (see Section 10. for definition of Medical Necessity for additional details on Aetna's Clinical Policy). This definition applies to all individuals regardless of sexual orientation or the presence/availability of a reproductive partner. Infertility may also be established by the demonstration of a disease or condition of the reproductive tract such that egg-sperm contact would be ineffective.

**Medical foods**

The term medical food, as defined in Section 5(b) of the Orphan Drug Act (21 U.S.C. 360ee (b) (3)) is "a food which is formulated to be consumed or administered enterally under the supervision of a physician and which is intended for the specific dietary management of a disease or condition for which distinctive nutritional requirements, based on recognized scientific principles, are established by medical evaluation." In general, to be considered a medical food, a product must, at a minimum, meet the following criteria: the product must be a food for oral or tube feeding; the product must be labeled for the dietary management of a specific medical disorder, disease, or condition for which there are distinctive nutritional requirements; and the product must be intended to be used under medical supervision.

**Medical necessity**

Also known as medically necessary or medically necessary services. "Medically necessary" means that the service or supply is provided by a physician or other health care provider exercising prudent clinical judgment for the purpose of preventing, evaluating, diagnosing or treating an illness, injury or disease or its symptoms, and that provision of the service or supply is:

- In accordance with generally accepted standards of medical practice; and,
- Clinically appropriate in accordance with generally accepted standards of medical practice in terms of type, frequency, extent, site and duration, and considered effective for the illness, injury or disease; and,
- Not primarily for the convenience of you, or for the physician or other health care provider; and,
- Not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of the illness, injury or disease.

Note: When a medical necessity determination is made utilizing the Aetna Clinical Policy Bulletins (CPBs), you may obtain a copy of the CPB through the Internet at: [www.aetna.com/health-care-professionals/clinical-policy-bulletins/medical-clinical-policy-bulletins.html](http://www.aetna.com/health-care-professionals/clinical-policy-bulletins/medical-clinical-policy-bulletins.html)

For these purposes, "generally accepted standards of medical practice," means standards that are based on credible scientific evidence published in peer-reviewed medical literature generally recognized by the relevant medical community, or otherwise consistent with physician specialty society recommendations and the views of physicians practicing in relevant clinical areas and any other relevant factors.

<b>Medicare Part A</b>	Part A helps cover inpatient hospital stays, skilled nursing facility care, hospice care, and some home health care.
<b>Medicare Part B</b>	Part B covers medically necessary services like doctors' services and tests, outpatient care, home health services, durable medical equipment, and other medical services.
<b>Medicare Part C</b>	Part C is a Medicare Advantage plan that combines the coverage of Medicare Part A and Part B. Part C typically also covers additional benefits like, dental, vision, and hearing services. Some Part C plans also include Medicare Part D coverage.
<b>Medicare Part D</b>	Medicare Part D plans provide coverage for prescription drugs. Private insurers contract with CMS on an annual basis for the right to offer Part D plans. Part D can be offered as a standalone Prescription Drug Plan (PDP) or as part of a Medicare Advantage Prescription Drug Plan (MAPD).
<b>Medicare Part D EGWP</b>	A Medicare Part D Employer Group Waiver Plan (EGWP) is a type of Medicare prescription drug plan that can be offered to employees and retirees of certain companies, unions, or government agencies, which allows for flexibility and enhanced coverage of traditional Medicare pharmacy benefits. Examples of Medicare Part D EGWPs are Medicare Advantage Prescription Drug (MAPD) plan EGWPs that include both health and drug benefits, as well as Prescription Drug Plan (PDP) EGWPs, which only cover the prescription drug benefit.
<b>Open Access HMO</b>	You can go directly to any network specialist for covered services without a referral from your primary care physician. Whether your covered services are provided by your selected primary care physician (for your PCP copay) or by another participating provider in the network (for the specialist copay), you will be responsible for payment which may be in the form of a copay (flat dollar amount) or coinsurance (a percentage of covered expenses). While not required, it is highly recommended that you still select a PCP and notify Member Services of your selection (833-497-2413). <b>If you go directly to a specialist, you are responsible for verifying that the specialist is participating in our Plan. If your participating specialist refers you to another provider, you are responsible for verifying that the other specialist is participating in our Plan.</b>
<b>Plan allowance</b>	<p>Plan allowance is the amount we use to determine our payment and your coinsurance for the service or supply in the geographic area where it is furnished. Plans determine their allowances in different ways. We determine our allowance as follows: We may take into account factors such as the complexity, degree of skill needed, type or specialty of the provider, range of services provided by a facility, and the prevailing charge in other areas in determining the Plan allowance for a service or supply that is unusual or is not often provided in the area or is provided by only a small number of providers in the area.</p> <p>You should also see Important Notice About Surprise Billing – Know Your Rights in Section 4 that describes your protections against surprise billing under the No Surprises Act.</p>
<b>Post-service claims</b>	Any claims that are not pre-service claims. In other words, post-service claims are those claims where treatment has been performed and the claims have been sent to us in order to apply for benefits.
<b>Pre-service claims</b>	Those claims (1) that require precertification, prior approval, or a referral and (2) where failure to obtain precertification, prior approval, or a referral results in a reduction of benefits.

<b>Precertification</b>	<p>Precertification is the process of collecting information prior to inpatient admissions and performance of selected ambulatory procedures and services. The process permits advance eligibility verification, determination of coverage, and communication with the physician and/or you. It also allows Aetna to coordinate your transition from the inpatient setting to the next level of care (discharge planning), or to register you for specialized programs like disease management, case management, or our prenatal program. In some instances, precertification is used to inform physicians, members and other health care providers about cost-effective programs and alternative therapies and treatments.</p> <p>Certain health care services, such as hospitalization or outpatient surgery, require precertification with Aetna to ensure coverage for those services.</p>
<b>Preventive care</b>	<p>Health care services designed for prevention and early detection of illnesses in average risk people, generally including routine physical examinations, tests and immunizations.</p>
<b>Reimbursement</b>	<p>A carrier's pursuit of a recovery if a covered individual has suffered an illness or injury and has received, in connection with that illness or injury, a payment from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, and the terms of the carrier's health benefits plan require the covered individual, as a result of such payment, to reimburse the carrier out of the payment to the extent of the benefits initially paid or provided. The right of reimbursement is cumulative with and not exclusive of the right of subrogation.</p>
<b>Respite care</b>	<p>Care furnished during a period of time when your family or usual caretaker cannot, or will not, attend to your needs. Respite care is not covered.</p>
<b>Subrogation</b>	<p>A carrier's pursuit of a recovery from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, as successor to the rights of a covered individual who suffered an illness or injury and has obtained benefits from that carrier's health benefits plan.</p>
<b>Surprise bill</b>	<p>An unexpected bill you receive for</p> <ul style="list-style-type: none"> <li>• Emergency care – when you have little or no say in the facility or provider from whom you receive care, or for</li> <li>• Non-emergency services furnished by certain nonparticipating providers with respect to patient visits to participating health care facilities, or for</li> <li>• Air ambulance services furnished by certain nonparticipating providers of air ambulance services.</li> </ul>
<b>Urgent care</b>	<p>Covered benefits required in order to prevent serious deterioration of your health that results from an unforeseen illness or injury if you are temporarily absent from our service area and receipt of the health care service cannot be delayed until your return to our service area.</p>
<b>Urgent care claims</b>	<p>A claim for medical care or treatment is an urgent care claim if waiting for the regular time limit for non-urgent care claims could have one of the following impacts:</p> <ul style="list-style-type: none"> <li>• Waiting could seriously jeopardize your life or health;</li> <li>• Waiting could seriously jeopardize your ability to regain maximum function; or</li> <li>• In the opinion of a physician with knowledge of your medical condition, waiting would subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the claim.</li> </ul> <p>Urgent care claims usually involve pre-service claims and not Post-service claims. We will determine whether or not a claim is an urgent care claim by applying the judgment of a prudent layperson who possesses an average knowledge of health and medicine.</p>

If you believe your claim qualifies as an urgent care claim, please contact our Member Services Department at 833-497-2413. You may also prove that your claim is an urgent care claim by providing evidence that a physician with knowledge of your medical condition has determined that your claim involves urgent care.

**Us/We**

Us and We refer to Aetna.

**You**

You refers to the enrollee and each covered family member.

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## Index

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Do not rely on this page; it is for your convenience and may not show all pages where the terms appear.

- Accidental injury**.....89, 141, 174  
Allergy tests.....48, 103  
Alternative treatments.....19, 54, 108  
Ambulance.....66-69, 72, 119-122, 125  
Autologous bone marrow transplant...48, 103-104  
**Biopsy**.....24-27, 56-58, 110-112  
Blood and blood plasma.....66-68, 119-121  
**Casts**.....66-68, 90, 119-121  
Catastrophic protection out-of-pocket maximum.....30-31, 144  
Changes for 2025.....21  
Chemotherapy...43-48, 51-52, 100-104, 106  
Chiropractic.....54, 108  
Claims.....27-28, 146-151, 163-165  
Coinsurance.....16-18, 30, 160  
Congenital anomalies.....56-58, 110-112  
Contraceptive drugs and devices...78-83, 88, 131-135, 138-140  
Cost-sharing.....30, 160, 169, 171, 173  
Covered charges.....155-156  
**Deductible**.....30, 161, 169-174  
Definitions.....160-165  
Dental care.....59, 112-113, 170, 172, 174  
Diagnostic services...24-27, 36-41, 66-68, 74, 95-99, 127  
Disputed claims review...28-29, 142, 146-151  
Dressings...66-68, 78-83, 119-121, 131-135, 161  
Durable medical equipment.....52-53, 107  
**Effective date of enrollment**.....24  
Emergency...28, 70-72, 123-125, 161, 169, 171, 173  
Experimental or investigational...59-65, 113-117, 145, 161-162  
Eyeglasses.....50-51, 170, 172
- Family planning**.....42-43, 100  
Flexible benefits option...142, 170, 172, 174  
Fraud.....5-6  
**Gender**...7, 22, 24-27, 56-58, 78-83, 88, 110-112, 131-135  
General exclusions.....35, 94, 145  
**Home health services**.....53-54, 107-108  
Hospital...23-24, 66-69, 74-75, 119-122, 127-128, 146, 169, 171, 173  
**Immunizations**.....16-18, 37-41, 96-99, 164  
Inpatient hospital benefits...24, 66-67, 74, 119-120, 127  
Insulin...52-53, 78-83, 88, 107, 131-135, 138-140  
**Magnetic Resonance Imagings (MRIs)**.....24-27, 37, 67-68, 96, 120-121  
Mammogram...37-39, 67-68, 96-97, 120-121  
Maternity benefits.....28, 41-42, 99  
Medicaid.....153  
Medically necessary.....162  
Medicare.....1, 86-88, 151-159  
    Original.....155-157  
Members...1, 16-19, 22-28, 78-83, 88, 110-112, 125, 142-144  
    Plan...1, 10-13, 16-20, 22, 86-88, 151, 155-158, 169-172  
**Newborn**.....11-12, 24-28, 41-42, 99, 143  
No Surprises Act (NSA).....31-32  
Non-PSHB benefits.....144  
Nurse.....143, 155, 160  
    Nurse Anesthetist (NA)...66-67, 119-120  
    Registered Nurse...43-47, 100-103, 143  
**Occupational therapy**...49, 53-54, 104-105, 107-108  
Ocular injury.....50-51, 105, 170, 172, 174  
Office visits.....16-18, 73-74, 126-127
- Oral and maxillofacial surgical...59, 112-113  
Oxygen...24-27, 52-54, 66-68, 107-108, 119-121  
**Pap test**.....37, 96  
PDP EGWP.....84-88, 151, 157-158  
Physician...16-18, 36-65, 95-118, 129-135, 162  
Precertification.....16-19, 163-164  
Prescription drugs.....169, 171, 173  
Preventive services.....37-41, 96-99  
Prior approval.....22-29, 36-55  
Prosthetic devices.....51-52, 106  
Psychologist.....73-74, 126-127  
**Radiation therapy**...48, 51-52, 103-104, 106  
Room and board...66-67, 74, 119-120, 127, 161  
**Second surgical opinion**.....36, 95  
Skilled nursing facility care.....161  
Social worker.....73-74, 126-127  
Speech therapy.....50, 105  
Splints.....66-67, 119-120  
Subrogation.....153-154, 164  
Substance use disorder.....73-75, 126-128  
Surgery.....56-65, 112-113  
    Anesthesia.....56-65, 110-118  
    Oral.....59, 112-113  
    Outpatient.....67-68, 75, 120-121, 128  
    Reconstructive.....58, 112  
Syringes.....78-83, 88, 131-135, 138-140  
**Transplants**...48, 59-65, 103-104, 113-117  
Treatment therapies.....48, 103-104  
**Vision care**...50-51, 105, 144, 170, 172, 174  
Vision services.....50-51, 105  
**X-rays**.....37, 90, 96

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## Notes

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## Notes

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## Summary of Benefits for the High Option of the Aetna Open Access Plan - 2025

- **Do not rely on this chart alone.** This is a summary. All benefits are subject to the definitions, limitations, and exclusions in this brochure. Before making a final decision, please read this PSHB brochure. You can also obtain a copy of our Summary of Benefits and Coverage as required by the Affordable Care Act at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- We only cover services provided or arranged by Plan physicians, except in emergencies.

High Option Benefits	You pay	Page
<b>Medical services provided by physicians:</b> Diagnostic and treatment services provided in the office	Office visit copay: \$15 primary care; \$30 specialist	36
<b>Services provided by a hospital:</b> <ul style="list-style-type: none"> <li>• Inpatient</li> </ul>	\$150 per day up to a maximum of \$450 per admission	66
<b>Services provided by a hospital:</b> <ul style="list-style-type: none"> <li>• Outpatient</li> </ul>	\$150 per visit	67
<b>Emergency benefits:</b> <ul style="list-style-type: none"> <li>• In-area</li> </ul>	\$125 per visit	71
<b>Emergency benefits:</b> <ul style="list-style-type: none"> <li>• Out-of-area</li> </ul>	\$125 per visit	71
<b>Mental health and substance use disorder treatment:</b>	Regular cost-sharing	73
<p><b>Prescription drugs:</b></p> <p>You may fill non-emergency prescriptions at a participating Plan retail pharmacy or by mail order for up to a 90-day supply of medication (if authorized by your physician). In no event will the copay exceed the cost of the prescription drug.</p> <p>For a 31-day up to a 90-day supply: See Section 5(f). (Not available for Specialty Drugs)</p> <p><b>Note: If you are retired and have Medicare A and/or B, your Pharmacy Benefits are different. See Section 5(f)(a) for more information.</b></p>	<p><b>For up to a 30-day supply:</b> \$3 per Preferred Generic (PG) formulary drug; \$35 per Preferred Brand (PB) name formulary drug; and 50% up to \$200 maximum per covered Non-Preferred (NP) (generic or brand name) drug. Preferred Specialty (PSP): 50% up to \$350 maximum; Non-preferred Specialty (NPS): 50% up to \$700 maximum.</p>	78
<p><b>Prescription Drug Plan - EGWP PDP Aetna Medicare Rx offered by SilverScript</b></p> <p>Note: You will be automatically enrolled in the Medicare Part D Prescription Drug Plan - EGWP PDP Aetna Medicare Rx offered by SilverScript. See Sections 5(f)(a) and 9 for more information.</p>	<p>In network: For up to a 30-day supply per prescription or refill:</p> <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$2 per drug at preferred pharmacy; \$3 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$25 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$75 per drug at preferred/standard pharmacy;</li> </ul>	86

	<ul style="list-style-type: none"> <li>• Tier 5 Specialty (Includes high cost/ unique generic and brand drugs): 25%, but not more than \$150 per drug at preferred/ standard pharmacy</li> </ul>	
<b>Dental care:</b>	Various copays, coinsurance, reduced fees or deductibles	89
<b>Vision care:</b>	\$30 copay per visit. All charges over \$100 for eyeglasses or contacts per 24-month period	50
<b>Special features:</b> Flexible benefits option, Services for the deaf and hearing-impaired, Informed Health Line, Maternity Management Program, National Medical Excellence Program, and Reciprocity benefit.	Contact Plan at 833-497-2413	142
<b>Protection against catastrophic costs</b> (out-of-pocket maximum):	Nothing after \$5,000/Self Only enrollment or \$10,000/ Self Plus One or Self and Family enrollment per year. Some costs do not count toward this protection.	30

## Summary of Benefits for the Basic Option of the Aetna Open Access Plan- 2025

- **Do not rely on this chart alone.** This is a summary. All benefits are subject to the definitions, limitations, and exclusions in this brochure. Before making a final decision, please read this PSHB brochure. You can also obtain a copy of our Summary of Benefits and Coverage as required by the Affordable Care Act at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- We only cover services provided or arranged by Plan physicians, except in emergencies.

Basic Option Benefits	You pay	Page
<b>Medical services provided by physicians:</b> Diagnostic and treatment services provided in the office	Office visit copay: \$25 primary care; \$55 specialist	36
<b>Services provided by a hospital:</b> <ul style="list-style-type: none"> <li>• Inpatient</li> </ul>	20% of Plan allowance per admission	66
<b>Services provided by a hospital:</b> <ul style="list-style-type: none"> <li>• Outpatient</li> </ul>	\$350 per visit	67
<b>Emergency benefits:</b> <ul style="list-style-type: none"> <li>• In-area</li> </ul>	\$200 per visit	71
<b>Emergency benefits:</b> <ul style="list-style-type: none"> <li>• Out-of-area</li> </ul>	\$200 per visit	71
<b>Mental health and substance use disorder treatment:</b>	Regular cost-sharing	73
<b>Prescription drugs:</b> You may fill non-emergency prescriptions at a participating Plan retail pharmacy or by mail order for up to a 90-day supply of medication (if authorized by your physician). In no event will the copay exceed the cost of the prescription drug.  For a 31-day up to a 90-day supply: See Section 5(f). (Not available for Specialty Drugs)  <b>Note: If you are retired and have Medicare A and/or B, your Pharmacy Benefits are different. See Section 5(f)(a) for more information.</b>	<b>For up to a 30-day supply:</b> \$10 per Preferred Generic (PG) formulary drug; 50% up to \$200 maximum per Preferred Brand (PB) name formulary drug; and 50% up to \$300 maximum per covered Non-Preferred (NP) (generic or brand name) drug. Preferred Specialty (PSP): 50% up to \$350 maximum; Non-preferred Specialty (NPSP): 50% up to \$700 maximum.	78
<b>Prescription Drug Plan - EGWP PDP Aetna Medicare Rx offered by SilverScript</b>  Note: You will be automatically enrolled in the Medicare Part D Prescription Drug Plan - EGWP PDP Aetna Medicare Rx offered by SilverScript. See Sections 5(f)(a) and 9 for more information.	In network: For up to a 30-day supply per prescription or refill: <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$4 per drug at preferred pharmacy; \$5 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$40 per drug at preferred/standard pharmacy;</li> <li>• Tier 4 Non-Preferred Brand: \$100 per drug at preferred/standard pharmacy;</li> </ul>	86

	<ul style="list-style-type: none"> <li>• Tier 5 Specialty (Includes high cost/ unique generic and brand drugs): 25%, but not more than \$150 per drug at preferred/ standard pharmacy</li> </ul>	
<b>Dental care:</b>	Various copays, coinsurance, reduced fees or deductibles	89
<b>Vision care:</b>	\$55 copay per visit. All charges over \$100 for eyeglasses or contacts per 24-month period	50
<b>Special features:</b> Flexible benefits option, Services for the deaf and hearing-impaired, Informed Health Line, Maternity Management Program, National Medical Excellence Program, and Reciprocity benefit.	Contact Plan at 833-497-2413	142
<b>Protection against catastrophic costs</b> (out-of-pocket maximum):	Nothing after \$6,000/Self Only enrollment or \$12,000/ Self Plus One or Self and Family enrollment per year. Some costs do not count toward this protection.	30

## Summary of Benefits for the Aetna Saver Plan - 2025

- **Do not rely on this chart alone.** This is a summary. All benefits are subject to the definitions, limitations, and exclusions in this brochure. Before making a final decision, please read this PSHB brochure. You can also obtain a copy of our Summary of Benefits and Coverage at [www.aetnafedspostal.com](http://www.aetnafedspostal.com).
- The deductible is \$1,000 Self Only or \$2,000 for Self Plus One or Self and Family enrollment per calendar year. Once an individual meets the Self Only deductible under the Self Plus One or Self and Family enrollment, they will then be covered under Plan benefits. The remaining balance of the Self Plus One and Self and Family deductible can be satisfied by one or more family members. The deductible applies to all benefits in this section.
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- We only cover services provided or arranged by Plan physicians, except in emergencies.

Aetna Saver Option Benefits	You pay	Page
<b>Medical services provided by physicians:</b> <ul style="list-style-type: none"> <li>• Diagnostic and treatment services provided in the office</li> </ul>	30% of our Plan allowance	95
<b>Services provided by a hospital:</b> <ul style="list-style-type: none"> <li>• Inpatient</li> </ul>	30% of our Plan allowance	119
<b>Services provided by a hospital:</b> <ul style="list-style-type: none"> <li>• Outpatient</li> </ul>	30% of our Plan allowance	120
<b>Emergency benefits:</b> <ul style="list-style-type: none"> <li>• In-area</li> </ul>	30% of our Plan allowance	124
<b>Emergency benefits:</b> <ul style="list-style-type: none"> <li>• Out-of-area</li> </ul>	30% of our Plan allowance	124
<b>Mental health and substance use disorder treatment:</b>	Regular cost-sharing	126
<b>Prescription drugs:</b> You may fill non-emergency prescriptions at a participating Plan retail pharmacy or by mail order for up to a 90-day supply of medication (if authorized by your physician). In no event will the copay exceed the cost of the prescription drug.  Note: If you are retired and have Medicare A and/or B, your Pharmacy Benefits are different. See Section 5(f)(a) for more information.	<b>For up to a 30-day supply:</b> \$10 per generic formulary; 50% per brand name formulary;  For a 31-day up to a 90-day supply: See Section 5(f). (Not available for Specialty Drugs)	131
<b>Prescription Drug Plan - EGWP PDP Aetna Medicare Rx offered by SilverScript</b>  Note: The annual deductible will be waived for pharmacy benefits, but cost sharing will still apply if Medicare Part A and B are primary and you will be automatically enrolled in the Medicare Part D Prescription Drug Plan - EGWP PDP Aetna Medicare Rx offered by SilverScript. See Sections 5(f)(a) and 9 for more information.	In network: For up to a 30-day supply per prescription or refill: <ul style="list-style-type: none"> <li>• Tier 1 Preferred Generic: \$0 per drug at preferred/standard pharmacy;</li> <li>• Tier 2 Generic: \$5 per drug at preferred pharmacy; \$6 per drug at standard pharmacy;</li> <li>• Tier 3 Preferred Brand: \$45 per drug at preferred/standard pharmacy;</li> </ul>	138

	<ul style="list-style-type: none"> <li>• Tier 4 Non-Preferred Brand: \$100 per drug at preferred/standard pharmacy;</li> <li>• Tier 5 Specialty (Includes high cost/unique generic and brand drugs): 25%, but not more than \$600 per drug at preferred/standard pharmacy</li> </ul>	
<b>Dental care:</b>	Accidental injury only	128
<b>Vision care:</b>	30% of our Plan allowance	96
<b>Special features:</b> Flexible benefits option, Services for the deaf and hearing-impaired, Informed Health Line, Maternity Management Program, National Medical Excellence Program, and Reciprocity benefit.	Contact Plan at 833-497-2413	142
<b>Protection against catastrophic costs</b> (out-of-pocket maximum):	Nothing after \$6,500/Self Only enrollment or \$13,000/ Self Plus One or Self and Family enrollment per year. Some costs do not count toward this protection.	30

## 2025 Rate Information for the Aetna Open Access Plans and Aetna Saver Plan

To compare your PSHB health plan options please go to <https://health-benefits.opm.gov/PSHB/>.

To review premium rates for all PSHB health plan options please go to <https://www.opm.gov/healthcare-insurance/pshb/premiums/>.

Type of Enrollment	Enrollment Code	Premium Rate			
		Biweekly		Monthly	
		Gov't Share	Your Share	Gov't Share	Your Share
High Option – Self Only	G8A	\$286.09	\$388.47	\$619.86	\$841.69
High Option – Self Plus One	G8C	\$618.40	\$883.08	\$1,339.87	\$1,913.34
High Option – Self and Family	G8B	\$672.95	\$843.57	\$1,458.06	\$1,827.73
Basic Option – Self Only	G8D	\$286.09	\$109.14	\$619.86	\$236.47
Basic Option – Self Plus One	G8F	\$618.40	\$212.14	\$1,339.87	\$459.63
Basic Option - Self and Family	G8E	\$672.95	\$231.52	\$1,458.06	\$501.63
Aetna Saver - Self Only	HXD	\$207.20	\$69.06	\$448.92	\$149.64
Aetna Saver - Self Plus One	HXF	\$435.42	\$145.14	\$943.41	\$314.47
Aetna Saver - Self and Family	HXE	\$474.17	\$158.05	\$1,027.36	\$342.45