



# Lumenos HSA Plan Summary

The Lumenos® HSA plan is designed to empower you to take control of your health, as well as the dollars you spend on your health care. This plan gives you the benefits you would receive from a typical health plan, plus health care dollars to spend your way. And, you'll have access to personalized services and online tools to help you reach your health potential.

## Your Lumenos HSA Plan

**First -** Use your HSA to pay for covered services:

### Health Savings Account

With the Lumenos Health Savings Account (HSA), you can **contribute dollars to your HSA account**. Others may also contribute dollars to your account.

You can use these dollars to help meet your annual deductible responsibility.

Unused dollars can be saved or invested and accumulate through retirement.

### Contributions to Your HSA

For 2007, contributions can be made to your HSA up to the following:  
 \$2,850 individual coverage  
 \$5,650 family coverage

Note: These limits apply to all combined contributions from any source.

**Plus -** To help you stay healthy, use:

### Preventive Care

100% coverage for nationally recommended services.

### Preventive Care

No deductions from the HSA or out-of-pocket costs for you as long as you receive your preventive care from an in-network provider. If you choose to go to an out-of-network provider, your deductible or Traditional Health Coverage benefits will apply. Covers nationally recommended preventive care services including screenings and immunizations for children and adults.

**Then -**

### Your Bridge Responsibility

The Bridge is an **amount you pay out of your pocket** until you meet your annual deductible responsibility.

Your bridge amount will vary depending on how many of your HSA dollars, if any, you choose to spend to help you meet your annual deductible responsibility. If you contribute HSA dollars up to the amount of your deductible and use them, your Bridge will equal \$0.

HSA dollars spent on covered services plus your Bridge Responsibility add up to your annual deductible responsibility.

**Health Account + Bridge = Deductible**

### Bridge

Your Bridge responsibility will vary.

### Annual Deductible Responsibility

#### For In-Network Providers

\$5,000 individual coverage  
 \$10,000 family coverage

#### For Out-of-Network Providers

\$5,000 individual coverage  
 \$10,000 family coverage

**If needed -**

### Traditional Health Coverage

Your Traditional Health Coverage begins after you have met your Bridge responsibility.

### Traditional Health Coverage

**After your Bridge, the plan pays:**

100% for in-network providers

70% for out-of-network providers

### Additional protection:

For your protection, the total amount you spend out of your pocket is limited. Once you spend that amount, the **plan pays 100% of the cost for covered services from in-network providers** for the remainder of the plan year.

### Annual Out-of-Pocket Maximum

#### In-Network Providers

\$5,000 individual coverage  
 \$10,000 family coverage

#### Out-of-Network Providers

\$10,000 individual coverage  
 \$20,000 family coverage

Your annual out-of-pocket maximum consists of funds you spend from your HSA, your Bridge responsibility and your coinsurance amounts.

If you have questions, please call toll-free 1-888-224-4911

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## Tools and Personalized Services

You will have access to our award winning on line health site and the following programs to help you reach your health potential:

- **Health Assessment:** You and your family members can complete the Health Assessment, our online tool designed to help measure your overall health.
- **Personal Health Coach:** If you qualify for the Personal Health Coach Program, you'll receive one-on-one assistance from a specially trained registered nurse to help you manage a health condition. Health conditions may include but are not limited to diabetes, asthma, depression, high blood pressure, heart disease and pregnancy.
- **Smoking Cessation Program:** This program helps you manage withdrawal symptoms, identify triggers and learn new behaviors and skills to remain tobacco free. Participation is open to you and your covered family members age 18 or older, and includes counseling support and tools, including nicotine replacement therapy coverage.
- **Weight Management Program:** Our Weight Management Program is a personalized phone course designed to help you adopt lifestyle changes necessary to lose weight and maintain weight loss. A team of counselors (a registered dietitian and health educator) with expertise in weight management will help you address healthy eating, physical activity and exercise, stress management, and more. You and your covered family members age 18 and older who have a Body Mass Index (BMI) of 25 or higher are eligible for this program.

## Summary of Covered Services

### Preventive Care

BC Life and Health's Lumenos HSA plan covers preventive services recommended by the U.S. Preventive Services Task Force, the American Cancer Society, the Advisory Committee on Immunization Practices (ACIP) and the American Academy of Pediatrics. The Preventive Care benefit includes screening tests, immunizations and counseling services designed to detect and treat medical conditions to prevent avoidable premature injury, illness and death.

All preventive services received from an in-network provider are covered at 100%, are not deducted from your HSA, and do not apply to your deductible. If you see an out-of-network provider, then your deductible or out-of-network coinsurance responsibility will apply.

The following is a list of covered preventive care services:

#### Well Baby and Well Child Preventive Care

##### Office Visits through age 18

**Screening Tests** for vision, hearing, and lead exposure. Also includes pelvic exam, Pap test and contraceptive management for females who are age 18, or have been sexually active.

##### Immunizations:

Hepatitis A  
 Hepatitis B  
 Diphtheria, Tetanus, Pertussis (DtaP)  
 Varicella (chicken pox)  
 Influenza – flu shot  
 Pneumococcal Conjugate (pneumonia)  
 Human Papilloma Virus (HPV) – cervical cancer  
 H. Influenza type b  
 Polio  
 Measles, Mumps, Rubella (MMR)

#### Adult Preventive Care

##### Office Visits after age 18

**Screening Tests** for coronary artery disease, colorectal cancer, prostate cancer, diabetes, and osteoporosis. Also includes mammograms, as well as pelvic exams, Pap test and contraceptive management.

##### Immunizations:

Hepatitis A  
 Hepatitis B  
 Diphtheria, Tetanus, Pertussis (DtaP)  
 Varicella (chicken pox)  
 Influenza – flu shot  
 Pneumococcal Conjugate (pneumonia)  
 Human Papilloma Virus (HPV) – cervical cancer

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# Lumenos HSA Plan Summary



## Summary of Covered Services (Continued)

### Medical Care

Blue Cross' Lumenos HSA plan covers a wide range of medical services to treat an illness or injury. You can use your available HSA funds to pay for these covered services. Once you spend up to your deductible amount for covered services, you will have Traditional Health Coverage available to help pay for additional covered services.

The following is a summary of covered medical services under Blue Cross' Lumenos HSA plan:

Physician Office Visits	Maternity Care
Inpatient Hospital Services	Chiropractic Care
Outpatient Surgery Services	Prescription Drugs
Diagnostic X-rays/Lab Tests	Home health care and hospice care
Emergency Hospital Services	Physical, Speech and Occupational Therapy Services
Inpatient and Outpatient Mental Health and Substance Abuse Services	

Some covered services may have limitations or other restrictions. With Blue Cross' Lumenos HSA plan, the following services are limited:

Skilled Nursing Facility services limited to 100 days per calendar year.
Ambulatory Surgical Centers are limited to \$380 per day for non-participating centers.
Diagnostic X-rays and Lab work require pre-authorization.
Travel for organ transplants for both the recipient and companion are limited to 6 trips per episode and \$250 per person per trip for round trip coach airfare. Hotel accommodations are also limited to 1 hotel room, double occupancy and \$100 per day for 21 days per trip. Other expenses limited to \$25 per day per person for 21 days per trip. Donor transportation limited to 1 trip per episode and \$250 for round trip coach airfare. Hotel limited to \$100 per day for 7 days, other expenses limited to \$25 per day for 7 days.
Your Lumenos HSA also includes a <b>Lifetime Maximum</b> of \$5,000,000 per person.

# Lumenos HSA Plan Summary



This summary is a brief outline of the benefits and coverage provided under the Lumenos plan. It is not intended to be a complete list of the benefits of the plan.  
This summary is for a full year in the Lumenos plan. If you join the plan mid-year or have a qualified change of status, your actual benefit levels may vary.

Additional limitations and exclusions may apply.



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