

## Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services

EPO: BRMS (Benefit & Risk Management Services)

CommonSpirit Health/DHMP Central Coast Select R

Coverage Period: 01/01/2026 – 12/31/2026


Coverage for: Individual & Family | Plan Type: EPO



The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately.

This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, Benefit & Risk Management Services at (866) 755-6974. For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms see the Glossary. You can view the Glossary at [brmsonline.com/dignityhealth](http://brmsonline.com/dignityhealth) or call (866) 755-6974 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <a href="#">deductible</a> ?	<b>Tier 1 - Dignity Health Preferred Network:</b> Individual: \$250 / Family: \$750 <b>Tier 2 – Anthem PPO Network:</b> Individual: \$500 / Family: \$1,500	Generally, you must pay all of the costs from providers up to the <a href="#">deductible</a> amount before this plan begins to pay. If you have other family members on the plan each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .
Are there services covered before you meet your <a href="#">deductible</a> ?	Yes. In Network: Physician Office Visits, <a href="#">Preventive Care</a> and Prescription Drugs.	This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost-sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
Are there other <a href="#">deductibles</a> for specific services?	No.	You don't have to meet <a href="#">deductible</a> specific services.
What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ?	The Medical <a href="#">Out-of-Pocket Limit</a> is separate from the Prescription Drug <a href="#">Out-of-Pocket Limit</a> <b>Tier 1 -Dignity Health Preferred Network:</b> Individual: \$1,000 / Family: \$3,000 (combined with Tier 2) <b>Tier 2 – Anthem PPO Network:</b> Individual: \$2,000 / Family: \$6,000 (combined with Tier 1) <b>Prescription:</b> Individual \$500 / Family \$1,000	The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.
What is not included in the <a href="#">out-of-pocket limit</a> ?	<a href="#">Copayments</a> for certain services, <a href="#">premiums</a> , <a href="#">balance-billing</a> penalties for failure to obtain charges, and health care this <a href="#">plan</a> doesn't cover.	Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .
Will you pay less if you use a <a href="#">network provider</a> ?	Yes. See <a href="http://brmsonline.com/dignityhealth">brmsonline.com/dignityhealth</a> or call (866) 755-6974 for a list of <a href="#">network providers</a> .	This <a href="#">plan</a> uses a provider <a href="#">network</a> . You will pay less if you use a <a href="#">provider</a> in the <a href="#">plan's</a> network. There is no coverage if you use an <a href="#">out-of-network provider</a> , and you might receive a bill from a <a href="#">provider</a> for the difference between the provider's charge and what your <a href="#">plan</a> pays ( <a href="#">balance billing</a> ). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services.
Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?	No.	You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .

 All [copayment](#) and [coinsurance](#) costs shown in this chart are after your [deductible](#) has been met, if a [deductible](#) applies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Dignity Health Preferred Network (You will pay the least)	Out-of- Network Provider (You will pay the most)	
If you visit a health care <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	\$25 <a href="#">copay</a> office / visit after <a href="#">deductible</a>	25% <a href="#">coinsurance</a>	None
	<a href="#">Specialist</a> visit	\$25 <a href="#">copay</a> office / visit after <a href="#">deductible</a>	25% <a href="#">coinsurance</a>	None
	<a href="#">Preventive care/screening/immunization</a>	No charge	No charge	You may have to pay for services that aren't <a href="#">preventive</a> . Ask your <a href="#">provider</a> if the services you need are <a href="#">preventive</a> . Then check what your <a href="#">plan</a> will pay for.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	\$10 <a href="#">copay</a> office / visit after <a href="#">deductible</a>	Physician's Office or Contracted Lab - 25% <a href="#">coinsurance</a>  Hospital/Freestanding Facility – Not Covered	No coverage for services provided at a Tier 2 Anthem PPO Network hospital or freestanding facility.
	Imaging (CT/PET scans, MRIs)	\$10 <a href="#">copay</a> office / visit after <a href="#">deductible</a>	Physician's Office or Contracted Lab - 25% <a href="#">coinsurance</a>  Hospital/Freestanding Facility – Not Covered	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Dignity Health Preferred Network (You will pay the least)	Out-of- Network Provider (You will pay the most)	
<b>If you need drugs to treat your illness or condition</b> More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.cap-rx.com">www.cap-rx.com</a>  For specialty prescriptions, go to <a href="http://www.dignityhealth.org/arizona/locations/stjosephs/services/pharmacy">www.dignityhealth.org/arizona/locations/stjosephs/services/pharmacy</a>	Generic drugs (Tier 1)	\$10 <a href="#">copay</a> / retail 30 day supply \$30 <a href="#">copay</a> for up to 90 day supply \$25 <a href="#">copay</a> / home delivery		<ul style="list-style-type: none"> <li>No coverage for use of out of network pharmacies.</li> <li>No charge for all diabetic supplies.</li> <li>During the year, your prescription may change Tiers. Some prescription drugs require prior authorization, compliance with step therapy and/or may be subject to quantity limits.</li> <li>Covers up to a 30-day supply (retail prescription); 1 to 90-day supply (home delivery prescription).</li> <li>Members can receive up to a 90-day supply of most maintenance medications at a CAPRx Alliance CS Network Pharmacy.</li> </ul>
	Preferred brand drugs (Tier 2)	\$20 <a href="#">copay</a> / retail 30 day supply \$60 <a href="#">copay</a> for up to a 90 day supply \$50 <a href="#">copay</a> / home delivery		
	Non-preferred brand drugs (Tier 3)	\$40 <a href="#">copay</a> / retail 30 day supply \$120 <a href="#">copay</a> for up to a 90 day supply \$100 <a href="#">copay</a> / home delivery 90 day supply		
	<a href="#">Specialty drugs</a>	\$10 <a href="#">copay</a> / Generic \$20 <a href="#">copay</a> / Preferred brand \$40 <a href="#">copay</a> / Non-Preferred brand		Covers up to a 30-day supply.  Specialty medications must be filled at the CommonSpirit Specialty Pharmacy or CommonSpirit Health owned pharmacy.  (DAW: member pays preferred or non-preferred brand copayment for brand name plus cost difference between generic and brand name when brand name is requested by member.
<b>If you have outpatient surgery</b>	Facility fee (e.g., ambulatory surgery center)	\$250 <a href="#">copay deductible</a> / visit after	Not Covered	<a href="#">Preauthorization</a> is required.
	Physician/surgeon fees	No charge	25% <a href="#">coinsurance</a>	<a href="#">Preauthorization</a> is required.
<b>If you need immediate medical attention</b>	<a href="#">Emergency room care</a>	\$100 <a href="#">copay deductible</a> / visit after	\$100 <a href="#">copay deductible</a> / visit after Tier 1	Copay waived if admitted to the Hospital.
	<a href="#">Emergency medical transportation</a>	\$100 <a href="#">copay deductible</a> / trip after	\$100 <a href="#">copay deductible</a> / visit after Tier 1	Limited to emergent, medically necessary transportation. For emergencies only. <a href="#">Preauthorization</a> is required for air ambulances.
	<a href="#">Urgent care</a>	\$50 <a href="#">copay deductible</a> / visit after	\$50 <a href="#">copay deductible</a> / visit after Tier 1	Tier 1 benefits will apply if members seek services from an Anthem contracted Urgent Care provider.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Dignity Health Preferred Network (You will pay the least)	Out-of- Network Provider (You will pay the most)	
If you have a hospital stay	Facility fee (e.g., hospital room)	\$250 <a href="#">copay</a> / admit after <a href="#">deductible</a>	Not Covered	<a href="#">Preauthorization</a> is required.
	Physician/surgeon fees	\$25 <a href="#">copay</a> / visit after <a href="#">deductible</a>	25% <a href="#">coinsurance</a>	None
	Surgical Assistant & Anesthesiologist Fees	Surgical Assistant - No Charge Anesthesiologist – No Charge after <a href="#">deductible</a>	Surgical Assistant -No Charge Anesthesiologist – No Charge after <a href="#">deductible</a>	None
If you need mental health, behavioral health, or substance abuse services	Outpatient services	\$25 <a href="#">copay</a> / visit after <a href="#">deductible</a>	\$25 <a href="#">copay</a> / visit after <a href="#">deductible</a>	None
	Inpatient services	\$250 <a href="#">copay</a> / visit after <a href="#">deductible</a>	\$250 <a href="#">copay</a> / visit after Tier 1 <a href="#">deductible</a>	<a href="#">Preauthorization</a> is required.
If you are pregnant	Office visits	\$25 <a href="#">copay</a> / initial visit after <a href="#">deductible</a>	25% <a href="#">coinsurance</a>	<a href="#">Cost sharing</a> does not apply to certain <a href="#">preventive services</a> .
	Childbirth/delivery professional services	No Charge.	25% <a href="#">coinsurance</a>	Depending on the type of services, <a href="#">copay</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery facility services	\$250 <a href="#">copay</a> / admit after <a href="#">deductible</a>	Not Covered	<a href="#">Preauthorization</a> is required if the stay exceeds 48 hours for vaginal delivery or 96 hours for cesarean.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Dignity Health Preferred Network (You will pay the least)	Out-of- Network Provider (You will pay the most)	
<b>If you need help recovering or have other special health needs</b>	<a href="#">Home health care</a>	\$10 <a href="#">copay</a> / visit after <a href="#">deductible</a>	No Charge.	<a href="#">Preauthorization</a> is required. Limited to 250 visits/calendar year.
	<a href="#">Rehabilitation services</a>	\$10 <a href="#">copay</a> / visit after <a href="#">deductible</a>	Freestanding/Physician Office – 10% <a href="#">coinsurance</a> Facility – Not Covered	Limited to 24 visits per calendar year (all therapies combined). <a href="#">Preauthorization</a> required for Inpatient.
	<a href="#">Habilitation services</a>	\$10 <a href="#">copay</a> / visit after <a href="#">deductible</a>	Freestanding/Physician Office – 25% <a href="#">coinsurance</a> Facility – Not Covered	Limited to 24 visits per calendar year (all therapies combined). <a href="#">Preauthorization</a> required for inpatient.
	<a href="#">Skilled nursing care</a>	\$250 <a href="#">copay</a> / admit after <a href="#">deductible</a>	25% <a href="#">coinsurance</a>	Limited to 60 visits per calendar year. <a href="#">Preauthorization</a> is required.
	<a href="#">Durable medical equipment</a>	\$25 <a href="#">copay</a> / item per month (up to purchase price)	25% <a href="#">coinsurance</a>	<a href="#">Preauthorization</a> is required.
	<a href="#">Hospice services</a>	No Charge after <a href="#">deductible</a>	No Charge after Tier 1 <a href="#">deductible</a>	<a href="#">Preauthorization</a> is required.
<b>If your child needs dental or eye care</b>	Children's eye exam	Not covered	Not covered	None
	Children's glasses	Not covered	Not covered	None
	Children's dental check-up	Not covered	Not covered	None

### Excluded Services & Other Covered Services:

#### Services Your [Plan](#) Generally Does NOT Cover (Check your policy or [plan](#) document for more information and a list of any other [excluded services](#).)

- |                              |   |                     |
|------------------------------|---|---------------------|
| • Cosmetic Surgery           | • Long Term Care  | • Routine Eye Care  |
| • Dental Care (Child, Adult) | • Non-emergency care when traveling outside of the U.S. | • Routine Foot Care |
| • Hearing Aids               | • Private-Duty Nursing                                  | • Acupuncture       |
| • Weight Loss Programs       |   |                     |

#### Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your [plan](#) document.)

- |                     |                        |                     |
|---------------------|------------------------|---------------------|
| • Chiropractic Care | • Infertility Services | • Bariatric Surgery |
|---------------------|------------------------|---------------------|

**Your Rights to Continue Coverage:** There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: (866) 444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance [Marketplace](#). For more information about the [Marketplace](#), visit [www.HealthCare.gov](http://www.HealthCare.gov) or call (800) 318-2596.

**Your Grievance and Appeals Rights:** There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact:

Benefit & Risk Management Services  
P.O. Box 2140  
Folsom, CA 95673

### Does this plan provide Minimum Essential Coverage? **Yes.**

[Minimum Essential Coverage](#) generally includes [plans](#), [health insurance](#) available through the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of [Minimum Essential Coverage](#), you may not be eligible for the [premium tax credit](#).

### Does this plan meet Minimum Value Standards? **Yes.**

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).

### Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-866-755-6974.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-866-755-6974.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-866-755-6974.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-866-755-6974.

—————To see examples of how this plan might cover costs for a sample medical situation, see the next section.—————

## About these Coverage Examples:



**This is not a cost estimator.** Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). Please note these coverage examples are based on self-only coverage.

### Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$250
■ <a href="#">Specialist copayment</a>	\$25
■ Hospital (facility) <a href="#">coinsurance</a>	0%
■ Other <a href="#">coinsurance</a>	0%

#### This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)  
 Childbirth/Delivery Professional Services  
 Childbirth/Delivery Facility Services  
 Diagnostic tests (*ultrasounds and blood work*)  
 Specialist visit (*anesthesia*)

<b>Total Example Cost</b>	<b>\$12,840</b>
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#### In this example, Peg would pay:

Cost Sharing	
Deductibles	\$250
Copayments	\$600
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$60
<b>The total Peg would pay is</b>	<b>\$910</b>

### Managing Joe's type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$250
■ <a href="#">Specialist copayment</a>	\$25
■ Hospital (facility) <a href="#">copayment</a>	\$250
■ Other Tier 2 prescription drug) <a href="#">copayment</a>	\$25

#### This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)  
 Diagnostic tests (*blood work*)  
 Prescription drugs  
 Durable medical equipment (*glucose meter*)

<b>Total Example Cost</b>	<b>\$7,460</b>
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#### In this example, Joe would pay:

Cost Sharing	
Deductibles*	\$250
Copayments	\$800
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$20
<b>The total Joe would pay is</b>	<b>\$1,070</b>

### Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$250
■ <a href="#">Specialist copayment</a>	\$25
■ Emergency Room (facility) <a href="#">copayment</a>	\$75
■ Other (ambulance) <a href="#">copayment</a>	\$25

#### This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)  
 Diagnostic test (*x-ray*)  
 Durable medical equipment (*crutches*)  
 Rehabilitation services (*physical therapy*)

<b>Total Example Cost</b>	<b>\$2,010</b>
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#### In this example, Mia would pay:

Cost Sharing	
Deductibles*	\$250
Copayments	\$400
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$650</b>

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.