



Options BlueSM

Options Blue – affordable coverage with a tax-advantaged account

A smart move for individuals and families who like to plan and save

2010



McAlpin Agency, Inc.
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The health plans that help you save money

Options Blue 80

Now you can get affordability, value, preventive care and a tax-free way to save and pay for health care expenses. It's all in one, easy-to-manage health plan — Options Blue from Blue Cross and Blue Shield of Minnesota.

Options Blue plans feature a higher deductible with lower monthly rates. And you can open a health savings account (HSA) that lets you pay your share of health care expenses, including your deductible, with tax-free dollars. Plus, unspent HSA funds earn interest, allowing you to save for future health care costs or invest toward retirement.

Options Blue gives you affordable coverage for the health care you need. And because it's a high-deductible health plan, you enjoy lower monthly rates.

Choose from lower deductibles. Get 80 percent coverage after your deductible is met.

Consider Options Blue 80 if you're more comfortable with a lower deductible and paying 20 percent of your health care costs until you reach your out-of-pocket maximum amount.

- Choose from two deductible options that help limit your out-of-pocket costs
- Enjoy preventive care benefits from day one (\$300 in benefits per family member every year)
- Save when you pay for your share of costs with a tax-advantaged HSA



Health benefit terms can be confusing. Don't miss our helpful glossary on page 5.

Options Blue 100

Choose a higher deductible to reduce your monthly rate. Get 100 percent coverage after your deductible is met.

Consider Options Blue 100 if you're looking for the lower monthly rates that come with a higher deductible. Then benefit from full coverage for eligible expenses once you've met that deductible.

- Choose from four deductible options all with lower rates
- Budget for your out-of-pocket costs with confidence because the plan pays 100 percent for care after you meet your deductible
- Enjoy preventive care benefits from day one (\$300 in benefits per family member every year)
- Save when you pay for your share of costs with a tax-advantaged HSA

How you can save with a tax-free HSA

If you're wondering whether an HSA is right for you, consider how the Smith family saved by setting up a tax-advantaged HSA to pay for their health care expenses. They are a typical, nonsmoking couple, age 40, with one child (family of 3).

The Smiths deposit the maximum-allowed amount of \$6,150 (tax deductible) in their HSA. They use it to pay their \$4,000 deductible when they incur \$5,000 in medical expenses. With their deductible met, they pay only \$200 (20 percent) of the remaining \$1,000 expense. Their plan pays \$800 (80 percent).

With the tax savings from their HSA, the Smith's net expenses are reduced by \$1,722. Plus, at the end of the year the Smiths have an HSA balance of \$1,950 (tax free) that earns interest and rolls over for future expenses or to invest.

	Options Blue 80 without HSA	Options Blue 80 with HSA
Premium paid (yearly)	\$5,448	\$5,448
\$5,000 medical expense claim for one family member	\$4,200 \$4,000 for deductible, plus \$200 for coinsurance (20% of \$1,000; plan pays \$800)	\$4,200 \$4,000 for deductible, plus \$200 for coinsurance (20% of \$1,000; plan pays \$800)
Expense total (premiums plus out-of-pocket medical expenses)	\$9,648	\$9,648
HSA tax savings (assume 28% tax bracket on HSA deposit of \$6,150 (maximum allowed))	\$0	\$1,722
Net expenses (expense total minus tax savings)	\$9,648	\$7,926
Total net savings	\$0 (no HSA)	\$1,722

The Blue Cross difference

Peace of mind in uncertain times

Now more than ever, you need a health plan you know and trust. Blue Cross and Blue Shield of Minnesota's reputation for solid, reliable coverage spans 75 years and today provides peace of mind for nearly 3 million members. We pay for the services you need most — when you need them. Knowing you're covered is one less worry.

Quick, hassle-free claims processing

We take our responsibility as financial stewards of your health care dollars very seriously. You can expect your claims to be processed quickly, accurately and without hassle.

Cost-effective network coverage at home and on the road

More than 97 percent of Minnesota doctors and hospitals are in our network, where you always get the best benefit for your dollar. And you're still "in network" virtually anywhere you travel in the United States, thanks to the BlueCard® program, and internationally through BlueCard Worldwide®. Plus, you never need a referral.

Prescription drug savings now easier than ever

If you take ongoing medications, you can make fewer trips to the pharmacy and save money at the same time with 90dayRx, only from Blue Cross. Fill 90-day prescriptions at participating retail pharmacies or through mail order and pay less than you would for three 30-day prescriptions.

Unmatched support for your health

When you call customer service, Health Guides will answer your questions and guide you to resources that can help you save money and improve your health. If you or a family member needs extra help managing a health condition or recovering from an injury, a Blue Cross Nurse Guide will help you get the care and support you need.

Fitness Program and other healthy extras

The Fitness Program, Online Health Assessments and Coaching Modules, a personal Online Wellness Center, and the myBlueCross member center help you manage both your health and your health care expenses.



Get the answers you need to make the best choice. Visit bluecrossmn.com or call customer service at **(651) 662-5030** or toll free at **1-800-531-6685**.

Is my doctor in the network?

Use our online provider search tool to confirm that the providers you prefer are in our standard network (Accord). If they're not, you may find them in the expanded network (Aware®), available for a higher premium.

Are my prescription drugs covered?

Confirm that the drugs you take are on the drug list for this plan (GenRx formulary).

Which specific plan is right for me?

Visit our interactive Plan Selector, which will guide you to the best plan for your needs and budget.

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Options Blue plan highlights

	Options Blue 80		Options Blue 100	
In-network plan features				
Calendar-year deductible <i>Family deductible can be met by any combination of family members and must be met before any benefits are paid (combines medical and drug expenses)</i>	\$1,300/single \$2,000/single	\$2,600/family \$4,000/family	\$2,500/single \$3,500/single \$4,500/single \$5,800/single	\$5,000/family \$7,000/family \$9,000/family \$11,600/family
Out-of-pocket (OOP) maximum <i>After this amount is reached, your plan pays 100% of covered expenses (combines medical and drug expenses)</i>	\$2,600/single \$4,000/single	\$5,200/family \$8,000/family	\$2,500/single \$3,500/single \$4,500/single \$5,800/single	\$5,000/family \$7,000/family \$9,000/family \$11,600/family
Coinsurance <i>Percentage that you pay after deductible</i>	You pay 20% after deductible		You pay 0% after deductible	
In-network benefits				
Prescription drugs (GenRx formulary) <i>31-day supply. 90-day supply available through 90dayRx program at participating retail pharmacies or by PrimeMail¹</i>	Covered You pay 20% after deductible for all formulary drugs		Covered You pay 0% after deductible for all formulary drugs	
Preventive care <i>Includes physical exams, eye exams, cancer screenings, immunizations</i>	Covered Plan pays first \$300 per person, then you pay 20% after deductible		Covered Plan pays first \$300 per person, then you pay 0% after deductible	
Physician services • Office or urgent care visits for illness or injury <i>Includes mental health, substance abuse, eating disorders, autism</i> • Retail health clinic	Covered • You pay 20% after deductible • You pay 20% after deductible		Covered • You pay 0% after deductible • You pay 0% after deductible	
Inpatient/outpatient lab and diagnostic imaging/X-ray services	Covered You pay 20% after deductible		Covered You pay 0% after deductible	
Emergency room care				
Inpatient/outpatient hospital services				
Ambulance				
Medical supplies				
Chiropractic care <i>Maximum of \$500 per person per calendar year</i>				
Occupational, physical, speech therapy				
Home health care <i>Maximum of \$25,000 per person per calendar year</i>				
Well-child services to age 6 Immunizations to age 18	Covered You pay 0% (no deductible)		Covered You pay 0% (no deductible)	
Prenatal care				
Maternity labor, delivery, post-delivery care and maternity complications	First 18 months: No coverage 19th month and after: You pay 20% after deductible		First 18 months: No coverage 19th month and after: You pay 0% after deductible	
Lifetime maximum benefit	\$5 million per person all networks		\$5 million per person all networks	
Out-of-network plan features				
Calendar-year deductible <i>Separate from in-network deductible (combines medical and drug expenses)</i>	\$2,600/single \$4,000/single	\$5,200/family \$8,000/family	\$5,000/single \$7,000/single \$9,000/single \$11,600/single	\$10,000/family \$14,000/family \$18,000/family \$23,200/family
Out-of-pocket (OOP) maximum <i>Separate from in-network deductible (combines medical and drug expenses)</i>	\$5,200 per person \$8,000 per person		\$10,000 per person \$14,000 per person \$18,000 per person \$23,200 per person	
Coinsurance	You pay 40% after deductible		You pay 20% after deductible	

Coverage for substance abuse is included in the contract. You may choose to exclude substance abuse coverage. Your premium will be slightly reduced if you exclude substance abuse coverage.

This is only a summary. Your contract will provide a detailed description of what is and is not covered. Services not covered include private duty nursing, custodial care or rest cures, eyewear, dental services, infertility services, bariatric surgery, services that are experimental, not medically necessary or received while on military duty. Preexisting conditions you had during the six months before your enrollment date are not covered. This limit applies for 12 months. Prior continuous coverage without a gap in coverage greater than 63 days counts toward reducing the 12-month period.

Consumer Price Index Annual Adjustment: The deductible, copay and out-of-pocket maximum amounts are subject to annual adjustments. These adjustments are based on the medical care component of the Consumer Price Index (CPI) published by the U.S. Department of Labor. These annual adjustments are effective on the annual renewal date.

Your out-of-pocket costs depend on the network status of your provider. To check status, call Blue Cross customer service at the number on the back of your member ID card or visit bluecrossmn.com.

Lowest out-of-pocket costs: in-network providers

Higher out-of-pocket costs: out-of-network participating providers

Highest out-of-pocket costs: out-of-network **nonparticipating** providers (You are responsible for the difference between Blue Cross' allowed amount and the amount billed by nonparticipating providers. This is in addition to any applicable deductible, copay or coinsurance. Benefit payments are calculated on Blue Cross' allowed amount, which is typically lower than the amount billed by the provider.)

¹PrimeMail, a mail-service pharmacy owned and operated by Prime Therapeutics, LLC, an independent company providing pharmacy benefit management services.

Your HSA gives you three ways to save

Options Blue with an HSA helps you save and grow your account

- ① By depositing tax-deductible dollars in your HSA, you reduce your taxable income — so you pay less in income tax.
- ② Withdrawals for qualified health care expenses are never taxed.
- ③ You earn tax-free interest on the money in your account. Plus, your account comes with a variety of investment options when your balance reaches \$1,000 or more. This allows your money to work even harder for you.

Best of all, you don't lose the money in your account at the end of the year. It's yours to spend, save, earn interest and invest for the future.

Setting up an HSA is easy

SelectAccount^{SM*}, your account administrator, offers three HSA options. You decide how much and how often to contribute. The maximum contribution in 2010 is \$3,050 (individuals) and \$6,150 (families). People 55 and older can make additional tax-advantaged contributions to their HSA. In 2010, this "catch-up" amount is \$1,000.

*MIL Life Inc., d.b.a. SelectAccount, is an independent company providing account administration services.

Save time and hassles with our exclusive "crossover" reimbursement process

With many HSA-based plans, you must submit a lot of paperwork when it's time to be reimbursed from your account. It's automatic with "crossover" from Options Blue.

When you choose crossover, claims are automatically sent to SelectAccount by Blue Cross. SelectAccount then reimburses you for your portion of the claim by check or direct deposit in your checking or savings account. You then pay your provider. The process is so fast, members often tell us their reimbursement money is in the bank before they get a bill from their doctor!

If you have crossover and go to the pharmacy to fill a prescription, the pharmacy is paid directly from your HSA.

Debit card also offers convenience

A debit card gives you immediate access to your HSA funds when paying for health care expenses. There's no waiting to be reimbursed. The card automatically transfers funds from your account to your doctor or pharmacy. You avoid paying cash up front.

Note: A debit card may have an additional fee and is not available with crossover.

You're in good company with Options Blue. It's the leading HSA-based health plan in Minnesota, with more members than any other HSA plan.



Manage your health, your plan and your HSA at myBlueCross

At myBlueCross, your online member center, there's a wealth of cost and quality information to help you make informed health care decisions and manage your account. You'll find:

- Tools to help you manage your account
- Comparisons of provider cost and quality
- Cost estimates for medical procedures
- Health and wellness resources
- Information about your health plan
- Fast, reliable customer service via e-mail

Create your health care nest egg

An HSA from SelectAccount is a great way to save for the future. As your HSA balance grows, you can invest your HSA funds in a variety of investment options. Or you can let your HSA balance earn interest at a competitive rate. The choice is yours.

Three easy ways to get started with affordable, comprehensive coverage from Blue Cross

- Apply online at bluecrossmn.com. Use our interactive Plan Selector to find the best plan for you.
- Call Blue Cross at (651) 662-5050 or toll free at 1-800-262-0823
- Talk to your agent to apply — find one in the Yellow Pages or visit bluecrossmn.com and select “find an agent”

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Words to know

allowed amount

the amount a participating provider has agreed to accept as payment in full

coinsurance

the percentage of covered health care costs that you pay after reaching your deductible

deductible

the amount you pay for covered health care services each year before the health plan begins to pay for covered medical services

formulary

the list of generic and brand-name drugs covered by your health plan

health savings account (HSA)

money you set aside in a tax-free savings account to help you pay for health care services; like a savings or checking account from a bank

lifetime maximum

the maximum amount a health plan agrees to pay on your behalf for covered services over your lifetime

monthly rate

the amount you pay each month for your health plan

out-of-pocket maximum

the most you will pay toward covered health care services in deductible and coinsurance in a calendar year

preventive care

physicals, immunizations and cancer screenings

retail health clinics

clinics often located in major retail stores and pharmacies that offer convenient and affordable treatment for many common illnesses

Other Blue Cross plans for you or your family

*Simply Blue*SM — An affordable health plan with all the essential benefits you need and none of what you don't

*Personal Blue*SM — Flexible health plans for families and individuals to match your budget, lifestyle and stage of life

InstaCare — A temporary health plan when you need coverage right away. It provides 30-, 60- or 90-day coverage for a long list of medical and hospital services



**BlueCross BlueShield
of Minnesota**

An Independent licensee of the Blue Cross and Blue Shield Association

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