

South Dakota Individual Certificate of Coverage

Help understanding this document is free.

If you would like it in a different format (for example, in a larger font size), please call us at
(800) 752-5863 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*).

Help in a language other than English is also free.

Please call (800) 892-0675 (*toll-free*) to connect with us using free translation services.

Plan on the best fit.

sanfordhealthplan.com

SANFORD
HEALTH PLAN



Welcome to Sanford Health Plan

A South Dakota Insurance Company

Welcome to Sanford Health Plan. We are pleased to have you as a Member and look forward to providing you and your enrolled Dependents with Health Care Services.

In exchange for your completed application, and payment of the Premium as shown on your application, we will pay benefits of this Certificate of Coverage according to its provisions.

This is your Certificate of Coverage, which explains each feature of your coverage. This Certificate replaces any prior policies you may have had. We hope you find your Certificate easy to read and helpful in answering your health coverage questions. Your Certificate is the legal document representing your coverage so please keep it in a safe place where you can easily find it.

Individual Certificate of Coverage

Renewal Provision

Coverage under this Contract is guaranteed renewable at the discretion of the Subscriber except as permitted to be canceled, rescinded, or not renewed under applicable Law and as described in Section 2 *How Coverage Ends*. To keep the Certificate of Coverage in force, you must pay each Premium on its due date or within the grace period. We may change the Premium annually, but only if we change the Premium for all contracts of this product type.

Right to Cancel and Return Your Contract

We want you to be satisfied with this Contract. If you are not satisfied, you may cancel it within ten (10) calendar days after receiving it by mail or delivering it to us. If returned, the Contract will be considered void from the original effective date and we will refund any Premiums paid. If we have paid claims for you during this inspection period, we have the right to recover any amounts we paid.

Disclaimer

The ACA includes provisions to lower Premiums and reduce Cost Sharing for individuals with low to modest incomes through advance payment of premium tax credits and Cost Sharing reductions. Such affordability programs are available only for qualifying individuals who purchase health insurance coverage through the Federal Marketplace. Please be advised that this Contract will only qualify for these affordability programs if it is obtained and issued through the Federal Marketplace.

How to Contact Us

If you have any questions about provisions of this Certificate of Coverage, please write or call:

Sanford Health Plan
300 Cherapa Place, Suite 201
PO Box 91110
Sioux Falls, SD 57103
Phone: (877) 305-5463 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*)

Certificate of Coverage

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(800) 752-5863 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*).

Help in a language other than English is also free.

Please call (800) 892-0675 (*toll-free*) to connect with us using free translation services.

Free Help in Other Languages

This Certificate of Coverage replaces any prior Certificate of Coverage you may have had. We hope you find it easy to read and helpful in answering your health coverage questions. It is the legal document representing your coverage, so please keep it in a safe place where you can easily find it.

If you have any questions, for example, about your benefits, this document, or how Sanford Health Plan pays for your care, please call us toll-free at the number below.

For help in a language other than English, please call us toll-free at (800) 892-0675. Both oral and written translation services are available for free in at least one-hundred-fifty (150) languages.

English

This Notice has Important Information. This notice has important information about your application or coverage through Sanford Health Plan. Look for key dates in this notice. You may need to take action by certain deadlines to keep your health coverage or help with costs. You have the right to get this information and help in your language at no cost. Call 1-800-752-5863 (*toll-free*) | TTY/TDD: 1-877-652-1844 (*toll-free*). For assistance in a language other than English, call 1-800-892-0675 (*toll-free*).

Spanish

Este Aviso contiene información importante. Este aviso contiene información importante acerca de su solicitud o cobertura a través de Sanford Health Plan. Preste atención a las fechas clave que contiene este aviso. Es posible que deba tomar alguna medida antes de determinadas fechas para mantener su cobertura médica o ayuda con los costos. Usted tiene derecho a recibir esta información y ayuda en su idioma sin costo alguno. Llame al 1-800-892-0675.

German

Diese Benachrichtigung enthält wichtige Informationen. Diese Benachrichtigung enthält wichtige Informationen bezüglich Ihres Antrags auf Krankenversicherungsschutz durch Sanford Health Plan. Suchen Sie nach wichtigen Terminen in dieser Benachrichtigung. Sie könnten bis zu bestimmten Stichtagen handeln müssen, um Ihren Krankenversicherungsschutz oder Hilfe mit den Kosten zu behalten. Sie haben das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Rufen Sie an unter 1-800-892-0675.

Chinese

本通知有重要的訊息。 本通知有關於您透過 插入 Sanford Health Plan 項目的名稱 Sanford Health Plan 提交的申請或保險的重要訊息。請留意本通知內的重要日期。您可能需要在截止日期之前採取行動，以保留您的健康保險或者費用補貼。您有權利免費以您的母語得到本訊息和幫助。請撥電話 [在此插入數字 1-800-892-0675]。

Karen

တၢ်ကွဲးနီၣ်အဝဲအံၤန့ၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအရ့ၣ်တဖၣ်န့ၣ်လီၤ.တၢ်ကွဲးနီၣ်အဝဲအံၤန့ၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအရ့ၣ်တဖၣ်လၢဒီးန့ၣ်ပတံၤတီၢ်မ့တမ့ၢ်တၢ်ကျိၤဘၢနီၣ်ဖျါ Sanford Health Plan
န့ၣ်လီၤ.ယုၤကွၢ်မ့ၢ်နီၣ်မုၢ်သီအခိၣ်သ့ၣ်လၢတၢ်ကွဲးနီၣ်အံၤတက့ၢ်.ဘၣ်သ့ၣ်သ့ၣ်နကဘၣ်ဟံၣ်နီၣ်မူၤလၢမုၢ်နီၣ်မုၢ်
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ပူၤဘၣ်န့ၣ်လီၤ.ကီၢ်: 1-800-892-0675 တက့ၢ်.

Vietnamese

Thông báo này cung cấp thông tin quan trọng. Thông báo này có thông tin quan trọng bản về đơn nộp hoặc hợp đồng bảo hiểm qua chương trình Sanford Health Plan. Xin xem ngày then chốt trong thông báo này. Quý vị có thể phải thực hiện theo thông báo đúng trong thời hạn để duy trì bảo hiểm sức khỏe hoặc được trợ giúp thêm về chi phí. Quý vị có quyền được biết thông tin này và được trợ giúp bằng ngôn ngữ của mình miễn phí. Xin gọi số 1-800-892-0675.

Nepali

यो सूचनामा महत्वपूर्ण जानकारी छ । यो सूचनामा तपाईंको आवेदन वा Sanford Health Plan का माध्यमबाट प्राप्त हुने सुदवाबारे महत्वपूर्ण जानकारी छ । यो सूचनामा भएका महत्वपूर्ण दमदतहरू ख्याल गर्नुहुन्छ । तपाईंले पाइरहेको स्वास्थ्य दबमा पाइरहन वा तपाईंको खर्चको भुक्तानीमा सहायता पाउन केही समय-सीमामा काम-कारवाही गर्नुपर्ने हुनसक्छ । तपाईंले यो जानकारी र सहायता आफ्नो मातृभाषामा दनःशुल्क पाउनु तपाईंको अधिकार हो । 1-800-892-0675 मा फोन गर्नुहुन्छ ।

Serbo-Croatian

U ovom obavještenju su sadržane važne informacije. U ovom obavještenju su sadržane važne informacije o Vašoj prijavi ili

osiguranju preko Sanford Health Plan. Pogledajte nalaze li se u ovom obavještenju neki ključni datumi. Možda ćete morati poduzeti određene radnje u datom roku kako biste i dalje zadržali svoje osiguranje ili pomoć pri plaćanju. Imate pravo da ove informacije, kao i pomoć, dobijete besplatno na svom jeziku. Nazovite 1-800-892-0675.

Amharic

ይህ ማስታወቂያ አስፈላጊ መረጃ ይዟል። ይህ ማስታወቂያ ስለ ማመልከቻዎ ወይም የ Sanford Health Plan ሽፋን አስፈላጊ መረጃ አለው። በዚህ ማስታወቂያ ውስጥ ቁልፍ ቀኖችን ፈልጉ። የጤናን ሽፋንዎን ለመጠበቅና በአከፋፈል እርዳታ ለማግኘት በተውሰኑ የጊዜ ገደቦች እርምጃ መውሰድ ይገባዎት ይናል። ይህን መረጃ እንዲያገኙ እና ያለምንም ክፍያ በጽንቁቅ እርዳታ እንዲያገኙ መብት አለዎት። 1-800-892-0675 ይደውሉ።

Sudanic-Fulfulde

Anndinoore nde'e e woodi habaru kimminiidum. TAAnndinoore nde'e e woodi habaru kimminiidum dow dereewol tefal maada maada malla ko yaali dow laawol Sanford Health Plan. Maanda nyalaade lewru nder anndinoore nde'e. Teema a gideteedo ngada goddum bako godde nyalaade ngam ko yaali njamu maada malla walla dow njobdi. Hakke maada annda habaru ngu'u e walliinde nder wolde maada naa maa a yobii. Noddu 1-800-892-0675.

Tagalog

Ang Paunawa na ito ay naglalaman ng mahalagang impormasyon. Ang paunawa na ito ay naglalaman ng mahalagang impormasyon tungkol sa iyong aplikasyon o pagsakop sa pamamagitan ng Sanford Health Plan. Tingnan ang mga mahalagang petsa dito sa paunawa. Maaring mangailangan ka na magsagawa ng hakbang sa ilang mga itinakdang panahon upang mapanatili ang iyong pagsakop sa kalusugan o tulong na walang gastos. May karapatan ka na makakuha ng ganitong impormasyon at tulong sa iyong wika ng walang gastos. Tumawag sa 1-800-892-0675.

Korean

본 통지서에는 중요한 정보가 들어 있습니다. 즉 이 통지서는 귀하의 신청에 관하여 그리고 Sanford Health Plan 을 통한 커버리지에 관한 정보를 포함하고 있습니다.

본 통지서에서 핵심이 되는 날짜들을 찾으십시오. 귀하는 귀하의 건강 커버리지를 계속 유지하거나 비용을 절감하기 위해서 일정한 마감일까지 조치를 취해야 할 필요가 있을 수 있습니다. 귀하는 이러한 정보와 도움을 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 1-800-892-0675 로 전화하십시오.

Russian

Настоящее уведомление содержит важную информацию. Это уведомление содержит важную информацию о вашем заявлении или страховом покрытии через Sanford Health Plan. Посмотрите на ключевые даты в настоящем уведомлении. Вам, возможно, потребуется принять меры к определенным предельным срокам для сохранения страхового покрытия или помощи с расходами. Вы имеете право на бесплатное получение этой информации и помощь на вашем языке. Звоните по телефону 1-800-892-0675.

Cushite

Beeksisni kun odeeffannoo barbaachisaa qaba. Beeksisti kun sagantaa yookan karaa Sanford Health Plan tiin tajaajila keessan ilaalchisee odeeffannoo barbaachisaa qaba. Guyyaawwan murteessaa ta'an beeksisa kana keessatti ilaalaa. Tarii kaffaltiidhaan deeggaramuuf yookan tajaajila fayyaa keessaniif guyyaa dhumaa irratti wanti raawwattan jiraachuu danda'a. Kaffaltii irraa bilisa haala ta'een afaan keessaniin odeeffannoo argachuu fi deeggarsa argachuuf mirga ni qabaattu. Lakkoofsa bilbilaa 1-800-892-0675 tii bilbilaa.

Ukrainian

Це повідомлення містить важливу інформацію. Це повідомлення містить важливу інформацію про Ваше звернення щодо страхувального покриття через Sanford Health Plan. Зверніть увагу на ключові дати, вказані у цьому повідомленні. Існує імовірність того, що Вам треба буде здійснити певні кроки у конкретні кінцеві строки для того, щоб зберегти Ваше медичне страхування або отримати фінансову допомогу. У Вас є право на отримання цієї інформації та допомоги безкоштовно на Вашій рідній мові. Дзвоніть за номером телефону 1-800-892-0675.

French

Cet avis a dimportantes informations. Cet avis a dimportantes informations sur votre demande ou la couverture par l'intermédiaire de Sanford Health Plan. Rechercher les dates clés dans le présent avis. Vous devrez peut-être prendre des mesures par certains délais pour maintenir votre couverture de santé ou daide avec les coûts. Vous avez le droit dobtenir cette information et de l'aide dans votre langue à aucun coût. Appelez 1-800-892-0675.

Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice of Privacy Practices (“Notice”) applies to Sanford Health Plan. If you have questions about this Notice, please contact Customer Service at (800) 752-5863 (*toll-free*) | TTY/TDD (877) 652-1844 (*toll-free*).

This Notice describes how we will use and disclose your health information. The terms of this Notice apply to all health information generated or received by Sanford Health Plan, whether recorded in our business records, your medical record, billing invoices, paper forms, or in other ways.

HOW WE USE AND DISCLOSE YOUR HEALTH INFORMATION

We use or disclose your health information as follows (in Minnesota we will obtain your prior consent):

- **Help manage the health care treatment you receive:** We can use your health information and share it with professionals who are treating you. For example, a doctor may send us information about your diagnosis and treatment plan so we can arrange additional services.
- **Pay for your health services:** We can use and disclose your health information as we pay for your health services. For example, we share information about you with your Primary Care Physician to coordinate payment for those services.
- **For our health care operations:** We may use and share your health information for our day-to-day operations, to improve our services, and contact you when necessary. For example, we use health information about you to develop better services for you. We are not allowed to use genetic information to decide whether we will give you coverage and the price of that coverage. This does not apply to long-term care plans.
- **Administer your plan:** We may disclose your health information to your health plan sponsor for plan administration. For example, your company contracts with us to provide a health plan, and we provide your company with certain statistics to explain the Premiums we charge.

We may share your health information in the following situations unless you tell us otherwise. If you are not able to tell us your preference, we may go ahead and share your information if we believe it is in your best interest or needed to lessen a serious and imminent threat to health or safety:

- **Friends and Family:** We may disclose to your family and close personal friends any health information directly related to that person’s involvement in payment for your care.
- **Disaster Relief:** We may disclose your health information to disaster relief organizations in an emergency.

We may also use and share your health information for other reasons without your prior consent:

- **When required by law:** We will share information about you if State or federal law require it, including with the Department of Health and Human Services if it wants to see that we’re complying with federal privacy law.
- **For public health and safety:** We can share information in certain situations to help prevent disease, assist with product recalls, report adverse reactions to medications, and to prevent or reduce a serious threat to anyone’s health or safety.
- **Organ and tissue donation:** We can share information about you with organ procurement organizations.
- **Medical examiner or funeral director:** We can share information with a coroner, medical examiner, or funeral director when an individual dies.
- **Workers’ compensation and other government requests:** We can share information to employers for workers’ compensation claims. Information may also be shared with health oversight agencies when authorized by law, and other special government functions such as military, national security and presidential protective services.
- **Law enforcement:** We may share information for law enforcement purposes. This includes sharing information to help locate a suspect, fugitive, missing person or witness.
- **Lawsuits and legal actions:** We may share information about you in response to a court or administrative order, or in response to a subpoena.
- **Research:** We can use or share your information for certain research projects that have been evaluated and approved through a process that considers a Member’s need for privacy.

We may contact you in the following situations:

- **Treatment options:** To provide information about treatment alternatives or other health related benefits or Sanford Health Plan services that may be of interest to you.
- **Fundraising:** We may contact you about fundraising activities, but you can tell us not to contact you again.

YOUR RIGHTS THAT APPLY TO YOUR HEALTH INFORMATION

When it comes to your health information, you have certain rights.

- **Get a copy of your health and claims records:** You can ask to see or get a paper or electronic copy of your health and claims records and other health information we have about you. We will provide a copy or summary to you usually within thirty (30) calendar days of your request. We may charge a reasonable, cost-based fee.
- **Ask us to correct your health and claims records:** You can ask us to correct health information that you think is incorrect or incomplete. We may deny your request, but we'll tell you why in writing. These requests should be submitted in writing to the contact listed below.
- **Request confidential communications:** You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address. Reasonable requests will be approved. We must say "yes" if you tell us you would be in danger if we do not.
- **Ask us to limit what we use or share:** You can ask us to restrict how we share your health information for treatment, payment, or our operations. We are not required to agree to your request, and we may say "no" if it would affect your care. If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.
- **Get a list of those with whom we've shared information:** You can ask for a list (accounting) of the times we've shared your health information for six (6) years prior, who we've shared it with, and why. We will include all disclosures except for those about your treatment, payment, and our health care operations, and certain other disclosures (such as those you asked us to make). We will provide one (1) accounting a year for free, but we will charge a reasonable cost-based fee if you ask for another within twelve (12) months.
- **Get a copy of this privacy Notice:** You can ask for a paper copy of this Notice at any time, even if you have agreed to receive it electronically. We will provide you with a paper copy promptly.
- **Choose someone to act for you:** If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information. We will make sure the person has this authority and can act for you before we take any action.
- **File a complaint if you feel your rights are violated:** You can complain to the U.S. Department of Health and Human Services Office for Civil Rights if you feel we have violated your rights. We can provide you with their address. You can also file a complaint with us by using the contact information below. We will not retaliate against you for filing a complaint.

CONTACT INFORMATION

Sanford Health Plan
Customer Service PO Box 91110
Sioux Falls, SD 57109-1110
(800) 752-5863 (toll-free) | TTY/TDD (877) 652-1844 (toll-free)

OUR RESPONSIBILITIES REGARDING YOUR HEALTH INFORMATION

- We are required by law to maintain the privacy and security of your health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your health information.
- We must follow the duties and privacy practices described in this Notice and offer to give you a copy.
- We will not use, share, or sell your information for marketing or any purpose other than as described in this Notice unless you tell us to in writing. You may change your mind at any time by letting us know in writing.

CHANGES TO THIS NOTICE

We may change the terms of this Notice, and the changes will apply to all information we have about you. The new Notice will be available upon request and online at www.sanfordhealthplan.com.

EFFECTIVE DATE

This Notice of Privacy Practices is effective January 1, 2020.

NOTICE OF ORGANIZED HEALTH CARE ARRANGEMENT FOR SANFORD HEALTH PLAN

Sanford Health Plan and Sanford Health Plan of Minnesota have agreed, as permitted by law, to share your health information among themselves for the purposes of treatment, payment, or health care operations. This notice is being provided to you as a supplement to the above Notice of Privacy Practices.

Introduction

How to Contact Sanford Health Plan

Sanford Health Plan is ready to help Monday through Friday, 8:00 a.m. to 5:00 p.m. CST and a confidential voicemail is available after hours and on weekends. All inquiries will be returned within one business day

Physical Address	Mailing Address
Sanford Health Plan 300 Cherapa Place, Suite 201 Sioux Falls, SD 57103	Sanford Health Plan PO Box 91110 Sioux Falls, SD 57109-1110
Customer Service	Certification
(800) 752-5863 (<i>toll-free</i>) or TTY/TDD: (877) 652-1844 (<i>toll-free</i>)	The Hospital, your Provider, or you should call (<i>toll-free</i>): (800) 805-7938 or TTY/TDD: (877) 652-1844 (<i>toll-free</i>)
Sanford Health Plan Provider/Practitioner Locator	Appeals and Complaints Department
If you need to locate a Provider in your area, call (<i>toll-free</i>): (800) 752-5863(<i>toll-free</i>) or TTY/TDD: (877) 652-1844 (<i>toll-free</i>)	(877) 652-8544(<i>toll-free</i>) or TTY/TDD: (877) 652-1844 (<i>toll-free</i>)
Website	Translation Services (<i>free to Members</i>)
www.sanfordhealthplan.com	(800) 892-0675 (<i>toll-free</i>)

Member Rights

Sanford Health Plan is committed to treating Members in a manner that respects their rights. In this regard, Sanford Health Plan recognizes that each Member (or the Member's parent, legal guardian or other representative if the Member is a minor or incompetent) has the right to the following:

1. Members have the right to receive impartial access to treatment and/or accommodations that are available or medically indicated, regardless of race; ethnicity; national origin; gender; age; sexual orientation; medical condition, including current or past history of a mental health and substance use disorder; disability; religious beliefs; or sources of payment for care.
2. Members have the right to considerate, respectful treatment at all times and under all circumstances with recognition of their personal dignity.
3. Members have the right to be interviewed and examined in surroundings designed to assure reasonable visual and auditory privacy.
4. Members have the right, but are not required, to select a Primary Care Physician (PCP) of their choice. If a Member is dissatisfied for any reason with the PCP initially chosen, he/she has the right to choose another PCP.
5. Members have the right to expect communications and other records pertaining to their care, including the source of payment for treatment, to be treated as confidential in accordance with the guidelines established in applicable South Dakota law.
6. Members have the right to know the identity and professional status of individuals providing service to them and to know which Physician or other Provider is primarily responsible for their individual care. Members also have the right to receive information about our clinical guidelines and protocols.
7. Members have the right to a candid discussion with the Providers responsible for coordinating appropriate or Medically Necessary treatment options for their conditions in a way that is understandable, regardless of cost or benefit coverage for those treatment options. Members also have the right to participate with Providers in decision making regarding their treatment plan.
8. Members have the right to give informed consent before the start of any procedure or treatment.
9. When Members do not speak or understand the predominant language of the community, Sanford Health Plan will make its best efforts to access an interpreter. Sanford Health Plan has the responsibility to make reasonable efforts to access a treatment clinician that is able to communicate with the Member.
10. Members have the right to receive printed materials that describe important information about their coverage in a format that is easy to understand and easy to read.
11. Members have the right to a clear grievance and Appeal process for complaints and comments and to have their issues resolved in a timely manner.
12. Members have the right to Appeal any decision regarding Medical Necessity made by Sanford Health Plan.
13. Members have the right to terminate from coverage, in accordance with Sanford Health Plan guidelines.
14. Members have the right to make recommendations regarding the organization's Member's rights and responsibilities policies.
15. Members have the right to receive information about Sanford Health Plan, its services, its Practitioners and Providers, and Members' rights and responsibilities.

Member Responsibilities

Each Member (or the Member's parent, legal guardian or other representative if the Member is a minor or incompetent) is responsible for cooperating with those providing Health Care Services to the Member, and shall have the following responsibilities:

1. Members have the responsibility to provide, to the best of their knowledge, accurate and complete information about present complaints, past illnesses, Hospitalizations, medications, and other matters relating to their health. They have the responsibility to report unexpected changes in their condition to the responsible Practitioner. Members are responsible for verbalizing whether they clearly comprehend a contemplated course of action and what is expected of them.
2. Members are responsible for carrying their ID cards with them and for having Member identification numbers available when telephoning or contacting Sanford Health Plan.
3. Members are responsible for following all access and availability procedures.
4. Members are responsible for seeking emergency care at In-Network Participating Practitioner and/or Providers whenever possible. In the event an ambulance is used, the Member must direct the ambulance to the nearest In-Network Participating Practitioner and/or Provider unless the condition is so severe that the Member must use the nearest emergency Facility. State law requires that the ambulance transport the Member to the Hospital of his/her choice unless that transport puts the Member at serious risk.
5. Members are responsible for notifying Sanford Health Plan of an emergency admission no later than forty-eight (48) hours after becoming physically or mentally able to give notice or as soon as reasonably possible.
6. Members are responsible for keeping appointments and, when they are unable to do so for any reason, for notifying the responsible Provider or the Hospital.
7. Members are responsible for following their treatment plan as recommended by the Practitioner primarily responsible for their care. Members are also responsible for participating in developing mutually agreed-upon treatment goals, and to the degree possible, for understanding their health conditions, including mental health and/or substance use disorders.
8. Members are responsible for their actions if they refuse treatment or do not follow the Practitioner's instructions.
9. Members are responsible for notifying Sanford Health Plan within thirty (30) calendar days at (800) 752-5863 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*) of name, address, or telephone number changes.
10. Members are responsible for notifying Sanford Health Plan of any changes of eligibility that may affect their membership or access to services.

Authorized Certificate of Coverage Changes

No agent, employee, or representative of Sanford Health Plan is authorized to vary, add to, change, modify, waive or alter any of the provisions of this Certificate of Coverage. This Certificate cannot be changed except by:

1. Written amendment signed by one of our authorized officers and accepted by you as shown by payment of the Premium. Your acceptance of the amendment must be in writing if the amendment:
 - a. reduces or eliminates benefits; or
 - b. increases benefits, and is accompanied by an increase in Premium during the Certificate term, unless the increase in benefits is required by law.
2. Written amendment in which we exercise a right specifically reserved under this Certificate that is signed by one of our authorized officers, mailed to you, and accepted by you as shown by payment of the Premium.
3. If we receive written notification that your marital or dependent status has changed and we receive an appropriate Premium in advance, then we will change your coverage to the correct coverage type. See *Types of Coverage* explained in Section 1.

Governing Law

To the extent not superseded by federal law, this Certificate will be construed in accordance with and governed by the laws and rules of the United States of America and the state of South Dakota.

Any action brought because of a claim under this Certificate will be litigated in the state or federal courts located in the state of South Dakota and in no other.

Time Limit on Certain Defense; Incontestability

After two (2) years from the date of issue of this Certificate, no misstatements made by the applicant in the application, except fraudulent misstatements, may be used to void the Contract or Certificate, or to deny claims.

Only an act, practice, or omission that constitutes fraud or intentional misrepresentations of material fact, made by any applicant for health insurance coverage, may be used to void this Contract and deny claims.

Physical Examination

We may have, at our own expense, a Physician examine you when and as often as we may reasonably require during the pendency of a claim under this Contract.

Legal Action

You may not start legal action regarding a claim that we have denied under this Contract unless you have exhausted the Appeal process described in Section 9, *Problem Resolution*.

No legal or equitable action may be brought against us because of a claim under this Contract, or because of the alleged breach of this Contract, more than three (3) years after written proof of loss is required to be furnished.

Disclosure Statement

You hereby expressly acknowledge your notice that this Certificate of Coverage is a contract solely between you, the Member, and us, Sanford Health Plan.

You, the Member, further acknowledge and agree that you have purchased this Certificate based upon representations by our authorized representatives or us.

No other person, entity, or organization other than us is accountable or liable to you for any obligations created under this Certificate.

This subsection does not create any additional obligations whatsoever on our part other than those obligations created under the provisions of this Certificate.

Conformity with State and Federal Statutes

Any provision in this Certificate not in conformity with South Dakota laws or rules may not be rendered invalid but must be construed and applied as if it were in full compliance with any applicable Law. If, on the effective date of this Certificate, any provision is in conflict with federal statutes, or the statutes of the State of South Dakota, then this Certificate shall be considered amended to conform to the minimum requirements of the applicable Law.

Service Area

The Service Area for **NORTH DAKOTA** includes all counties in the state.

The Service Area for **SOUTH DAKOTA** includes all counties in the state.

The Service Area for **IOWA** includes the following counties:

Clay	Emmet	Lyon	Osceola	Plymouth
Dickinson	Ida	O'Brien	Sioux	Woodbury

The Service Area for **MINNESOTA** includes the following counties:

Becker	Clay	Jackson	Lyon	Murray	Pipestone	Rock	Traverse
Beltrami	Clearwater	Kandiyohi	Mahnomen	Nicollet	Polk	Roseau	Wilkin
Big Stone	Cottonwood	Kittson	Marshall	Nobles	Pope	Sibley	Watsonwan
Blue Earth	Douglas	Lac Qui Parle	Martin	Norman	Red Lake	Stearns	Yellow Medicine
Brown	Grant	Lake of the Woods	McLeod	Otter Tail	Redwood	Stevens	
Chippewa	Hubbard	Lincoln	Meeker	Pennington	Renville	Swift	

Medical Terminology

All medical terminology referenced in this Certificate of Coverage follows the industry standard definitions of the American Medical Association.

Definitions

Capitalized terms are defined in Section 10 of the Certificate.

Fraud

Fraud is a crime that can be prosecuted. Any Member who willfully and knowingly engages in an activity intended to defraud Sanford Health Plan is guilty of fraud.

As a Member, you must:

1. File accurate claims. If someone else files claims on your behalf, you should review the form before you sign it;
2. Review the Explanation of Benefits (EOB) form when it is returned to you. Make certain that benefits have been paid correctly based on your knowledge of the expenses incurred and the services rendered;
3. Never allow another person to seek medical treatment under your identity. If your ID card is lost, you should report the loss to Sanford Health Plan immediately; and
4. Provide complete and accurate information on claim forms and any other forms. Answer all questions to the best of your knowledge.

If you are uncertain or concerned about any information or charge that appears on a bill, form, or Explanation of Benefits; or if you know of, or suspect, any illegal activity, call Sanford Health Plan at (800) 752-5863 (*toll-free*). All calls are strictly confidential.

Clerical Error

Any clerical error by Sanford Health Plan or an agent of Sanford Health Plan in keeping pertinent records or a delay in making any changes will not invalidate coverage otherwise validly in force or continue coverage validly terminated. An equitable adjustment will be made when the error or delay is discovered.

If, due to a clerical error, an overpayment occurs in a reimbursement amount, Sanford Health Plan retains a contractual right to the overpayment. The person or institution receiving the overpayment will be required to return the incorrect amount of money.

Value-Added Program

Sanford Health Plan may, from time to time, offer health or fitness related programs to our Members through which Members may access discounted rates from certain vendors for products and services available to the general public. Products and services available under any such program are Non-Covered Services. Any such programs are not guaranteed and could be discontinued at any time. Sanford Health Plan does not endorse any vendor, product or service associated with such a program, and the vendors are solely responsible for the products and services you receive.

Limitation Period for Filing Suit

Unless specifically provided otherwise in this Contract, as well as any attachments or amendments appended hereto, or pursuant to applicable Law, a suit for benefits under this Contract must be brought within three (3) years after the date of a final decision on the claim, in accordance with the claims procedures outlined in this Certificate. See Sections 3 and 9 of this Certificate for applicable timelines, and details, on appealing an Adverse Determination.

Notice of Non-Discrimination

In compliance with Law, Sanford Health Plan shall not discriminate on the basis of age, gender, gender identity, sex, color, race, national origin, disability, marital status, sexual preference, religious affiliation, public assistance status, a person's status as a victim of domestic violence or whether an advance directive has been executed. Sanford Health Plan shall not, with respect to any person and based upon any health factor or the results of genetic screening or testing (a) refuse to issue or renew a Certificate of Coverage, (b) terminate coverage, (c) limit benefits, or (d) charge a different Premium.

Sanford Health Plan:

1. Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - a. Qualified sign language interpreters
 - b. Written information in other formats (large print, audio, accessible electronic formats, other formats)
2. Provides free language services to people whose primary language is not English, such as:
 - a. Qualified interpreters
 - b. Information written in other languages

If you need these services, contact our Civil Rights Coordinator.

If you believe that Sanford Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Civil Rights Coordinator by calling (800) 752-5863 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*) or writing PO Box 91110, Sioux Falls, SD 57109-1110. You can file a grievance in person or by mail or phone. If you need

help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Section 1. Enrollment

Types of Coverage

Important Information: The terms of your coverage are defined in the documents that make up your Contract. Your Contract includes this Certificate of Coverage (including all attachments, amendments, and addenda), the enrollment letter, the application(s) submitted by the Subscriber, the Summary of Benefits and Coverage, and the Pharmacy Handbook. All of the statements made by you in any of these materials will be treated by us as representations, not warranties.

There are two different types of coverage you may hold under this Contract:

1. *Single* coverage means the Member is the only one covered. This may include child-only contracts.
2. *Family* coverage means the Member, his or her Spouse and/or each of his or her Dependent Children has coverage. Each Eligible Dependent must be listed on the Member's application for coverage or added later as a new covered person.

Premiums

You must pay us in advance each calendar month for the duration of your Contract. The payment must meet the Premium requirements for that month.

Grace Period.

- For coverage that was purchased outside of the Federal Marketplace and coverage that was purchased through the Federal Marketplace and the Subscriber that does not receive federal advance payments of the premium tax credits: A grace period of thirty-one (31) calendar days, following the Premium payment due date will be allowed for the payment of any Premium after the first Premium is paid. During the grace period this Contract shall continue in force. If the Premium is not paid on or before the end of the grace period, coverage will terminate at the end of the last day of the grace period. We may, however, deduct the applicable Premium amount from any claims we pay during the grace period.
- For coverage that was purchased through the Federal Marketplace and the Subscriber receives federal advance payments of the premium tax credits: A grace period of three (3) months, following the Premium payment due date will be allowed for the payment of any Premium after the first Premium is paid. During this three (3) month grace period, we will pay claims for Covered Services rendered during the first month of the grace period and may pend claims for Covered Services rendered in the second and third months of the grace period. We will notify the Federal Marketplace of the non-payment of Premium and will notify Providers of the possibility for denied claims during the second (2) and third (3) months of the grace period. If the full Premium for the all three (3) months is not paid on or before the end of the grace period, coverage will terminate at the end of the last day of the first month of the three (3) month grace period. However, we may deduct the applicable Premium amount from any claims we pay during the grace period.

Reinstatement. If you fail to pay any monthly Premium within the thirty-one (31) day grace period (three (3) months for Members who receive federal advance payment of the premium tax credits), your coverage will lapse. You may request reinstatement of this Certificate of Coverage by submitting an application for reinstatement to us. We may approve or disapprove your application. You will be notified by us in writing of our decision on your application for reinstatement. If we do not notify you of our disapproval within forty-five (45) calendar days of the date you submitted your application for reinstatement to us, this Certificate will be reinstated upon the forty-fifth day following our receipt of your application for reinstatement. If reinstated, this Certificate will only cover claims for Covered Services that occurred after the date of reinstatement.

Premium Changes. We have the right to change your Premium on an annual basis upon our implementation of a new table of rates or an increase in your age. If we do change your Premium, we will notify you at least sixty (60) calendar days before the change.

Term and Renewal

This Certificate will be in force from the effective date, until the following December 31st. The Certificate of Coverage is subject to all terms, conditions, exclusions, and limitations set forth in the Contract including the requirement that Premium be paid within the grace period. If your Certificate of Coverage is not terminated by you or by us, we will automatically renew your Certificate of Coverage for the next Calendar Year. See Section 2, *How Coverage Ends* for information on how the Certificate of Coverage may be terminated by your or by us.

When Coverage Begins

This Certificate becomes effective at 12:00 a.m. (midnight), Central Time, on the date shown on your application and your enrollment letter.

Coverage begins on the day this Certificate goes into effect unless you are in the Hospital or other inpatient Facility. In that case, your coverage begins the day after your discharge from the Hospital or other inpatient Facility. A pre-existing condition waiting period may not be applied to any Member.

Before you receive benefits under this Contract, you have agreed in your application to release any necessary information requested about you so we can process claims for benefits. You must allow any health care Provider, Facility, or their employee, to give us information about a treatment or condition. If we do not receive the information requested, or if you withhold information in your application, your benefits may be denied.

FRAUD WARNING: An act, practice, or omission that constitutes fraud or intentional misrepresentations of material fact, made by any applicant for health insurance coverage may be used to void the application for coverage or this Certificate of Coverage, and to deny claims.

Eligibility Requirements

Subscriber Eligibility

To be eligible for coverage the Subscriber must be enrolled in coverage through the Federal Marketplace or meet the eligibility requirements listed below at the time of application and throughout the Policy Year.

1. Maintain a physical place of residence in South Dakota, and may be required to submit documents to prove South Dakota residency;
2. Complete an application form;
3. Agree to abide by the terms of this Contract; and
4. Submit proof satisfactory to us to confirm Dependent eligibility.

Dependent Eligibility

The following Dependents are eligible for coverage ("Dependent coverage"):

Spouse - The Subscriber's Spouse is always eligible for coverage, subject to the limitations set forth below.

Dependent Child - To be eligible for coverage, a Dependent Child must meet the following requirements:

1. Be your natural child, a child placed with you for adoption, a legally adopted child, a child for whom you have legal guardianship, a stepchild, or foster child; and
2. Be one of the following:
 - a. Be under twenty-six (26) years old; or
 - b. Remain a full-time student upon attaining the age of twenty-six (26) but not exceeding the age of twenty-nine (29) and enrolled in and attending an accredited college, university, or trade or secondary school on a full-time basis (Coverage extends through the end of the month the Dependent Child turns thirty (30) years old. For the purposes of the Plan, the school's definition of "full-time student" shall be used to determine if a Dependent is a full time student; or
 - c. Be incapable of self-sustaining employment by reason of a disabling condition and chiefly dependent upon the Subscriber for support and maintenance. If Sanford Health Plan so requests, the Subscriber must provide proof of the child's disability within thirty-one (31) days of the Sanford Health Plan's request.

Coverage will continue to the end of the month in which the Dependent Child reaches the limiting age. Coverage does not include the Dependent Child's spouse or the child of a Dependent Child (the Subscriber's grandchild) unless that grandchild meets other coverage criteria established under State law or this Certificate of Coverage. Until the Dependent Child attains the age of twenty-six (26), the Dependent Child's marital status, financial dependency, residency, student status or employment status will not be considered in determining eligibility for initial or continued coverage.

How and When to Enroll Dependents

How to Enroll Dependents

Dependents may be enrolled during the annual Open Enrollment Period or during a Special Enrollment Period.

1. For coverage purchased on the Federal Marketplace, the Subscriber must contact the Federal Marketplace during the Special Enrollment Period.
2. For coverage purchased outside the Federal Marketplace, the Subscriber must:
 - a. Submit a request to us before any applicable enrollment deadline;
 - b. Agree to pay the required additional Premium, if any; and
 - c. Complete and sign an enrollment application form requesting coverage for the Dependent(s).

You will be provided with prior written notice of the annual Open Enrollment Period each Calendar Year.

When Dependent Coverage Begins

1. General

If a Dependent is enrolled at the same time the Subscriber enrolls for coverage, the Dependent's effective date of coverage will be the same as the Subscriber's effective date.

2. Delayed Effective Date of Dependent Coverage

Except for newborns (see *Coverage from Birth* section below), if, on the date Dependent coverage becomes effective, the Dependent is hospitalized and covered under an extension of health benefits under any prior coverage exists, Sanford Health Plan coordinates benefits. For more details on coordination of benefits, see Section 7.

3. Coverage from Birth

If a Subscriber has a child through birth, the child will become a covered Dependent from the moment of birth, provided that coverage is applied for the child and the required Premium payments are made within sixty (60) calendar days from the date of birth.

Dependent coverage is available for the Spouse if the Spouse is otherwise eligible for coverage, and/or any other Eligible Dependents, provided that coverage is applied for the Spouse and, if applicable, any other Eligible Dependents, within sixty (60) calendar days of birth and all required Premiums are paid.

IMPORTANT INFORMATION: Notification of birth or adoption is required within sixty (60) calendar days to establish coverage.

For Subscribers who bought coverage directly through the Federal Marketplace:

- a. You must report the birth of the child to both Sanford Health Plan and the Federal Marketplace. You may report changes to the Federal Marketplace by logging in to your account at www.healthcare.gov or by calling the Federal Marketplace Call Center at (800) 318-2596 (toll-free) | TTY/TDD: (855) 889-4325.
- b. Sanford Health Plan must receive payment for the additional Premium, if any, within thirty (30) calendar days from the date we receive the new Dependent's enrollment transaction from the Federal Marketplace.

4. Adoption or Children Placed for Adoption and Children Subject to a Legal Guardianship Order

If a Subscriber, adopts a child, has a child placed with him or her as a Dependent, or is appointed the legal guardian of a child, that child will become covered as a Dependent from the date specified within a court order or other legal adoption papers provided that coverage is applied for the child and any required Premium payment is made within sixty (60) calendar days from such date. Coverage includes any necessary care and treatment of medical conditions existing prior to the date specified within the court order or other legal adoption papers that granted initial eligibility.

Dependent coverage is available for the Spouse if the Spouse is otherwise eligible for coverage, provided that coverage is applied for the Spouse and, if applicable, any other eligible Members, within sixty (60) calendar days from the date specified within the court order or other legal adoption papers that granted initial eligibility. For Subscribers who bought coverage directly through the Federal Marketplace:

- a. You must report the birth of the child to both Sanford Health Plan and the Federal Marketplace. You may report changes to the Federal Marketplace by logging in to your account at www.healthcare.gov or by calling the Federal Marketplace Call Center at (800) 318-2596 (toll-free) | TTY/TDD: (855) 889-4325.
- b. Sanford Health Plan must receive payment for the additional Premium, if any, within thirty (30) calendar days from the date we receive the new Dependent's enrollment transaction from the Federal Marketplace.

5. New Spouses and Dependent Children

If a Subscriber gets married, his or her Spouse and any of the Spouse's Dependent Children who become Eligible Dependents of the Subscriber as a result of the marriage may become covered provided that coverage is applied for and any required Premium payment is made within sixty (60) calendar days of the marriage. The effective date of coverage under the Certificate of Coverage will be the first day of the month following Sanford Health Plan's receipt of the request for enrollment. If the Spouse and/or Dependent Children are not added to this Contract within sixty (60) calendar days of the date of marriage, any individuals not already covered by the Contract must wait until the next annual Open Enrollment Period to be eligible to enroll in coverage.

For Subscribers who bought coverage directly through the Federal Marketplace:

- a. You must report the marriage to both Sanford Health Plan and the Federal Marketplace. You may report changes to the Federal Marketplace by logging in to your account at www.healthcare.gov or by calling the Call Center at (800) 318-2596 (toll-free) | TTY/TDD: (855) 889-4325.
- b. Sanford Health Plan must receive payment for the additional Premium, if any, within thirty (30) calendar days from the date we receive the new Dependent's enrollment transaction from the Federal Marketplace.
- c. The effective date of coverage under the Certificate of Coverage will be the first day of the month after we receive the new Dependent's enrollment transaction from the Federal Marketplace.

Per federal laws and regulations, the sexual orientation and gender of Spouses is not a factor in the issuance of coverage. Sanford Health Plan, in compliance with regulations for all insurance carriers in all states, offers coverage to same-sex Spouses in the same manner it offers coverage to opposite-sex Spouses.

Noncustodial Subscribers

Whenever a Dependent Child receives coverage under this Contract through the noncustodial parent who is the Subscriber, Sanford Health Plan shall do all of the following:

1. Provide necessary information to the custodial parent in order for the Dependent Child to receive benefits under this Contract;
2. Allow the custodial parent or Provider, with the custodial parent's approval, to submit claims for Covered Services without approval from the noncustodial parent; and
3. Make payment on the submitted claims directly to the custodial parent or Provider.

Qualified Medical Child Support Order (QMCSO) Provision

A QMCSO is an order that creates the right of a Subscriber's Dependent Child to be enrolled under this Contract. If a QMCSO is issued, Sanford Health Plan will provide benefits to the Dependent Child(ren) of a Subscriber regardless of whether the Dependent Child(ren) resides with the Subscriber. In the event that a QMCSO is issued, each named Dependent Child(ren) will be covered by this Certificate of Coverage in the same manner as any other Dependent Child(ren).

When Sanford Health Plan is in receipt of a medical child support order, Sanford Health Plan will notify the Subscriber and each Dependent Child named in the order that it is in receipt of such order, whether or not it is a QMCSO. A QMCSO must contain the following information:

1. Name and last known address of the Subscriber and the Dependent Child(ren) to be covered.
2. A description of the type of coverage to be provided to each named Dependent Child.
3. The applicable period determined by the order.
4. The plan design determined by the QMCSO.

In order for the Dependent Child's coverage to become effective as of the date of the court order issued, the Subscriber must apply for coverage as defined previously in this section. Each named Dependent Child may designate another person, such as a custodial guardian, to receive copies of explanation of benefits, checks, and other materials.

Exceptions. If a court has ordered a Subscriber to provide health coverage for a Dependent Child, the above requirements in the *Dependent Child*, Sections 1-3 above, need not be satisfied, but the Subscriber must still request enrollment on behalf of the Dependent Child as set forth in this Certificate. If the Subscriber fails to enroll the Dependent Child, the other parent may enroll the Dependent Child. A Dependent Child who is provided coverage pursuant to this exception shall not be terminated unless Sanford Health Plan is provided satisfactory written evidence of any of the following:

1. The court or administrative order is no longer in effect; or
2. The Dependent Child is or will be enrolled in comparable health coverage through a health insurance issuer, which will take effect no later than the effective date of the termination.

Special Enrollment Periods & Qualifying Life Events

A Special Enrollment Period is an enrollment period that occurs outside of the Open Enrollment Period during which time Eligible Dependents who experience a Qualifying Life Event may enroll in coverage under this Contract. The following Qualifying Life Events entitle Eligible Dependents to a Special Enrollment Period:

1. Loss of Minimum Essential Coverage, including exhaustion of COBRA coverage.
2. Gaining or becoming a Dependent through marriage, birth, adoption or placement for adoption, placement in foster care, or through a child support order or other court order, such as appointment as a legal guardian of a child
3. Enrollment or eligibility error made by the Federal Marketplace or an entity providing enrollment assistance or conducting enrollment activities
4. Divorce or legal separation
5. Loss of Dependent status (for example, "aging off" a parent's plan when the child turns twenty-six (26))
6. Moving to another state or within a state if you move outside of the Service Area
7. Denial of eligibility for Medicaid or the Children's Health Insurance Program after the Open Enrollment Period has ended.

For coverage purchased through the Federal Marketplace, the following Qualifying Life Events entitle eligible individuals to a Special Enrollment Period, in addition to the Qualifying Life Events listed above:

1. Becoming eligible to enroll in coverage through the Federal Marketplace after gaining status as a U.S. citizen, national, or lawfully present individual or after release from incarceration;
2. Increases or decreases in income enough to change your eligibility for premium tax credits and/or Cost-Sharing reductions;
3. Gaining or maintaining status as an Indian or a Dependent of an Indian, as defined by Section 4 of the Indian Health Care Improvement Act, and such individual has not already enrolled or changed enrollment in the month the individual seeks enrollment under this Contract; and
4. Demonstration that a material error related to plan benefits, service area, or Premium influenced the individual's decision to purchase coverage through the Federal Marketplace or that the individual meets other exceptional circumstances as the Federal Marketplace may provide.

NOTE: *Pregnancy alone does not trigger a Special Enrollment Period.*

** Voluntarily terminating/dropping COBRA coverage before it runs out outside the Open Enrollment Period, does not qualify for a Special Enrollment Period. COBRA coverage must be exhausted (usually eighteen (18) or thirty-six (36) months) or another Qualifying Life Event must occur before an Eligible Dependent is eligible for a Special Enrollment Period.*

***Loss of Minimum Essential Coverage due to failure to make Premium payment and/or an allowable rescission of coverage does not qualify for a Special Enrollment Period.*

When you experience a Qualifying Life Event, your Special Enrollment Period begins on the date of the Qualifying Life Event and continues for sixty (60) calendar days. For some Qualifying Life Events (such as: the loss of Minimum Essential Coverage; a change in permanent residence; becoming eligible for coverage through the Federal Marketplace after becoming a U.S. citizen, national, or lawfully present individual, or after release from incarceration; and becoming eligible for advance payments of premium tax credits in certain instances) the Special Enrollment Period begins sixty (60) calendar days prior to the date of the Qualifying Life Event and continues until sixty (60) calendar days after the date of the Qualifying Life Event. When coverage becomes effective through a Special Enrollment Period will depend on the date the request for a Special Enrollment Period is received and all required Premiums are paid. Coverage will not be effective prior to the date of the Qualifying Life Event.

For Subscribers who bought coverage through the Federal Marketplace:

- a. You must report Qualifying Life Events to both Sanford Health Plan and the Federal Marketplace. You may report changes to the Federal Marketplace by logging in to your account at www.healthcare.gov or by calling the Federal Marketplace Call Center at (800) 318-2596 (toll-free) | TTY/TDD: (855) 889-4325.
- b. Sanford Health Plan must receive payment for the additional Premium, if any, within thirty (30) calendar days from the date we receive the new Dependent's enrollment transaction from the Federal Marketplace.

Michelle's Law

Federal law requires that we provide the following notice regarding Michelle's Law [Public Law 110-381]. Please note that changes in federal law may eliminate certain elements of Michelle's Law, and Sanford Health Plan provides continuing coverage of Eligible Dependents up to age twenty-six (26), irrespective of their student status.

A Dependent Child enrolled in, and attending, an accredited college, university, trade, or secondary school at least five (5) months each year will remain covered if the Dependent Child takes a medically necessary leave of absence from school or changes to part-time status. The leave of absence must:

1. Be medically necessary;
2. Commence while the Dependent Child is suffering from a serious illness or injury; and
3. Cause the Dependent Child to lose coverage under this Certificate of Coverage.

Students are only eligible as long as they were covered by their parent's health insurance policy prior to diagnosis. Coverage will continue until the earlier of one year from the first day of the leave of absence or the date on which coverage would otherwise terminate because the child no longer meets the requirements to be an Eligible Dependent (e.g., reaching the plan's limiting age).

You must provide a written and signed certification from the Dependent Child's treating Practitioner and/or Provider stating that the Dependent Child is suffering from a serious illness or injury and that the leave of absence is medically necessary and the effective date of the leave.

Section 2. How Coverage Ends

Termination of Coverage

Sanford Health Plan may terminate this Contract or coverage of a Member for the following reasons. The Subscriber will be responsible for any Premiums through the date of termination. Unless specifically stated otherwise, your coverage will terminate at 11:59 p.m., Central Time, on the last day of the month in which any of the following events occur.

1. **Failure to Pay Premium.** The Subscriber fails to pay Premium by the end of the grace period.
2. **Written Request for Termination.** The Subscriber or the Federal Marketplace, as applicable, gives us written notice of termination not less than thirty (30) calendar days in advance. We will refund any Premium you have prepaid following the month of termination.
3. **Enrollment in Another Health Plan.** A Member enrolls in other health insurance coverage during an Open Enrollment Period or a Special Enrollment Period.
4. **Product Discontinuance.** We decide to terminate a particular product. We will give written notice to you ninety (90) calendar days prior to termination and you will have the option to purchase any other health insurance coverage currently being offered by us to individuals with no additional underwriting.
5. **Loss of Eligibility.** A Member is no longer eligible for coverage under this Contract. See *Eligibility Requirements* in Section 1.
6. **Fraudulent Information or use of ID card by another.** A Member uses this Certificate of Coverage fraudulently or fraudulently misrepresents or conceals material facts in the application. If this happens, we will recover from the Subscriber any claim payments we made, minus any Premiums paid. Coverage may be rescinded or terminated retroactively to the effective date of coverage. The date identified on the notice of termination is the date coverage will terminate.
7. **Change in Residency or Move out of Service Area.** The Subscriber establishes legal residency outside of South Dakota or outside the Service Area.
8. **Discontinuance of all Coverage.** Sanford Health Plan discontinues offering all coverage in the individual market or in all markets in South Dakota provided that: (a) Sanford Health Plan provides all Subscribers and the South Dakota Department of Insurance with written notice of the discontinuance at least one-hundred-eighty (180) calendar days prior to the date the coverage will be discontinued; and (b) all coverage issued or delivered by Sanford Health Plan in the individual market in South Dakota is discontinued and not renewed. The date identified in the notice of discontinuance is the date coverage will terminate.
9. **As Permitted by Law.** Any other reason permitted by Law.

Uniform Modification of Coverage

Sanford Health Plan may, at the time of renewal and with sixty (60) calendar days prior written notice, modify the Contract if the modification is consistent with State law and is effective uniformly for all persons who have coverage under this product.

NOTE: A Member may not be terminated due to the status of the Member's health or because the Member has exercised his or her rights, under Sanford Health Plan's policy on Member complaints, or the policy on Appeal procedures for medical review determinations.

Effects of Termination

If this Certificate of Coverage or coverage of a Member is terminated for fraud, misrepresentation, or the concealment of material facts Sanford Health Plan:

1. Will not pay for any services or supplies provided after the date of termination.
2. Will retain legal rights; this includes the right to initiate a civil action based on the fraud, concealment, or misrepresentation.
3. May, at its option, declare the Contract void.
4. Will provide at least thirty (30) calendar days written notice of Sanford Health Plan's determination to rescind or retroactively terminate this Contract or coverage of a Member.

NOTE: Unless otherwise stated in this Certificate of Coverage, coverage ends at 11:59 p.m. Central Time on the day this Contract is terminated. Termination of coverage for the Subscriber constitutes termination of the Contract and coverage for all Members shall cease.

Changes in Eligibility

Change in Eligibility Status.

If coverage was issued outside the Federal Marketplace, you must notify us of any changes that would make the Member no longer eligible for coverage under this Contract. We must be notified of any such changes as soon as possible, but not later than thirty (30) calendar days from the date of the change in eligibility status. This may include the death of the Subscriber, the divorce of the Subscriber and his/her Spouse, or a Dependent Child reaching the limiting age. Notice of a change in eligibility must be provided to us in writing. Such notifications must include all information required to effectuate any necessary changes.

If coverage was issued inside the Federal Marketplace, the Subscriber is required to notify the Federal Marketplace of any changes in a Member's eligibility for coverage through the Marketplace. The Federal Marketplace must be notified of any changes in eligibility as soon as possible, but not later than thirty (30) calendar days from the date of the change.

Failure to Notify.

If you fail to notify us or the Federal Marketplace, as applicable, of persons no longer eligible for coverage under this Contract, we are not obligated to provide services to those persons no longer eligible. Our acceptance of Premium for persons no longer eligible for coverage under this Contract will not obligate us to pay for such services.

Section 3. How You Get Care

Identification Cards

Sanford Health Plan will send you an identification (ID) card when you enroll. Each covered Member will receive their own Member ID card after enrollment, which should be used when you receive care or fill a prescription. If you fail to show your ID card at the time you receive Health Care Services or prescription drugs, you will be responsible for payment of the claim after the In-Network Participating Practitioner and/or Provider's timely filing period of one-hundred-eighty (180) calendar days has expired. Your coverage will be terminated if you use your ID card fraudulently or allow another individual to use your ID card to obtain services.

If you do not receive your ID card within thirty (30) calendar days after the effective date of your enrollment, or if you need replacement cards, please contact us or log in to the Member Portal to request a new one at sanfordhealthplan.com/memberlogin.

Conditions for Coverage

Members are entitled to coverage for the Health Care Services (listed in *Covered Services* in Section 4) that are:

1. Medically Necessary and/or Preventive; and
2. Received from or provided under the orders or direction of an In-Network Participating Practitioner and/or Provider, or approved by Sanford Health Plan.

However, this specific condition does not apply to Emergency Medical Conditions or Urgent Care Situations, in and out of the Service Area. In such cases, the services will be covered if they are provided by a Non-Participating or an Out-of-Network Provider.

If during an Emergency Medical Condition or Urgent Care Situation, the Member is in the Service Area and is alert, oriented and able to communicate (as documented in medical records), the Member must direct the ambulance to the nearest In-Network Participating Practitioner and/or Provider.

Members are not required, but strongly encouraged, to select a Primary Care Physician (PCP) and use that PCP to coordinate their Health Care Services.

In addition, all Health Care Services are subject to:

1. The exclusions and limitations described in Sections 4 and 5; and
2. Any applicable Copay, Deductible, and Coinsurance amount as stated in your Summary of Benefits and Coverage (SBC).

In-Network and Out-of-Network Coverage

There are two (2) levels of coverage that are available:

1. In-Network Coverage; and
2. Out-of-Network Coverage. *For Out-of-Network Coverage, please see Section 4(g).*

In-Network Coverage means Covered Services that are either received:

1. from an In-Network Participating Practitioner and/or Provider within the Service Area; or
2. from a Participating Provider outside of the Service Area if an In-Network Participating Practitioner and/or Provider has recommended the referral, and
 - a. Sanford Health Plan has authorized the referral to a Participating Provider outside of the Service Area or
 - b. Sanford Health Plan has authorized the referral from an In-Network Participating Practitioner and/or Provider to a Non-Participating Provider or Out-of-Network Participating Provider; or
3. when experiencing an Emergency Medical Condition or in an Urgent Care Situation; or
4. when the Member does not have appropriate access to In-Network Participating Practitioner and/or Provider.

NOTE: There is no coverage for Medically Necessary Health Care Services, other than during an Emergency Medical Condition or Urgent Care Situation, if you travel out of the Service Area for the purpose of seeking medical treatment outside the Service Area, unless care is received from an In-Network Participating Practitioner and/or Provider. Additionally, if you choose to go to a Non-Participating or an Out-of-Network Provider when access to an In-Network Participating Practitioner and/or Provider is available, your claims will be paid according to your Out-of-Network Coverage.

In the following circumstances, Medically Necessary Health Care Services received from Non-Participating Providers may be Covered Services subject to In Network Cost Sharing, although Members may be responsible for the difference between the amount charged by the Non-

Participating Provider and Sanford Health Plan's payment for Covered Services.

1. Ancillary Health Care Services. Health Care Services received from a Non-Participating Provider that are ancillary to a Covered Service being provided by In-Network Participating Practitioner and/or Provider, such as anesthesiology or radiology, if rendered in an In-Network Facility. Any payment by the Member for the difference between the amount charged by the Non-Participating Provider and Sanford Health Plan's payment for Covered Services will count towards the Out-of-Pocket Maximum Amount applicable to In Network Benefits.
2. Termination of a Participating Provider. Health Care Services received from a Participating Provider by a Member who is under an Active Course of Treatment and we terminate the Participating Provider's status as a Participating Provider without cause. The Member or the terminated Participating Provider must request and receive written approval from us. Any payment by the Member for the difference between the amount charged by the Non-Participating Provider and Sanford Health Plan's payment for Covered Services will not count towards the Out-of-Pocket Maximum Amount applicable to In Network Benefits.

Appropriate Access

Primary Care Physicians and Hospital Providers

Appropriate access for an In-Network Participating Practitioner and/or Provider for primary care and Hospital Provider sites is within thirty (30) miles of a Member's city of legal residence.

Specialty Providers

For other types of In-Network Participating Practitioner and/or Providers such as specialty Physicians, diagnostic service centers, nursing homes, and rehabilitation Providers, appropriate access is within ninety (90) miles of a Member's city of legal residence. If you are traveling within the Service Area where other In-Network Participating Practitioners and/or Providers are available, then you must use In-Network Participating Practitioners and/or Providers.

Transplant Services

Transplant services must be performed at designated participating *Centers of Excellence*, or Sanford Health Plan approved Facilities, and are not subject to the appropriate access standards outlined above. Transplant coverage includes related post-surgical treatment, drugs, eligible travel, and living expenses and shall be subject to and in accordance with the provisions, limitations and terms of Sanford Health Plan's transplant policy.

NOTE: Members who live outside of the Service Area must use Participating Providers as indicated on the *Member Welcome Letter* attached to the ID card. Members who live outside the Service Area will receive ID cards that display their network logo along with instructions on how to access Participating Providers. Unless for an Emergency Medical Condition or Urgent Care Situation, if a Member chooses to go to a Non-Participating Provider when appropriate access is available (within thirty (30) or ninety (90) miles, depending on Practitioner/Provider type), claims will be processed at the Out-of-Network Benefit Level.

Case Management

Case Management is a collaborative process that assesses, plans, implements, coordinates, monitors and evaluates the options and services required to meet an individual's health needs, using communication and available resources to promote quality, cost effective outcomes.

Cases are identified for possible Case Management, based on a request for review or the presence of a number of parameters, such as:

1. admissions that exceed the recommended or approved length of stay;
2. utilization of Health Care Services that generates ongoing and/or excessively high costs; and
3. conditions that are known to require extensive and/or long term follow up care and/or treatment.

Sanford Health Plan's Case Management process allows professional case managers to assist Members with certain complex and/or chronic health issues by coordinating treatment and/or other types of patient care plans.

NOTE: For certain transplant procedures, Case Management will be provided by Sanford Health Plan's transplant vendor, not Sanford Health Plan. For benefit details on transplant services, see Section 4(b).

Benefit Determination Review Process

Sanford Health Plan Appeals and Complaints Department reviews all non-medical benefit determinations through review of Certificate of Coverage language, contractual terms, administrative policies related to benefits as defined by this Contract, and benefits requests. All benefit determinations that are adverse will be made by the person assigned to coordinate benefit, denial, and Appeal processes.

The Appeals and Complaints Department is available between the hours of 8:00 a.m. and 5:00 p.m. Central Time, Monday through Friday, by

calling Sanford Health Plan's toll-free number (877) 652-8544 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*). After these business hours, you may leave a confidential voicemail and someone will return your call on the next business day. You may also fax the Appeals and Complaints Department at (605) 312-8910.

The date of receipt for non-urgent (standard) requests received outside of normal business hours will be the next business day.

Routine (Non-Urgent) Pre-Service Benefit Requests

All pre-service benefit determination (approval) requests will be determined within fifteen (15) calendar days of receipt of the request.

When a preauthorization (pre-approval) request is received before a service occurs, the date of receipt for non-urgent (standard) requests is the date the Plan receives the Member's request. If the request is made outside of business hours, the date of receipt will be next business day. If Sanford Health Plan denies a benefit (an Adverse Benefit Determination) the Plan will contact the Member via mail.

Routine Post-Service Benefit Requests

Retrospective (Post-service) requests occur when a Member has already utilized healthcare services and did not inquire about coverage pre-service. Post-service requests are not related documentation, coding or reimbursement from the Plan. Sanford Health Plan will review and approve or deny the service based on Medical Necessity within thirty (30) calendar days of receipt of the request. A letter will be sent to the Member within those 30 calendar days with the Plan's determination.

Utilization Management Review Process

Utilization Management is available between the hours of 8:00 a.m. and 5:00 p.m. Central Time, Monday through Friday, by calling Sanford Health Plan's toll-free number (800) 805-7938 | TTY/TDD: (877) 652-1844 (*toll-free*). After these business hours, you may leave a confidential voicemail for Utilization Management and someone will return your call on the next business day. You can also fax Sanford Health Plan at (605) 328-6813.

The date of receipt for non-urgent requests received outside of normal business hours will be the next business day. The date of receipt for urgent requests will be the actual date of receipt, whether or not it is during normal business hours.

All of Utilization Management's Adverse Determinations will be made by the Sanford Health Plan Chief Medical Officer or appropriate Practitioner.

Claims for benefits under the Contract can be post-service, pre-service, or concurrent. This part of Section 3 explains how we process different types of claims.

Designating an Authorized Representative

You may act on your own behalf, or through an Authorized Representative, if you wish to exercise your rights under this section. An Authorized Representative is someone you designate in writing to act on your behalf. We have developed a form that you must complete if you wish to designate an Authorized Representative. You can get the form by calling Customer Service toll-free at (800) 752-5863 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*). You can also log into your account at www.sanfordhealthplan.com/memberlogin and download a copy of the form. If a person is not properly designated as your Authorized Representative, we will not be able to deal with him or her in connection with your rights under this section of your Certificate of Coverage.

For urgent pre-service claims, we will presume that your Provider is your Authorized Representative unless you tell us otherwise in writing.

Your Right to Information

You have the right, upon request, to receive copies of any documents that we relied on in reaching our decision and any documents that were submitted, considered, or generated by us in the course of reaching our decision. You also have the right to receive copies of any internal rules, guidelines, or protocols that we may have relied upon in reaching our decision. If our decision was based on a medical or scientific determination (such as Medical Necessity), you may also request that we provide you with a statement explaining our application of those medical and scientific principles to you. If we obtained advice from a health care professional (regardless of whether we relied on that advice), you may request that we give you the name of that person. Reasons for any denial or reimbursement or payment for services with respect to benefits under this Contract will be provided within thirty (30) business days of a request. We will not charge you for any information that you request regarding our decision.

Your Complaint (Grievance) & Appeal Rights

If you are dissatisfied with our handling of a claim or have any questions or complaints, you may do one or more of the following:

Sanford Health Plan

1. You may call or write to the Appeals and Complaints Department. We will help you with questions about your coverage and benefits or investigate any Adverse Determination you might have received; or
 2. You may file an Appeal if you have received an Adverse Determination. Please see Section 9 for more information on the Appeals process.
- In compliance with the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA), criteria for Medical Necessity determinations is available upon request to any current or potential Member, Dependent, or Participating Provider. For details on the complaint and Appeals process, see Section 9.

NOTE: If an Adverse Determination is regarding coverage for a Mental Health and/or Substance Use Disorder Service, you have the right to request treatment and diagnosis code information free of charge. Any request for diagnosis and treatment code information may not (and is not) considered a request for an internal Appeal and/or external review.

Prior Authorization (Certification)

NOTE: The Member is ultimately responsible for obtaining pre-approval (also called Preauthorization or Certification) from the Plan for certain services (outlined below), but your Practitioner and/or Provider may also request approval. Failure to obtain Certification will result in coverage at a Reduced Payment Level or Denial of Services.

Prior Authorization (also referred to as Certification) is a decision by the Plan that a health care service, treatment plan, prescription drug or durable medical equipment is medically necessary and appropriate. Preauthorization is required for services as defined above, except in urgent or emergent situations. Although the Plan may authorize a health care service as medically necessary, it is not a guarantee the Plan will cover the cost.

Determination of the appropriateness of care is based on standard review criteria and assessment of the following factors:

1. The Member's medical information, including diagnosis, medical history and the presence of complications and/or comorbidities.
2. Consultation with the treating Practitioner and/or Provider, as appropriate.
3. Availability of resources and alternate modes of treatment. For admissions to Facilities, other than Hospitals, additional information may include but is not limited to history of present illness, patient treatment plan and goals, prognosis, staff qualifications and twenty-four (24) hour availability of qualified medical staff.

Sanford Health Plan does not compensate Practitioners, Providers or other individuals conducting Utilization Review for issuing denials of coverage or service care. Any financial incentives offered to Utilization Review decision makers do not encourage decisions that result in underutilization and do not encourage denials of coverage or service.

Services that Require Pre-Approval (Preauthorization/Certification)

<u>Service</u>	<u>For more information, reference Section:</u>
Admissions Inpatient (medical, surgical, or mental health/substance abuse), inpatient rehabilitation, long term acute care, residential treatment, skill nursing facility, swing bed facility, and rehabilitation center admissions. NOTE: Admission before the day of non-emergency surgery will not be approved unless the early admission is determined to be Medically Necessary by the Plan. Coverage for hospital expenses prior to the day of surgery will be denied unless authorized prior to being incurred.	4(a), 4(b), 4(d)
Ambulance Services (air or ground)	4(c)
All Clinical Trials	4(a)
Durable Medical Equipment (DME) Includes but not limited to: Airway clearance device, communication device, cranial molding helmet, hospital or specialty beds, insulin pumps, selected orthotics, phototherapy UVB light devices, pneumatic compression device (external pump), power wheelchairs or scooters, prosthetic limbs.	4 (a)
Home Health and Home IV Therapy Services	4(a), 4 (b)
Implants and Stimulators External bone growth stimulator, cochlear implant (device and procedure), deep brain	4(a)

stimulator, gastric stimulator, spinal cord stimulator (device and procedure), Vagus nerve stimulator; and device insertion, revision, removal and trials.	
Oncology Services and Treatment All chemotherapy and radiation therapy as part of an oncology treatment plan.	4(a)
Select Outpatient Services and Treatments Includes but is not limited to: Alopecia treatment, botox, brachytherapy, chelation therapy, dental anesthesia, genetic testing, hyperbaric oxygen therapy, medical nutrition, neuromuscular electrical estimation, medically necessary orthodontia, photodynamic therapy, platelet rich plasma (PRP), radiofrequency ablation, varicose vein treatment.	4(a), 4 (b)
Outpatient Surgery Includes but not limited to: abdominoplasty or panniculectomy, bariatric surgery, blepharoplasty, breast implant removal, cataract surgery, revision or re-implantation, breast reconstruction, mastectomy, endoscopic sinus surgery, intrathecal pain pump, mammoplasty, orthognatic procedures, rhinoplasty, septoplasty, back surgery, temporomandibular joint (TMJ)	4(a), 4(b), 4(f)
Transplant Services Includes transplant evaluation and all transplants services including artificial pancreas	4(b)
Referrals to Non-Participating Providers by an In-Network Participating Practitioner and/or Provider Certification is required for the purposes of receiving In-Network Coverage only. If Certification is not obtained for referrals to Non-Participating or Out-of-Network Providers, the services will be covered at the Reduced Payment Level. Certification does not apply to services that are provided by Non-Participating Providers as a result of a lack of appropriate access to In-Network Participating Practitioner and/or Providers as described above under Appropriate Access.	

Pharmacy Pre-Approval (Certification) Requests

Certain specialty drugs, or those which require frequent dosing adjustments, close monitoring, special training, compliance assistance, or need special handling and/or administration, require certification by the Pharmacy Management Department.

To acquire preauthorization for a medication, ask the prescribing Practitioner and/or Provider to contact us by phone, complete the Formulary Exception Form found online at sanfordhealthplan.com, or provide a letter of Medical Necessity. This applies to any request of:

1. a non-covered medication or drug; or
2. a medication, or drug not currently listed in the Formulary.

Sanford Health Plan will use appropriate practitioners to consider requests and grant an exceptions to the Formulary when the prescribing Practitioner and/or Provider of the drug attests the Formulary drug causes an adverse reaction, is considered contraindicated, or must be dispensed as written to provide maximum medical benefit to the Member.

The Pharmacy Management department will review the request and make a decision based on:

1. Medical records showing trial and failure of a formulary drug or reasons why a formulary drug trial should be avoided;
2. Clinical information (such as diagnosis, disease progression and/or medication history); and
3. Medical Necessity.

If the reason for the exception is not clear, the reviewing clinician will contact the prescribing Practitioner and/or Provider to discuss the request. Additionally, if necessary, a clinical consultant of the appropriate specialty may be consulted for review.

If a Formulary exception is granted, the Pharmacy Management Department will provide authorization to the Plan's Pharmacy Benefit Manager so the Member is able to obtain the requested medication immediately. Additionally, coverage of the non-Formulary drug will be provided for the duration of the prescription, including refills.

For more information on drugs that may require prior authorization including oral medications, step therapy and injectable medications, refer to the formulary and Section 3(e) of this document.

Routine/Standard Pharmacy Pre-Approval Requests

Routine/Standard (non-urgent) pharmacy pre-approval requests will be reviewed within seventy-two (72) hours after receipt of the request. If the request is made outside of business hours, the date of receipt will be next business day.

Urgent Pharmacy Pre-Approval Requests

Urgent pharmacy pre-approval requests be reviewed as soon as possible and no later than twenty-four (24) hours of receipt of the request in alignment with 45 CFR §156.122 Standard and Expedited Exception Request requirements. Requests will be considered urgent if the Member's health is in serious jeopardy, or the Member's Practitioner and/or Provider states the Member may experience severe pain that cannot be controlled while waiting for the Plan's decision.

How to Request Pre-Approval for a Drug

You or your authorized representative can request a medication pre-approval by:

- Contacting Pharmacy Management at (605) 312-2756
- Complete Formulary Exception Form found online at sanfordhealthplan.com
- Ask the prescribing Practitioner and/or Provider for a letter of medical necessity
 - Mail to: Sanford Health Plan, PO Box 91110, Attention: Pharmacy Management, Sioux Falls, SD 57110
 - Fax to: (605) 328-6813
- Ask the prescribing Practitioner and/or Provider to contact the Plan by phone

What to Include with the Request

Send all information supporting your request to the Plan for review. This may include written comments, doctor's notes, documents, or any other information you think would help us approve your request. Your practitioner and/or provider may be able to help you obtain this information.

Notification of the Decision (Determination)

The Plan will notify the Member, their Authorized Representative, and/or Practitioner and/or Provider submitting the request of the Plan's decision:

Additional Information Regarding Formulary Exception Requests

1. For contraceptives not in the Formulary, if the prescribing Practitioner and/or Provider determines that a drug/device is Medically Necessary and an exception to the formulary is granted, the contraceptive drug/device will be covered at 100% (no charge).
2. If the decision is to approve a standard (routine) Formulary exception request, the Plan will provide coverage of the non-Formulary drug for the duration of the prescription, including refills, per 45 CFR §156.122. If a request is granted based on an emergent circumstance, Sanford Health Plan will provide coverage of for the duration of the incident.
3. In the event that an exception request is granted, Sanford Health Plan will treat the excepted drug(s) as an essential health benefit, including, if applicable per the Member's Policy, counting any cost-sharing towards the Member's annual limitation on cost-sharing under 45 CFR §156.130 and when calculating the actuarial value under 45 CFR §156.135.
4. In determining whether to grant an exception, Sanford Health Plan adheres to 45 CFR §156.122(c), with procedures, as outlined above, allowing Members to request and gain access to clinically appropriate drugs not covered under the Plan's Formulary.

Medical Pre-Approval (Certification) Requests

All requests for Prior Authorization (Certification) are to be made by the Member or Physician's office at least three (3) business days prior to the scheduled admission or requested service. Utilization Management will review the Member's medical request against standard criteria. In order to file a request for Prior Authorization (Certification) you or your provider must call Utilization Management toll-free at (800) 805-7938 | TTY/TDD: (877) 652-1844 (*toll-free*).

Determination of the appropriateness of an admission is based on standard review criteria and assessment of:

1. Member medical information including:
 - a. diagnosis,
 - b. medical history, and
 - c. presence of complications and/or co-morbidities;
2. Consultation with the treating Practitioner, as appropriate;
3. Availability of resources and alternate modes of treatment; and
4. For admissions to Facilities other than acute Hospitals additional information may include but is not limited to the following:
 - a. history of present illness,
 - b. Member treatment plan and goals,
 - c. prognosis,
 - d. staff qualifications, and
 - e. twenty-four (24) hour availability of qualified medical staff.

You are ultimately responsible for obtaining Prior Authorization (Certification) from Utilization Management. Failure to obtain Certification will result in a denial or reduced payment level. However, information provided by the Practitioner and/or Provider's office also satisfies this requirement.

Routine Pre-Service Pre-Approval Requests

Routine/Standard (non-urgent) pre-service requests for services that require pre-approval from the Plan will be made within fifteen (15) calendar days from the date the Plan receives the request. If the request is made outside of business hours, the date or receipt will be next business day. If a request does not follow the Pre-Approval (Authorization/Certification) Procedure as outlined in this document, we will notify the Member or Practitioner and/or Provider no later than five (5) calendar days after the date of the failure. Notification may be oral unless the Member or Practitioner and/or Provider request written notification.

Urgent Pre-Service Pre-Approval Requests

Urgent pre-service requests for services that require pre-approval from the Plan will be reviewed as soon as possible and no later than seventy-two (72) hours after receipt of the request. Requests will be considered urgent if the Member's health is in serious jeopardy, or the Member's Practitioner and/or Provider states the Member may experience severe pain that cannot be controlled while waiting for the Plan's decision. If the request does not meet the definition of urgent, or is for a service that has already occurred, (post-service/retrospective) the request will be processed as a routine/standard request.

If a request does not follow the Pre-Approval (Authorization/Certification) Procedure as outlined in this document, we will notify the Member or Practitioner and/or Provider no later than twenty-four (24) hours after the date of the failure. Notification may be oral unless the Member or Practitioner and/or Provider request written notification.

Emergent Medical Conditions

Pre-approval is not required if a prudent layperson that possesses an average knowledge of health and medicine determines urgent or emergent care is necessary in a particular situation. Members should notify Sanford Health Plan as soon as reasonably possible and no later than forty-eight (48) hours after physically or mentally able to do so. A Member's Authorized Representative may also notify the Plan on the Member's behalf.

How to Request Pre-Approval for a Medical Item or Health Care Service

You or your authorized representative can request a medical pre-approval request by:

- Contacting Utilization Management at (605) 328-6807
- Mail the Medical Authorization Request Form to: Sanford Health Plan, PO Box 91110, Attention: Utilization Management, Sioux Falls, SD 571103
- Fax to: (605) 328-6813

What to Include with a Pre-Approval Request

Send all information supporting your request to the Plan for review. This may include written comments, doctor's notes, documents, or any other information you think would help us approve your request. Your practitioner and/or provider may be able to help you obtain this information.

Lack of Necessary Information

If the Plan is unable to make a decision due to lack of necessary medical information, we will notify the Member, their Authorized Representative (if applicable) and their Practitioner and/or Provider regarding what information is necessary to approve the request. If request was received from a Practitioner and/or Provider, the Plan will communicate solely with the requesting Practitioner and/or Provider regarding information needed to approve the request. The Plan will notify the appropriate party(ies) regarding the information needed to make a decision within:

- Twenty-four (24) hours of the receipt of the request if the request meets the definition of Urgent. The Plan will provide forty-eight (48) hours to supply the requested information. If not received by the end of the forty-eight (48) hour extension, the request will be denied.
- Fifteen (15) calendar days of receipt of a routine/standard request. The Plan will provide forty-five (45) calendar days to supply the requested information. If not received by the end of the forty-five day extension, the request will be denied.

Notification of the Decision (Determination)

The Plan will notify the Member, their Authorized Representative, and/or Practitioner and/or Provider submitting the request of the Plan's decision:

- By phone no later than forty-eight (48) hours after the decision is made for Urgent requests. The Plan will also provide electronic or written notification of the decision as soon as possible, but no later than within three (3) calendar days of the phone notification if the request is deemed urgent.
- By mail within the fifteen (15) calendar days after receipt of the request.

Routine/Standard (Non-Urgent) Post-Service Pre-Approval Request

If a claim is denied for a service that has already occurred or item that has already been received (post-service or retrospective), the Member may file an appeal as outlined below as the denied claim serves as the initial adverse determination.

Urgent/Emergency Care Request Defined

An **Emergency Medical Condition** is the sudden and unexpected onset of a health condition that requires immediate medical attention, if failure to provide medical attention would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part or would place the person's health in serious jeopardy.

Emergency admissions to a Hospital do not require you to file a pre-service claim so long as you provide notice to us within forty-eight (48) hours of the admission and we certify the admission as both Medically Necessary and as an emergency admission.

An **Urgent Care Situation** is a degree of illness or injury, which is less severe than an Emergency Medical Condition, but requires prompt medical attention within twenty-four (24) hours, such as stitches for a cut finger.

If an Urgent Care Situation occurs, Members should contact their Primary Care Physician (PCP) immediately, if one has been selected, and follow his or her instructions. Prior Authorization is not required for an Urgent Care Situation or Emergency Medical Condition. A Member may always go directly to an urgent care or after-hours clinic that is an In-Network Participating Practitioner and/or Provider.

An **Urgent Care Request** means a request for a Health Care Service or course of treatment with respect to which the time periods for making a non-Urgent Care Request determination:

1. Could seriously jeopardize the life or health of the Member or the ability of the Member to regain maximum function, based on a Prudent Layperson's judgment; or
2. Would subject the Member, in the opinion of a Practitioner/Provider, with knowledge of the Member's medical condition, to severe pain that cannot be adequately managed without the Health Care Service or treatment that is the subject of the request.

In determining whether a request is "urgent," Sanford Health Plan shall apply the judgment of a Prudent Layperson as defined in Section 10. A Practitioner, with knowledge of the Member's medical condition, who determines a request to be "urgent" shall have such a request be treated as an Urgent Care Request.

Ongoing (Concurrent) Preauthorization Requests (Certification) of Health Care Services

Concurrent Review is utilized when determining whether a request for an extension of an approved ongoing course of treatment for medical care, including care for behavioral, mental health, and/or substance use disorders, over a period of time or number of treatments is warranted. Additional stay days must meet the continued stay review criteria and, if acute levels of care criteria are not met, a decision to certify further treatment will be made at that time.

Determinations by Sanford Health Plan to Limit or Reduce Previously Approved Care

If we have previously approved a Hospital stay or course of treatment to be provided over a period of time or number of treatments, and we later decide to limit or reduce the previously approved stay or course of treatment, we will give you advance written notice to permit you to initiate an Appeal and obtain a decision before the date on which care or treatments are no longer approved. You must follow the rules we establish for the filing of your Appeal, such as the time limits within which the Appeal must be filed. (See Section 9 for more information on the Appeals process.) Benefits for an ongoing course of treatment cannot be reduced or terminated without providing advance notice sufficient to allow you to Appeal and obtain a review determination before the benefit is reduced or terminated. In addition, individuals in Urgent Care Situations and those receiving an ongoing course of treatment may proceed with expedited external review at the same time as the internal Appeals process. Prior Authorization (Certification) of inpatient health care stays will terminate on the date the Member is to be discharged from the Hospital or Facility (as ordered by the attending Physician). Hospital/Facility days accumulated beyond the ordered discharge date will not be certified unless the continued stay criteria continue to be met. Charges by Practitioner and/or Providers associated with these non-certified days will be considered Non-Covered Services.

The Health Care Service or treatment that is the subject of the Adverse Determination shall be continued without liability to the Member until the Member or the Member's Authorized Representative has been notified of the determination by Sanford Health Plan with respect to the internal review request made pursuant to Sanford Health Plan's Appeal procedures.

Any reduction or termination by Sanford Health Plan during the course of treatment before the end of the period or number treatments shall constitute an Adverse Determination.

Requests by Members to Extend Previously Approved Care

A Member who is requesting an extension of an approved ongoing course of treatment beyond the ordered period of time or number of treatments must request Prior Authorization (Certification) from Sanford Health Plan at least twenty-four (24) hours in advance of the termination of such continuing services. You may make this request in writing or orally either directly to us or through your treating Physician or a Hospital representative. To request a Concurrent Review determination, call Utilization Management at (800) 805-7938 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*).

If Utilization Management denies the extension of treatment, it will advise the Member and Practitioners and/or Providers within twenty-four (24) hours of receiving the request. If the Member decides to Appeal this denial, the Health Care Services or treatment subject to the Adverse Determination shall be continued without cost to the Member while the determination is under review as specified by the Appeal procedures outlined in Section 9.

If the internal review process results in a denial of the request for an extension, the payment of benefits for such treatment shall terminate but the Member may pursue the Appeal rights described in Section 9.

Any reduction or termination by Sanford Health Plan during the course of treatment before the end of the period or number of treatments shall constitute an Adverse Determination.

For requests to extend the course of treatment beyond the initial period of time or the number of treatments, if the request is made at least twenty-four (24) hours prior to the expiration of the prescribed period of time or number of treatments, Sanford Health Plan shall make a determination and orally notify the Member, or the Member's Authorized Representative, Practitioner and those Providers involved in the provision of the service, of the determination as soon as possible, taking into account the Member's medical condition, but in no event more than twenty-four (24) hours after the date of Sanford Health Plan's receipt of the request.

Sanford Health Plan will provide electronic or written notification of Certification to the Member, Practitioner and those Providers involved in the provision of the service within three (3) calendar days after the oral notification.

Sanford Health Plan shall provide written or electronic notification of the Adverse Determination to the Member and those Providers involved in the provision of the service sufficiently in advance (but no later than within three (3) calendar days of the telephone notification) of the reduction or termination to allow the Member or, the Member's Authorized Representative to file an Appeal to review the Adverse Determination and obtain a determination with respect to that review before the benefit is reduced or terminated. Sanford Health Plan will terminate payment of benefits on the date that oral notification of the reduction or termination of benefits is made. In cases where the Member is not at financial risk, Members will not be notified of an Adverse Determination unless the decision has the potential to adversely affect the Member, in terms of coverage or financially, whether immediate or in the future.

Non-Urgent (Standard) Concurrent Reviews

If your request is non-urgent, we will treat it as a new claim for benefits, and will make a determination on your claim within the pre-service or post-service timeframes as outlined in this section.

Urgent (Expedited) Concurrent Reviews

If your request for additional care is urgent, and if you submit it no later than twenty-four (24) hours before the end of your pre-approved stay or course of treatment, Sanford Health Plan will make the decision as soon as possible (taking into account the medical exigencies) but no later than twenty-four (24) hours after receiving the request. For Certifications and Adverse Determinations, Sanford Health Plan will give telephone notification of the decision to Members, Practitioners and those Providers involved in the provision of the service within twenty-four (24) hours of receipt of the request. Sanford Health Plan will give written or electronic notification of the decision to the Member, Practitioner and those Providers involved in the provision of the service as soon as possible but no later than within three (3) calendar days of the oral notification.

If you attempt to file an urgent Concurrent Review but fail to follow our procedures for doing so, we will notify you of the failure within twenty-four (24) hours. Our notification may be oral, unless you ask for it in writing. Sanford Health Plan will provide this notification to you only if: (i) your attempt to submit a pre-service claim was received by a person or organizational unit of Sanford Health Plan that is customarily responsible for handling benefit matters; and (ii) your submission contains the name of a Member, a specific medical condition or symptom, and a specific treatment or service for which approval is being requested.

Adverse Determinations

If Sanford Health Plan's determination is an Adverse Determination, Sanford Health Plan shall provide written notice in accordance with the *Written Notification Process for Adverse Determinations* procedures outlined below. At this point, the Member can request an Appeal of the Adverse Determination. Refer to *Appeal Procedures* in Section 9 for details.

Lack of Necessary Information

If we need more information, we will let you know within twenty-four (24) hours of your claim. Sanford Health Plan will tell you what further information is needed. You will then have forty-eight (48) hours to provide us with the additional information. Sanford Health Plan will notify you of our decision within forty-eight (48) hours after we receive all requested information. Our notification may be oral; if it is, we will follow it up in writing within three (3) calendar days. If we do not receive the information, your claim will be considered denied at the expiration of the forty-eight (48) hours we gave you for furnishing the information to us.

Written Notification Process for Adverse Determinations

The written notifications for Adverse Determinations will include the following:

1. The specific reason for the Adverse Determination in easily understandable language.
2. Reference to the specific Sanford Health Plan provision, guideline, or protocol on which the determination was based and notification that the Member will be provided a copy of the actual Sanford Health Plan provisions, guidelines, and protocols free of charge upon request. Reasons for any denial of reimbursement or payment for services with respect to benefits under the Contract will be provided within thirty (30) business days of a request.
3. Notice of an Adverse Determination will include information sufficient to identify the claim involved, including the date of service, the Provider, the claim amount (if applicable) and a statement notifying Members of their opportunity to request treatment and diagnosis code information free of charge. Any request for diagnosis and treatment code information may not be (and is not) considered a request for an Appeal or external review.
4. If the Adverse Determination is based in whole or in part upon the Member failing to submit necessary information, the notice shall include a description of any additional material or information, which the Member failed to provide to support the request, including an explanation of why the material is necessary.
5. If the Adverse Determination is based on Medical Necessity, an Experimental or Investigational Service, or similar exclusion or limit, either an explanation of the scientific or clinical judgment for making the determination, applying the terms of the Contract to the Member's medical circumstances, or a statement that an explanation will be provided to the Member free of charge upon request.
6. For Mental Health and/or Substance Use Disorder (MH/SUD) Service Adverse Determinations, if information on any Medical Necessity criteria is requested, documents will be provided for both MH/SUD and medical/surgical benefits within thirty (30) business days of a Member/ Authorized Representative/Provider's request. This information will include documentation of processes, strategies, evidentiary standards and other factors used by Sanford Health Plan, in compliance with the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA).
7. If the Adverse Determination is based on Medical Necessity, a written statement of clinical rationale, including clinical review criteria used to make the decision if applicable. If the denial is due to a lack of clinical information, a reference to the clinical criteria that have not been met will be included in the letter. If there is insufficient clinical information to reference a specific clinical practice guideline or policy, the letter will state the inability to reference the specific criteria and will describe the information needed to render a decision.
8. A description of Sanford Health Plan's Appeal procedures, including how to obtain an expedited review if necessary (and any time limits applicable to those procedures) including:
 - a. the right to submit written comments, documents or other information relevant to the Appeal;
 - b. an explanation of the Appeal process including the right to Member representation;
 - c. notification that expedited external review can occur concurrently with the internal Appeal process for urgent care/ongoing treatment; and
 - d. the timeframe the Member has to make an Appeal and the amount of time Sanford Health Plan has to decide it (including the different timeframes for Expedited Appeals).
9. If the Adverse Determination is based on Medical Necessity, notification and instructions on how the Practitioner can contact the Physician or appropriate Practitioner to discuss the determination.
10. To contact the South Dakota Division of Insurance at any time at:
South Dakota Dept. of Revenue & Regulation
Division of Insurance
124 South Euclid Avenue, 2nd Floor
Pierre, SD 57501
Phone: (605) 773-3563
Fax: (605) 773-5369

Section 4. Covered Services – Overview

Subject to the terms and conditions set forth in this Contract, including any exclusions or limitations, this Contract provides coverage for the following Covered Services. Payment for Covered Services is limited by oir subject to any applicable Coinsurance, Copay, or Deductible set forth in this Contract including the Summary of Benefits and Coverage. To receive maximum coverage for Covered Services, the terms of this Contract must be followed, including receipt of care from In-Network Participating Practitioner and/or Providers as well as obtaining any required Certification. You are responsible for all expenses incurred for Non-Covered Services. Health Care Services received from Non-Participating Providers or Out-of-Network Participating Providers are Non-Covered Services unless otherwise indicated in this Contract.

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Section 4(a) Medical services and supplies provided by Practitioners/Providers

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Here are some important things you should keep in mind about these benefits:

- This Certificate of Coverage, including any amendments, along with your application for coverage and the Summary of Benefits and Coverage constitutes the entire Contract for health care benefits.
- Please remember that all benefits are subject to the terms, definitions, limitations, and exclusions in this Certificate and are payable only when we determine they are Medically Necessary.
- Be sure to read Section 3, *How You Get Care*, for valuable information about conditions for coverage.
- You or your Practitioner and/or Provider must get Certification of some services in this section. The benefit description will say “**NOTE:** Certification is required for certain services. Failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)”
- See the Summary of Benefits and Coverage for any applicable Coinsurance, Copay, Deductible or benefit limitation.

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Benefit Description

Diagnostic and treatment services

Diagnostic and treatment services are covered when they are Professional services from Practitioners, Providers, Physicians, nurse Practitioners, and Physician’s assistants.

In a Practitioner and/or Provider’s office, an urgent care center, medical office consultations, and second surgical opinions

Lab, X-ray and other diagnostic tests, including:

Coverage includes, but is not limited to, the following:

- Blood tests
- Urinalysis
- Non-routine pap tests
- Non-routine PSA tests
- Pathology
- X-rays
- PET scans
- DEXA scans
- Non-routine mammograms
- CT scans/MRI
- Ultrasound
- Electrocardiogram (EKG)
- Electroencephalography (EEG)

Telehealth, e-visit, and video visits benefit

Telehealth, e-visits, and video visits are covered per Sanford Health Plan guidelines (*available upon request*). Telemedicine, e-visit, and video visit services are Covered Services and available through a secured interactive audio, video, or email connection. Access to services may be done through a smart phone, tablet or computer. For Emergency Medical Conditions, coverage under this section includes but is not limited to diagnosis, consultation, or treatment.

Telemedicine, e-visit, and video visit services must be rendered by an In-Network Participating Practitioner and/or Provider approved by Sanford Health Plan.

The following services are Covered Services pursuant to Sanford Health Plan’s medical coverage guidelines:

- **Telemedicine Services:** live, interactive audio and visual transmissions of a Physician-Member encounter from one site to another, using telecommunications technologies. Services may include tele-monitoring of Member status and transmittal of the information to another Physician or Provider.
- **E-visits:** email, online medical evaluations where Providers interact with Members through a secured email.
- **Video Visits:** virtual visits where Practitioners or Providers interact with Members through online access via mobile smart phone, tablet or computer.

NOTE: Charges for telehealth, e-visit, and video visit services may be subject to Deductible, Coinsurance, or Copay; see your Summary of Benefits and Coverage (SBC) for details. Cost Sharing for these services does not include any related pharmacy charges. Prescriptions (if any) are covered separately under the Contract’s prescription drug benefit. Charges for prescribed medication/drugs are listed in your SBC.

Not Covered:

- A service that would similarly not be charged for in a regular office visit
- Appointment scheduling
- Clarification of simple instructions

- Consultative message exchanges with an individual who is seen in the Provider's office following a video visit for the same condition, per Sanford Health Plan guidelines
- Installation or maintenance of any telecommunication devices or systems
- Provider-initiated e-mail
- Reminders of scheduled office visits
- Requests for a referral
- Services for excluded benefits
- Services not Medically Necessary
- Telecommunication Devices
- Telephone assessment and management services
- Transmission fees

Preventive care, adults & children

Preventive Care coverage is as follows:

Under SDCL § 58-17F-4 and § 2713 of the Public Health Service Act (PHS Act) and its implementing regulations relating to coverage of Preventive services, the following services, when received from an In-Network Participating Practitioner and/or Provider, are covered without payment of any Deductible, Copay, or Coinsurance requirement that would otherwise apply:

- Evidence-based items or services that have in effect a rating of "A" or "B" in the current recommendations of the United States Preventive Services Task Force (USPSTF) with respect to the individual involved, except for the recommendations of the USPSTF regarding breast cancer screening, mammography, and prevention issued in or around November 2009;
- Immunizations for routine use in children, adolescents, and adults that have in effect a recommendation from the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC) with respect to the individual involved;
- With respect to Members who are infants, children, and adolescents, evidence-informed Preventive care and screenings provided for in comprehensive guidelines supported by the Health Resources and Services Administration (HRSA); and
- With respect to Members who are women, evidence-informed Preventive care and screening provided for in comprehensive guidelines supported by HRSA, to the extent not included in certain recommendations of the USPSTF. You do not need to obtain Prior Authorization (Certification) in order to obtain access to obstetrical and/or gynecological care through an In-Network Participating Practitioner and/or Provider. To view the Preventive Health Guidelines, visit www.sanfordhealthplan.com.

The above is an overview of Preventive services covered by this Contract. As recommendations change, your coverage may also change. To view Sanford Health Plan's *Preventive Health Guidelines*, visit www.sanfordhealthplan.com/memberlogin. You may also request a copy by calling Customer Service at (800) 752-5863 (toll-free) | TTY/TDD: (877) 652-1844 (toll-free).

Not Covered:

- Sports physicals, pre-employment and employment physicals, insurance physicals, or government licensing physicals (including, but not limited to, physicals and eye exams for driver's licenses)
- Virtual colonoscopies

Tobacco cessation treatment

Tobacco cessation treatment coverage is as follows:

Evidence-based items or services that have in effect a rating of "A" or "B" in the current recommendations of the United States Preventive Services Task Force when received from In-Network Participating Practitioner and/or Provider are Covered Services without payment of any Deductible, Copay, or Coinsurance requirement that would otherwise apply. Tobacco cessation treatment includes:

- Screening for tobacco use; and
- At least two (2) tobacco cessation attempts per year (for Members who use tobacco products). Covering a cessation attempt is defined to include coverage for:
 - Four (4) tobacco cessation counseling sessions of at least ten (10) minutes each (including telephone counseling, group counseling and individual counseling) without Prior Authorization, and
 - One ninety (90) day treatment regimen of all Food and Drug Administration (FDA)-approved tobacco cessation medications (including both prescription and over-the-counter medications) for a ninety (90) day treatment regimen when prescribed by a Provider without Prior Authorization.

Not Covered:

- Acupuncture
- Hypnotism

Prenatal and postpartum maternity care benefit

Maternity coverage is as follows:

NOTE: Due to the inability to predict admission; you or your Practitioner and/or Provider are encouraged to notify us of your expected due date when the pregnancy is confirmed. You are also encouraged to notify us of the date of scheduled C-sections when it is confirmed.

Inpatient care is covered for forty-eight hours (48) for a mother and newborn child following a normal vaginal delivery, and inpatient care is covered for ninety-six (96) hours following a caesarean section, without requiring In-Network Participating Practitioner and/or Providers or other Providers to obtain authorization to care for a mother and her newborn child in the inpatient setting for this period of time. However, to use certain Providers or Facilities, or to reduce out-of-pocket costs, Certification may be required. Inpatient care in excess of forty-eight (48) hours following a vaginal delivery and ninety-six (96) hours following a caesarean section is covered if the stay is determined to be reasonable and Medically Necessary.

All pre or post-natal care falling outside the routine care limits below will be covered per applicable cost sharing based on a Member's Plan. Routine prenatal care (as outlined below) will be covered at 100%:

- Anemia screening; -Limit of One (1)
- Blood type- Limit of One (1)
- Complete blood count (CBC) - Limit of Two (2)
- Depression screening- Limit of One (1)
- Group B streptococci (GBS) - Limit of One (1)
- Hepatitis C Screening - Limit of One (1)
- Human immunodeficiency virus (HIV, during pregnancy) - Limit of One (1)
- Preeclampsia prevention;
- Rh (Rhesus) incompatibility screening: first pregnancy visit and twenty-four (24) to twenty-eight (28) weeks gestation; -Limit of One (1)
- Office visits related to a confirmed pregnancy while member is pregnant
- Rubella Screening - Limit of One (1)
- Screening for gestational diabetes mellitus during pregnancy – testing includes a screening blood sugar followed by a glucose tolerance test if the sugar is high; -Limit of One (1)
 - For additional gestational diabetes benefits, see *Diabetes supplies, equipment and education* later in this Section.
- Screening for sexually transmitted infections (STIs, during pregnancy) - Limit of One (1)
- Tuberculosis (TB) - Limit of One (1)
- Ultrasound (2D) - Limit of Two (2)
- Urine culture- Limit of One (1)
- Urine dipstick or Urinalysis- Limit of Nine (9)

Breastfeeding support, supplies and counseling are covered in the following manner:

- Sanford Health Plan will allow one (1) breast pump (electric or manual) per pregnancy.
 - Replacement tubing, breast shields, and splash protectors are also covered.
 - Bottles, breast milk storage bags and supplies related to bottles are NOT covered.
 - Pumps and supplies are covered only when obtained from a Sanford Health Plan In-Network Participating Practitioner and/or Provider. This does NOT include drugstores or department stores.
- In addition to pumps, consultation with a lactation (breastfeeding) specialist is also covered.

Newborns' and Mothers' Health Protection Act Disclosure

The minimum inpatient Hospital stay, when complications are not present, ranges from a minimum of forty-eight (48) hours for a vaginal delivery to a minimum of ninety-six (96) hours for a cesarean birth, excluding the day of delivery. Such inpatient stays may be shortened if the treating Practitioner, after consulting with the mother, determines that the mother and child meet certain criteria and that discharge is medically appropriate. If the inpatient stay is shortened, a post-discharge follow-up visit shall be provided to the mother and newborn by In-Network Participating Practitioner and/or Provider competent in postpartum care and newborn assessments within forty-eight (48) hours after discharge to verify the condition of the mother and newborn. If such an inpatient stay lasts longer than the minimum required hours, Sanford Health Plan will not set the level of benefits or out-of-pocket costs so that the later portion of the stay is treated in a manner less favorable to the mother or newborn than any earlier portion of the stay.

NOTE: We encourage you to participate in our Healthy Pregnancy Program. Call (888) 315-0884 (*toll-free*) or TTY/TDD: (877) 652-1844 (*toll-free*) to enroll.

Not Covered:

- *Amniocentesis or chorionic villi sampling (CVS) solely for sex determination*

- Any expenses related to surrogate pregnancies and/or parenting, except if Surrogate is a covered Member under this Certificate of Coverage and seeking otherwise Covered Services
- Elective abortion services, except in cases of rape, incest, or when mother's life is endangered. Prior Authorization/certification required.
- Home birth settings, related equipment and fees
- Maternity classes and/or education programs
- Non-licensed birthing assistance, such as doulas

Newborn (postnatal) care benefit

Newborn coverage is as follows:

A newborn is eligible to be covered from birth. Members must complete and sign Sanford Health Plan's enrollment application form requesting coverage for the newborn within sixty (60) calendar days of the infant's birth. For more information, see *Enrollment* and *When Dependent Coverage Begins* in Section 1.

We cover care for the enrolled newborn child from the moment of birth including care and treatment for illness, injury, premature birth and medically diagnosed congenital defects and birth abnormalities (Please refer to *Reconstructive Surgery* in Section 4(b) for coverage information of surgery to correct congenital defects).

NOTE: Neonatal intensive care nursery services is an Outpatient Service that requires Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.).

Not Covered: Newborn delivery and nursery charges for adopted Dependents prior to the adoption bonding period

Family planning benefit

Family planning coverage is as follows:

- Consultations, and pre-pregnancy planning.
- Member education and counseling, as prescribed by a health care provider for women with reproductive capacity.
- Voluntary Sterilizations, including tubal ligations and vasectomies. Applicable cost sharing may apply; see contraceptive coverage covered without cost-sharing below.
- Folic acid supplements are covered at 100% (no cost) for women planning to become pregnant or in their childbearing years.
- Sanford Health Plan covers, without cost-sharing, *at least one form* of contraception in each of the eighteen (18) methods below that the FDA has identified for women in its current Birth Control Guide. These methods fall into three (3) categories.
 - Obtained during an office visit/medical procedure:
 - Surgical sterilization implant/occlusion of the fallopian tubes by use of permanent implants
 - Sterilization surgery/tubal ligation covered at 100% only when performed as the primary procedure
 - Implantable devices (Placement and removal is covered per device guidelines or as Medically Necessary). Includes
 - Implantable rod.
 - IUD Copper
 - IUD Progestin
 - Shot/Injection: includes injectable medroxyprogesterone acetate
 - Cervical Cap.
 - Obtained with a prescription:
 - Oral Contraceptives/Combined pill
 - Oral Contraceptives/Progestin only
 - Oral Contraceptives/Extended Continuous
 - Patch
 - Vaginal Contraceptive Ring
 - Emergency contraception
 - Available over the counter (OTC): (For OTC contraception, a written prescription order must be provided for Sanford Health Plan to cover at 100% (no charge), even though no prescription order is required for the OTC purchase of the drug and/or supply)
 - Sponge
 - Barrier methods: includes Diaphragm and cervical cap fitting and purchase.
 - Female Condom
 - Spermicide (generic only)
- Sanford Health Plan will continue to utilize reasonable medical management techniques, and impose cost sharing on some items and services to encourage Members to use specific items and services within the chosen contraceptive method.
- Formulary generic contraceptives are covered at 100% (no charge), regardless of how the contraceptive is delivered or dispensed. This coverage includes but is not limited to oral contraceptives.

- If no generic equivalent exists for a Formulary brand-name contraceptive, then that contraceptive is covered at 100% (no cost) per the Affordable Care Act, for the length of the prescription.

NOTE: For Members enrolled in a High Deductible Health Plan, prescription drugs are subject to Deductible and Coinsurance amounts, unless the medication or drug dispensed is covered by the Contract at 100% (no charge).

Not Covered:

- *Any expenses related to surrogate parenting except if Surrogate is a covered Member under this Certificate of Coverage and seeking otherwise Covered Services*
- *Elective abortion services, except in cases of rape, incest, or when mother's life is endangered. Prior Authorization/certification required.*
- *Male Condoms*
- *Reproductive Health Care Services prohibited by the laws of this State*
- *Reversal of voluntary sterilization*

Infertility benefit

Infertility benefits coverage is as follows:

- Testing for the diagnosis of infertility. Coverage for testing includes, but is not limited to:
 - Transvaginal ultrasound for structural evaluation (limit of one (1) per calendar year)
 - Sonogram (limit of one (1) per calendar year)
 - Screenings for stimulations of ovarian reserves and ovarian functions (limit of one (1) per screening per calendar year)
 - Screenings for assessment of polycystic ovarian syndrome (PCOS) (limit of one (1) per calendar year)
 - Semen Analysis (limit of two (2) per calendar year)

Not Covered:

- *Any expenses related to surrogate parenting or surrogate pregnancies, except if Surrogate is a covered Member under this Certificate of Coverage and seeking otherwise Covered Services*
- *Any other services or supplies related to artificial means of conception*
- *Cryogenic or other preservation techniques used in such or similar procedures*
- *Infertility medication*
- *Reversals of prior sterilization procedures*
- *Treatment of infertility including artificial means of conception such as: artificial insemination, in-vitro fertilization, ovum or embryo placement or transfer, or gamete intra-fallopian tube transfer*

Allergy care

Allergy care coverage is as follows:

- Testing and treatment
- Allergy injections
- Allergy serum

Not Covered:

- *Air conditions, air filters, or other products to eradicate dust mites*
- *Any form of allergy testing and immunotherapy that is considered experimental or not FDA approved*
- *Chiropractic manipulations for allergies*
- *Diet therapy (specialty foods) for allergies*
- *Duplicate services, including allergy testing for percutaneous scratch tests, intradermal tests, and patch tests* Homeopathic treatment of allergies
- *Provocative food testing*
- *Sublingual allergy desensitization*

Diabetes supplies, equipment, and education

Diabetic Services coverage is as follows:

NOTE: Indicated Durable Medical Equipment (DME) requires Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval in Section 3.)

Item (* Certification Required)	Must be obtained at:	Benefit/Cost Information
<ul style="list-style-type: none"> Blood Glucose test stripes Glucagon Glucometers Glucose Agents Lancets and lancet devices Prescribed oral agents for controlling blood sugars Syringes Urine testing strips 	Pharmacy (prescription required)	Pharmacy Benefit Depending on plan, copay or deductible/coinsurance may apply
<ul style="list-style-type: none"> Blood glucose monitors, including Continuous Glucose Monitors (CGM)* Continuous Glucose Monitor Supplies Custom diabetic shoes and inserts limited to one (1) pair of depth-inlay shoes and three (3) pairs of inserts; or one (1) pair of custom molded shoes (including inserts) and three (3) additional pairs of inserts Insulin infusion devices* Insulin Pump Supplies 	Durable Medical Provider	Medical Benefit Deductible/Coinsurance will apply

Diabetes self-management training and education shall only be covered if:

- the service is provided by a Physician, nurse, dietitian, pharmacist or other licensed Practitioner and/or Provider who satisfies the current academic eligibility requirements of the National Certification Board for Diabetic Educators and has completed a course in diabetes education and training or has been certified by a diabetes educator; and
- the training and education is based upon a diabetes program recognized by the American Diabetes Association or a diabetes program with a curriculum approved by the American Diabetes Association or the South Dakota Department of Health.
- Routine foot care, including toe nail trimming

Not Covered: Food items for medical nutrition therapy

Dialysis

Dialysis for renal disease coverage is as follows.

- Services include equipment, training, and medical supplies required for effective dialysis care. *Coordination of Benefit* provisions apply. For more information on coordination of benefits, please see Section 7.

Not Covered:

- Compact (portable) travel hemodialyzer system
- Dialysis services received by Non-Participating Providers when traveling out of the service area
- Hemodialysis machine (not separately payable)
- Unspecified complication of kidney transplant
- Wearable artificial kidney, each

Physical, speech and occupational therapies

Therapy coverage is as follows:

- Outpatient rehabilitative therapies directed at improving physical functioning of the Member, which are expected to provide significant improvement within two (2) months, as certified on a prospective and timely basis by Sanford Health Plan. Coverage includes:
 - Physical Therapy;
 - Occupational Therapy; and
 - Speech Therapy

- Coverage is provided for rehabilitative services, which includes the management of limitations and disabilities, including services or programs that help to maintain or prevent deterioration in physical, cognitive, or behavioral function.
- Speech therapy services when related to a specific illness, injury, or impairment, and involve the mechanics of phonation, articulation, or swallowing. Services must be provided by a licensed or certified speech pathologist.
- Services must be provided in accordance with a prescribed plan of treatment ordered by a Practitioner and/or Provider. Benefits are not available for Maintenance Care.
- Includes one-to-one water therapy
- Physical therapy and Vitamin D supplements with a prescription order are covered at 100% (no cost) for Members ages sixty-five (65) and older who are at increased risk for falls. Benefits are subject to Medical Necessity.

Not Covered:

- *Traction services*
- *Educational or non-medical services for learning disabilities and/or behavioral problems, including those educational or non-medical services as provided under the Individuals with Disabilities Education Act (IDEA)*
- *Maintenance Care that is typically long-term and by definition not therapeutically necessary*
- *Services provided in the Member's home for convenience*
- *Hot/cold pack therapy including polar ice therapy and water circulating devices*

Cardiac Rehabilitation Therapy

Cardiac rehabilitation therapy coverage is as follows:

- Cardiac rehabilitation delivered as part of an inpatient hospitalization
- Outpatient cardiac rehabilitation is a covered benefit when referred by a physician and provided under the general supervision of a physician (limited to thirty-six (36) visits per calendar year)

Not covered: *Maintenance Therapy*

Phenylketonuria (PKU)

Phenylketonuria Coverage is as follows:

- Testing, diagnosis and treatment of phenylketonuria (PKU) including dietary management, formulas, Case Management, intake and screening, assessment, comprehensive care planning and service referral.

Not Covered: *PKU dietary desserts and snack items*

Amino acid-based elemental oral formulas

Amino acid-based elemental oral formula coverage is as follows:

- Coverage for medical foods and low-protein modified food products determined by a Physician to be Medically Necessary for the therapeutic treatment of an inherited metabolic disease of amino acid or organic acid.

Not Covered:

- *Dietary desserts and snack items*
- *Low protein modified food products or medical food for PKU to the extent those benefits are available under a Department of Health program or other state agency*

Nutritional Counseling

Nutritional Counseling coverage is limited to twelve (12) visits per calendar year

Not covered:

- *Dietary surveillance and counseling*
- *Education and training for patient self-management by a qualified, non-physician health care professional using a standardized curriculum, face-to-face with the patient (could include caregiver/family)*
- *Online assessment and management service provided by a qualified no physician health care professional, internet or electronic communications.*

Artificial Nutrition

Artificial Nutrition coverage is as follows:

NOTE: This requires Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval in Section 3.)

- Parenteral nutrition formula and supplies
- Enteral nutrition formula and supplies

**Coverage is subject to Sanford Health Plan Guidelines.*

Not covered: Formula and supplements available Over the Counter

Hearing services (testing, treatment, and supplies)

Hearing services coverage is as follows:

- Sudden sensorineural hearing loss (SSNHL), and diagnostic testing and treatment related to acute illness or injury.
- For Members under the age of nineteen (19), Medically Necessary Physician services appropriate for the treatment of hearing impairment is covered. These benefits are subject to the same dollar limits, Deductibles, Coinsurance, and other limitations as provided for other covered benefits in this Certificate [SDCL §§ 58-17-153, 58-18-95, 58-18B-60, 58-41-127].

NOTE: Indicated Durable Medical Equipment (DME) and Implant/Stimulators require Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval in Section 3).

1. External hearing aids for the treatment of a hearing loss that is not due to the gradual deterioration that occurs with aging and/or other lifestyle factors. This is a DME that requires Certification.
 - a. Benefit is limited to one hearing aid, per ear, per Member, every three (3) years, in alignment with Medical Necessity and Sanford Health Plan guidelines.
 - b. The provision of hearing aids must meet criteria for rehabilitative and/or habilitative services coverage and either:
 - i. provide significant improvement to the Member within two (2) months, as certified on a prospective and timely basis by Sanford Health Plan; or
 - ii. help maintain or prevent deterioration in physical, cognitive, or behavioral function.
2. Cochlear implants and bone-anchored (hearing-aid) implants. This is an Implant/Stimulator that requires Certification.

Not Covered:

- All other hearing related supplies, purchases, examinations, testing or fittings not otherwise specified as covered in this Certificate
- Hearing aids for the treatment of gradual hearing loss that occurs with aging and/or other lifestyle factors, non-implant devices, or equipment to correct hearing impairment or loss
- Tinnitus maskers
- Treatment of gradual deterioration of hearing that occurs with aging and/or other lifestyle factors, and related adult hearing screening services, testing and supplies

Vision services (testing, treatment, and supplies)

Vision services coverage is as follows:

NOTE: Indicated Durable Medical Equipment (DME) and Implant/Stimulators require Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval in Section 3).

- Diagnostic testing and treatment related to acute illness or injury of the eye.
- Cataract Surgery. Certification Required.
- Dilated eye examination for diabetes-related diagnoses (one exam per Member per year).
- Coverage for aphakia includes:
 - Eyeglasses, including lenses and one frame per Member per lifetime; or
 - Two (2) single clear contact lenses for the aphakic eye per Member per Calendar Year.
- Coverage of scleral shells:
 - Soft shells limited to two (2) lenses per Member per Calendar Year.
 - Hard shells limited to one (1) lens per Member per lifetime.
- Vision Therapy

Additional pediatric (child) vision services (testing, treatment, and supplies):

Coverage is provided for emergency, Preventive and routine vision care for Members up to age nineteen (19). Pediatric vision services will terminate at the end of the month in which the Member reaches age nineteen (19).

PEDIATRIC VISION EXAMS

One examination is allowed annually for routine vision examinations, including:

- Dilation, if professionally indicated; and
- Refraction.

PRESCRIBED LENSES AND FRAMES

- Coverage for prescribed lenses are allowed once every Calendar Year for prescribed single vision, bifocal, trifocal, or lenticular lenses, including directly related professional services.
- Coverage for frames limited to once every other Calendar Year.

Coverage for contact lenses in lieu of the prescribed frames and/or lenses benefit once every Calendar Year. Contact lenses determined to be Medically Necessary in the treatment of Members affected by certain conditions may be covered as an additional benefit.

Not Covered:

- *Additional refractive procedure (including lens) after coverage of initial lens at time of cataract corrections*
- *Benefits are not available for complications resulting from refractive surgery*
- *Charges for cosmetic attachments to lenses or frames including but not limited to: monograms or facets, roll or polish edges for rimless lenses, tinting of lenses; i.e. photogray for glass lenses and transition for plastic lenses, slimlite or hi-index lenses, polythin or polycarbonate lenses, oversized lenses; i.e. large or oversize goggle blanks, highpower, specialty lenses; i.e. Smart Seq., executive, bifocal or trifocal extra wide*
- *Contact lens cleaning supplies*
- *Correction of Refractive Errors of the Eye*
- *Lasik eye surgery*
- *Correction of refractive errors of the eye*
- *Pre- and post-operative refractive services except as specified in the Covered Services section of this Certificate*
- *Protective or scratch coating for plastic lenses*
- *Radial keratotomy, myopic keratomileusis, and any surgery involving corneal tissue for the purpose of altering, modifying, or correcting myopia, hyperopia, or stigmatic error*
- *Routine cleaning of scleral shell*
- *Safety lenses*
- *Slab-off lenses*
- *Sunglasses*
- *The replacement of lost or broken lenses or frames unless at the time of replacement the Member is eligible for prescribed lenses or frames*
- *Vision exams (routine), vision services and supplies for Members ages nineteen (19) and older except as specified in the Covered Services section of this Certificate*
- *Visual field exams*

Foot care

Foot care coverage is available for the following:

- Routine foot care covered for Members with diabetes only. See Section 4(a) *Diabetes supplies, equipment, and education* for more information on covered benefits.

NOTE: See Section on *Orthotic and prosthetic devices* for information on podiatric shoe inserts.

Not Covered:

- *Cutting, removal, or treatment of corns, calluses, or nails for reasons other than authorized corrective surgery (except as stated above and in Section 4(a) Diabetes supplies, equipment, and education)*
- *Diagnosis and treatment of weak, strained, or flat feet*

Orthotic and prosthetic devices

Orthotic and prosthetic device coverage is as follows:

NOTE: Indicated Durable Medical Equipment (DME) requires Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval in Section 3.)

- Adjustments and/or modification to the prosthesis required by wear/tear or due to a change in Member's condition or to improve the function are eligible for coverage and do not require Prior Authorization.
- Cranial Prosthesis, including wigs, up to \$200.
- Devices permanently implanted that are not Experimental or Investigational Services, such as artificial joints, pacemakers, and surgically implanted breast implant following mastectomy. This is a DME that requires Certification.
- Externally worn breast prostheses and surgical bras, including necessary replacements following a mastectomy.
 - For double mastectomy, coverage extends to four (4) external prosthesis per Calendar Year and six (6) bras per Member per Calendar Year.

- Includes two (2) external prosthesis per Calendar Year and six (6) bras per Member per Calendar Year.
- Prosthetic limbs, sockets and supplies, and prosthetic eyes. This is a DME that requires Certification
- Repairs necessary to make the prosthetic functional are covered and do not require Prior Authorization. The expense for repairs is not to exceed the estimated expense of purchasing another prosthesis.

NOTE: Internal prosthetic devices are paid as Hospital benefits; see Section 4(b) for payment information. Insertion of the device is paid under the surgery benefit

Not Covered:

- *Duplicate or similar items*
- *Experimental or Investigational Services or devices not part of an Approved Clinical Trial*
- *Hair transplants or hair plugs*
- *Replacement or repair of items, if the items are damaged or destroyed by the Member's misuse, abuse or carelessness, lost, or stolen*
- *Revision/replacement of prosthetics (except as noted per Sanford Health Plan guidelines (available upon request))*
- *Service call charges, labor charges, charges for repair estimates*

Durable medical equipment (DME)

Durable medical equipment (DME) coverage is as follows:

- Coverage is available for DME prescribed by an attending Practitioner and/or Provider, which is Medically Necessary, not primarily and customarily used for non-medical purposes, designed for prolonged use, and for a specific therapeutic purpose in the treatment of an illness or injury. Limitations per Sanford Health Plan guidelines apply.
- Coverage includes DME for habilitative services per Medical Necessity.
- Casts, splints, braces, crutches and dressings for the treatment of fracture, dislocation, torn muscles or ligaments and other chronic conditions per Sanford Health Plan guidelines.

NOTE: The following DME require Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

- Airway Clearance Device
- Beds such as Hospital beds and mattresses
- Communication Device
- Cranial Molding Helmet
- Equipment that has a cost over \$10,000.00
- Insulin Pump
- Phototherapy UVB Light Device
- Pneumatic Compression with external pump
- Prosthetic Limb
- Selected Orthotics

Not Covered:

- *Any other equipment and/or supplies which Sanford Health Plan determines is not eligible for coverage*
- *Commodes and/or similar convenience items*
- *Coverage is limited to one (1) piece of same-use equipment (e.g. mobilization, suction), unless replacement is covered under the replacement guidelines in this policy. Duplicate or back up equipment is not a covered benefit.*
- *Deluxe equipment*
- *Disposable supplies (including diapers) or non-durable supplies and appliances, including those associated with equipment determined not to be eligible for coverage*
- *Duplicate or similar items*
- *First aid or precautionary equipment such as standby portable oxygen units*
- *Home modifications including, but not limited to, its wiring, plumbing or changes for installation of equipment*
- *Home traction units*
- *Household equipment which primarily has customary uses other than medical, such as, but not limited to, air purifiers, central or unit air conditioners, water purifiers, non-allergic pillows, waterbeds, physical fitness equipment, hot tubs, or whirlpools*
- *Household fixtures including, but not limited to, escalators or elevators, ramps, swimming pools and saunas*
- *Items which are primarily non-medical and educational in nature or for vocation, comfort, convenience or recreation*
- *Maintenance and service fee for capped-rental items*
- *Orthopedic shoes; custom made orthotics if not covered by Sanford's internal guidelines; over-the-counter orthotics and appliances*
- *Remote control devices as optional accessories*

- Replacement or repair of equipment if items are damaged or destroyed by Member misuse, abuse, or carelessness; or if lost or stolen
- Revision of DME, except when made necessary by normal wear or use
- Sales tax, mailing, delivery charges, service call charges, or charges for repair estimates
- Self-help and adaptive aids are not a covered benefit, including assistive communication devices and training aids.
- Upgrades of equipment for outdoor use, or equipment needed for use outside of the home that is not needed for in-home use, are not covered.
- Vehicle modifications including, but not limited to, hand brakes, hydraulic lifts, and car carrier

Implants/Stimulators

Implants/Stimulators coverage is as follows:

- Implants and Stimulators prescribed by an attending Practitioner and/or Provider and are Medically Necessary are covered. Limitations per Certificate of Insurance guidelines apply (available upon request).

NOTE: The following Implants/Stimulators require Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval (Certification) in Section 3.)

- Bone Growth (external)
- Cochlear Implant (Device and Procedure)
- Deep Brain Stimulation
- Gastric Stimulator
- Insertion, Removal, and Revisions of all Implants
- Spinal Cord Stimulator (Device and Procedure)
- Vagus Nerve Stimulator

Home health services

Home health services coverage is as follows:

NOTE: Certification is required; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

Home skilled nursing is covered when Medically Necessary to provide a safe transition from other levels of care. Under this benefit, coverage includes teaching caregivers for ongoing care and providing short-term treatments that can be safely administered in a home setting.

The following are covered if approved by Sanford Health Plan in lieu of Hospital or Skilled Nursing Facility:

- part-time or intermittent care by a RN or LPN/LVN
- part-time or intermittent home health aide services for direct patient care only
- physical, occupational, speech, inhalation, and intravenous therapies
- medical supplies, prescribed medicines, and lab services, to the extent they would be covered if the Member were Hospitalized
- one (1) home health visit constitutes four (4) hours of nursing care
- Member must be home-bound to receive home health services

Not Covered:

- Custodial or convalescent care
- Daycare, Attendant, or Homemaker Services
- Home delivered meals or laundry services
- Meals, custodial care or housekeeping
- Nursing care requested by, or for the convenience of the Member or the Member's family (rest cures)

Private Duty Nursing

Private duty nursing coverage is as follows:

NOTE: Certification is required; failure to get Certification may result in a reduction or denial of benefits if the service would not otherwise be covered. (See Services requiring Certification in Section 2.)

Private Duty Nursing is nursing care that is provided to a Member on a one-to-one basis by licensed nurse in an inpatient or home setting when any of the following are true:

- No skilled services are already being provided.
- Skilled nursing resources are available in the facility.
- The skilled care can be provided by a Home Health Agency on a per visit basis for a specific purpose.
- The service is provided to a Covered Person by an independent nurse who is hired directly by the Covered Person or his/her family. This includes nursing services provided on an inpatient or home-care basis, whether the service is skilled or non-skilled independent nursing.

Not covered:

- *Services that can be provided safely and effectively by a non-clinically trained person*
- *Services that involve payment of family members or nonprofessional care givers for services performed for the member*

Chiropractic services

Chiropractic services coverage is as follows:

- Non-surgical spinal treatment and chiropractic services.

Not Covered:

- *Hot/cold pack therapy including polar ice therapy and water circulating devices*
- *Therabands, cervical pillows, traction services,*
- *Vitamins or minerals not otherwise specified as covered in this Certificate*

Oncology treatment benefits

Oncology treatment coverage is as follows:

NOTE: Certification is required; failure to get Certification may result in a reduction or denial of benefits if the service would not otherwise be covered. (See Services requiring Certification in Section 3.)

- Radiation Therapy. This is an Oncology Service/Treatment that requires Certification.
- Chemotherapy, regardless of whether the Member has separate prescription drug benefit coverage. This is an Oncology Service/Treatment that requires Certification.
 - The same cost-sharing amounts apply for intravenously administered or injected cancer chemotherapy agents as for prescribed, orally-administered, anticancer medications used to kill or slow the growth of cancerous cells

Other treatment therapies not specified elsewhere

Treatment therapy is as follows:

NOTE: Indicated Oncology Services requires Certification; failure to get Certification may result in a reduction or denial of benefits. (See Services requiring Preauthorization/Prior Approval in Section 3.)

- Inhalation therapy
- Pheresis therapy
- Infusion therapy

Not Covered:

- *Non-surgical treatments that do not meet Sanford Health Plan's Medically Necessary guidelines (available upon request)*
- *Treatment received outside of the United States*

Section 4(b) Services provided by a Hospital or other Facility

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Here are some important things you should keep in mind about these benefits:

- This Certificate of Coverage, including any amendments, along with your application for coverage and the Summary of Benefits and Coverage constitutes the entire Contract for health care benefits.
- Please remember that all benefits are subject to the terms, definitions, limitations, and exclusions in this Certificate and are payable only when we determine they are Medically Necessary.
- In-Network Participating Practitioner and/or Providers must provide or arrange your care, and you must be hospitalized in an In-Network Facility.
- Mental Health and Substance Use Disorder Services provided by a Hospital or other Facility are outlined in Section 4(d).
- Be sure to read Section 3, *How You Get Care*, for valuable information about conditions for coverage.
- **YOU MUST GET CERTIFICATION OF SOME OF THESE SERVICES.** See the benefits description below.
- See the Summary of Benefits and Coverage for any applicable Coinsurance, Copay, Deductible or benefit limitation.

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Benefit Description

Admissions

Admission coverage is as follows:

NOTE: Certification is required; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* Section 3.)

The following Hospital services are Covered Services:

- Room and board
- Critical care services
- Use of the operating room and related facilities
- General Nursing Services, including special duty Nursing Services if approved by Sanford Health Plan
- The administration of whole blood and blood plasma is a Covered Service. The purchase of whole blood and blood components is a Non-Covered Service unless such blood components are classified as drugs in the *United States Pharmacopoeia*.
- Special diets during Hospitalization, when specifically ordered
- Other services, supplies, biologicals, drugs and medicines prescribed by a Physician during Hospitalization

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 forty-eight (48) hours after the procedure.

Not Covered:

- *Admissions to Hospitals performed only for the convenience of the Member, the Member's family, or the Member's Practitioner and/or Provider*
- *Custodial or convalescent care*
- *Intermediate level or domiciliary care*
- *Personal comfort items (telephone, television, guest meals and beds)*
- *Rest cures*
- *Services to assist in activities of daily living*
- *Take-home drugs*

Outpatient Hospital or Ambulatory Surgical Center

Outpatient Hospital or Ambulatory Surgical Center Coverage is as follows;

NOTE: Certification is required for all of the following; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

Health Care Services furnished in connection with a surgical procedure performed in an In-Network participating surgical center include:

- Outpatient Hospital surgical center
- Outpatient Hospital services such as diagnostic tests

- Ambulatory Surgical Center (same day surgery)

Not Covered:

- *Blood and blood derivatives replaced by the Member*
- *Surgical procedures that can be done at a Physician office setting (i.e. vasectomy, toe nail removal)*
- *Take-home drugs*

Skilled Nursing Facility benefits

Skilled Nursing Facility coverage is as follows:

NOTE: Certification is required; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

Skilled Nursing Facility services are covered if approved by Sanford Health Plan in lieu of continued or anticipated Hospitalization.

The following Skilled Nursing Facility services are covered when provided through a state licensed nursing Facility or program:

- Skilled nursing care, whether provided in an inpatient skilled nursing unit, a Skilled Nursing Facility, or a subacute (swing bed) Facility
- Room and board in a Skilled Nursing Facility
- Special diets in a Skilled Nursing Facility, if specifically ordered

Skilled Nursing Facility care is limited to ninety (90) calendar days in a consecutive twelve (12) month period.

Skilled nursing care in a Hospital shall be covered if the level of care needed by a Member has been reclassified from acute care to skilled nursing care and no designated skilled nursing care beds or swing beds are available in the Hospital or in another Hospital or health care Facility within a thirty (30) mile radius of the Hospital.

Not Covered:

- *Convalescent care*
- *Custodial care*
- *Intermediate level or domiciliary care*
- *Long-Term Residential Care*
- *Rest cures*
- *Services to assist in activities of daily living*

Hospice care

Hospice Care coverage is as follows:

A Member may elect to receive hospice care, instead of the traditional Covered Services provided under the Contract, when the following circumstances apply:

1. The Member has been diagnosed with a terminal disease and a life expectancy of six (6) months or less;
2. The Member has chosen a palliative treatment focus (i.e. emphasizing comfort and support services rather than treatment attempting to cure the disease or condition); and
3. The Member continues to meet the terminally ill prognosis as reviewed by Sanford Health Plan's Chief Medical Officer over the course of care.

The following hospice services are Covered Services:

1. Admission to a hospice Facility, Hospital, or Skilled Nursing Facility for room and board, supplies and services for pain management and other acute/chronic symptom management
2. Part-time or intermittent nursing care by a RN, LPN/LVN, or home health aide for Member care up to eight (8) hours per day
3. Social services under the direction of an In-Network Participating Practitioner and/or Provider
4. Psychological and dietary counseling
5. Physical or occupational therapy, as described under Section 4(a)
6. Consultation and Case Management services by an In-Network Participating Practitioner and/or Provider
7. Medical supplies, durable medical equipment (DME) and drugs prescribed by an In-Network Participating Practitioner and/or Provider
8. Expenses for an In-Network Participating Practitioner and/or Providers for consultant or Case Management services, or for physical or occupational therapists, who are not group Members of the hospice, to the extent of coverage for these services as listed in Section 4(a), but only where the hospice retains responsibility for the care of the Member
9. Respite care (must be used in increments of not more than five (5) calendar days at a time):
 - a. Fifteen (15) calendar days per lifetime for inpatient hospice respite care.
 - b. Fifteen (15) calendar days per lifetime for outpatient hospice respite care.

Not Covered:

- Fees for room and board unless Prior Authorized
- Independent nursing, homemaker services

Reconstructive surgery

Reconstructive surgery coverage is as follows:

NOTE: The following services are considered Outpatient Surgery and require Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

- Surgery to restore bodily function or correct a deformity caused by illness or injury
- Coverage for mastectomy related benefits will be provided in a manner determined in consultation with the attending Physician and Member. Coverage will be provided for reconstructive breast surgery and physical complications at all stages of a mastectomy, including lymphedema for those Members who had a mastectomy resultant from a disease, illness, or injury. For a single mastectomy, coverage extends to the non-affected side to make it symmetrical with the affected breast post-surgical reconstruction. Breast prostheses and surgical bras and replacements are also covered (see *Orthotic and prosthetic devices* in this section). Applicable Cost-Sharing applies as outlined in your Summary of Benefits and Coverage.

Not Covered:

- *Cosmetic services and/or supplies to repair or reshape a body structure not Medically Necessary and/or primarily for the improvement of a Member's appearance or psychological well-being or self-esteem, including but not limited to, breast augmentation, skin disorders, rhinoplasty, liposuction, scar revisions, and cosmetic dental services*
- *Removal, revision or re-implantation of saline or silicone implants for: breast implant malposition; unsatisfactory aesthetic outcome; Member desire for change of implant; Member fear of possible negative health effects; or removal of ruptured saline implants that do not meet Medical Necessity criteria*

Oral and maxillofacial surgery

Oral and maxillofacial surgery coverage is as follows:

NOTE: Indicated services are considered Outpatient Surgery, Services or DME that require Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services requiring Certification* in Section 2.)

- Oral surgical procedures limited to services required because of injury, accident, or cancer that damages Natural Teeth. This is an Outpatient Surgery that requires Certification.
 - Care must be received within twelve (12) months of the occurrence
- Orthognathic Surgery per Plan guidelines. *This is an Outpatient Surgery that requires Certification*
 - Associated radiology services are included
 - "Injury" does not include injuries to Natural Teeth caused by biting or chewing
 - Coverage applies regardless of whether the services are provided in a Hospital or a dental office
- Coverage for Temporomandibular Joint (TMJ) Dysfunction and/or Temporomandibular Disorder (TMD) is as follows:
 - Services for the Treatment and Diagnosis of TMJ/TMD are covered subject to Medical Necessity defined by Sanford Health Plan's Medical coverage guidelines
 - Manual therapy and osteopathic or chiropractic manipulation treatment if performed by physical medicine Providers
 - TMJ Splints and adjustments if your primary diagnosis is TMJ/TMD
 - Splint limited to one (1) per Member per benefit period.
- Anesthesia and Hospitalization charges for dental care are covered for a Member who (*This is an Outpatient Service that requires Certification*):
 - is a child age fourteen (14) or older - (*Certification is not required for children under fourteen (14)*); or
 - is severely disabled or otherwise suffers from a developmental disability as determined by a licensed Physician; or
 - has a medical condition(s) as determined by a licensed Physician that places the Member at serious risk.
- For more information on dental benefits, see Section 4(f).

Not Covered:

- *Dental appliances of any sort not otherwise specified as covered, including but not limited to those related to Sleep Apnea, bridges, braces, retainers, and appliances that are for cosmetic reasons and/or not Medically Necessary*
- *Dental x-rays or dental appliances*
- *Hospitalization for extraction of teeth that is not Medically Necessary*
- *Removal of wisdom teeth*
- *Replacements including crowns, bridges, braces or implants*
- *Services and supplies related to ridge augmentation, implantology, and preventive vestibuloplasty*
- *Shortening of the mandible or maxillae for cosmetic purposes*

Morbid obesity surgical benefit

Morbid obesity coverage is as follows:

NOTE: This is an Outpatient Surgery and Certification is required; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

- Surgical treatment of morbid obesity (bariatric surgery) is covered per Sanford Health Plan guidelines. Medical management policies define the criteria and coverage limitations.

Not Covered:

- Abdominoplasty
- Appetite suppressants and supplies of a similar nature
- Liposuction, gastric balloons, or wiring of the jaw (unless otherwise related to a covered injury or injury)
- Nutritional or food supplements (services supplies and/or nutritional sustenance products or food related to enteral feeding, except when it's the sole means of nutrition)
- Panniculectomy that does not meet Sanford Health Plan guidelines
- Weight loss or exercise programs that do not meet Sanford Health Plan's Medical Necessity coverage guidelines

Transplant services

Transplant services coverage is as follows:

NOTE: Certification is required; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

Coverage is provided for transplants according to Sanford Health Plan's medical coverage guidelines (available upon request) for the following services:

- Bone marrow or stem cell acquisition and short term storage during therapy for a Member with a covered illness
- Drugs (including immunosuppressive drugs)
- Living donor transplant-related complications for sixty (60) calendar days following the date the organ is removed, if not otherwise covered by donor's own health benefit plan, by another group health plan or other coverage arrangement
- Organ acquisition costs including:
 - For cadaver donors: operating room services, intensive care cost, preservation supplies (perfusion materials and equipment), preservation technician's services, transportation cost, and tissue typing of the cadaver organ
 - For living donors: organ donor fees, recipient registration fees, laboratory tests (including tissue typing of recipient and donor), and Hospital services that are directly related to the excision of the organ
- Post-transplant care and treatment
- Pre-operative care
- Psychological testing
- Second Opinions
 - SHP will notify the Member if a second opinion is required at any time during the determination of benefits period. If a Member is denied a transplant procedure by the transplant facility, the Plan will allow them to go to a second transplant facility for evaluation. If the second facility determines, for any reason, that the Member is an unacceptable candidate for the transplant procedure, benefits will not be paid for further transplant related services and supplies, even if a third transplant facility accepts the Member for the procedure.
- Short-term storage of umbilical cord blood for a Member with a malignancy undergoing treatment when there is a donor match.
- Supplies (must be Certification)
- Transplant procedure, Facility and professional fees

Transplants that meet the United Network for Organ Sharing (UNOS) criteria and/or Sanford Health Plan policy requirements and are performed at In-Network Participating Practitioner and/or Providers or contracted Centers of Excellence are covered.

Not Covered:

- Artificial organs, any transplant or transplant services not listed above
- Costs related to locating organ donor
- Donor expenses for complications that occur after sixty (60) calendar days from the date the organ is removed, regardless if the donor is covered as a Member or not
- Expenses incurred by a Member as a donor, unless the recipient is also a Member
- Services, chemotherapy, radiation therapy (or any therapy that damaged the bone marrow), supplies drugs and aftercare for or related to artificial or non-human organ transplants
- Services, chemotherapy, supplies, drugs and aftercare for or related to human organ transplants not specifically approved by Sanford Health Plan's Chief Medical Officer or its designee

- *Services, chemotherapy, supplies, drugs and aftercare for or related to transplants performed at a Center of Excellence that is a Non-Participating Provider*
- *Storage of stem cells including storing umbilical cord blood of non-diseased persons for possible future use*
- *Transplant evaluations with no end organ complications*
- *Transplants and transplant evaluations that do not meet the United Network for Organ Sharing (UNOS) criteria*

Anesthesia

Coverage is available for services of an anesthesiologist, or other certified anesthesia Provider, in connection with a Certified inpatient or outpatient procedure or treatment.

Section 4(c) Emergency services/accidents

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Here are some important things to keep in mind about these benefits:

- This Certificate of Coverage, including any amendments, along with your application for coverage and the Summary of Benefits and Coverage constitutes the entire Contract for health care benefits.
- Please remember that all benefits are subject to the terms, definitions, limitations, and exclusions in this Certificate and are payable only when we determine they are Medically Necessary.
- Be sure to read Section 3, *How You Get Care*, for valuable information about conditions for coverage.
- See the Summary of Benefits and Coverage for any applicable Coinsurance, Copay, Deductible or benefit limitation.

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What is an Emergency Medical Condition?

An Emergency Medical Condition is the sudden and unexpected onset of a health condition that requires immediate medical attention, if failure to provide medical attention would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part or would place the person's health in serious jeopardy.

What is an Urgent Care Situation?

An Urgent Care Situation is a degree of illness or injury that is less severe than an Emergency Medical Condition, but requires prompt medical attention within twenty-four (24) hours, such as stitches for a cut finger. If an Urgent Care Situation occurs, Members should contact their Primary Care Physician (PCP) immediately, if one has been selected, and follow his or her instructions. A Member may always go directly to an urgent care or after-hours clinic.

We cover emergency services necessary to screen and stabilize Members without Certification in cases where a Prudent Layperson reasonably believed that an Emergency Medical Condition existed.

Benefit Description

Emergency within our Service Area

Emergency services from Non-Participating or Out-of-Network Participating Providers will be covered at the same benefit and Cost Sharing level as services provided by In-Network Participating Practitioner and/or Provider. If Sanford Health Plan determines the condition did not meet Prudent Layperson definition of an emergency, then the Out-of-Network Benefit Level, including the Deductible, Copay, and Coinsurance amounts, will apply and the Member is responsible for charges above the Maximum Allowed Amount.

If an Emergency Medical Condition arises, Members should proceed to the nearest emergency Facility that is an In-Network Participating Practitioner and/or Provider. If the Emergency Medical Condition is such that a Member cannot go safely to the nearest emergency Facility that is an In-Network Participating Practitioner and/or Provider, then the Member should seek care at the nearest emergency Facility.

The Member or a designated relative or friend must notify Sanford Health Plan and the Member's Primary Care Physician, if one has been selected, as soon as reasonably possible, and no later than forty-eight (48) hours after physically or mentally able to do so.

With respect to care obtained from a Non-Participating or Out-of-Network Participating Provider within the Service Area, Sanford Health Plan shall cover emergency services necessary to screen and stabilize a Member and may not require Prospective (Pre-service) Review of such services if a Prudent Layperson would have reasonably believed that use of a Participating Provider would result in a delay, or if a provision of federal, State, or local law requires the use of a specific Practitioner and/or Provider. The coverage shall be at the same benefit level as if the service or treatment had been rendered by an In-Network Participating Practitioner and/or Provider.

If a Member is admitted to a Non-Participating or Out-of-Network Provider, then Sanford Health Plan will contact the admitting Physician to determine Medical Necessity and a plan for treatment. In some cases, where it is medically safe to do so, the Member may be transferred to a Hospital that is an In-Network Participating Practitioner and/or Provider.

Emergency outside our Service Area

If an Emergency Medical Condition occurs when traveling outside of the Service Area, Members should go to the nearest emergency Facility to receive care. The Member or a designated relative or friend must notify Sanford Health Plan and the Member's Primary Care Physician, if one has been selected, as soon as reasonably possible, and no later than forty-eight (48) hours after physically or mentally able to do so.

Coverage will be provided for Emergency Medical Conditions outside of the Service Area (at the in-network benefit level) unless the Member has traveled outside the Service Area for the purpose of receiving such treatment.

If an **Urgent Care Situation** occurs when traveling outside of the Service Area, Members should contact their Primary Care Physician immediately, if one has been selected, and follow his or her instructions. If a Primary Care Physician has not been selected, the Member should contact Sanford Health Plan and follow Sanford Health Plan's instructions. Coverage will be provided for Urgent Care Situations outside the Service Area at the in-network level unless the Member has traveled outside the Service Area for the purpose of receiving such treatment.

NOTE: Unless care is received from In-Network Participating Practitioner and/or Provider, coverage will be at the Out-of-Network Benefit Level for non-Emergency Medical Condition or non-Urgent Care Situations received when a Member is traveling or studying outside the Service Area.

Coverage outside of the United States

For emergency or urgent care services received in a country other than the United States, payment level assumes the Provider is a Non-Participating Provider. Claims must be submitted in English.

Not Covered:

- *Emergency care provided outside the Service Area if the need for care could have been foreseen before leaving the Service Area*

Ambulance and emergency transportation services

Ambulance and emergency transportation services coverage is as follows:

NOTE: Certification is required for all Non-urgent/emergent transportation services; failure to get Certification will result in a reduction or denial of benefits. (See Services requiring Prior Authorization in Section 3.)

Transportation by professional ground ambulance, air ambulance, or on a regularly scheduled flight on a commercial airline when transportation is:

- Medically Necessary; and
- To the nearest In-Network Participating Practitioner and/or Provider equipped to furnish the necessary Health Care Services, or as otherwise approved and arranged by Sanford Health Plan.

Not Covered:

- *Charges for transportation related to non-emergency services and/or travel*
- *Reimbursement for personal transportation costs incurred while traveling to/from Practitioner and/or Provider visits or other Health Care Services*
- *Transfers performed only for the convenience of the Member; the Member's family or the Member's Physician or other Practitioner and/or Provider*

Section 4(d) Mental health and substance use disorder benefits

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Here are some important things to keep in mind about these benefits:

- This Certificate of Coverage, including any amendments, along with your application for coverage and the Summary of Benefits and Coverage, constitutes the entire Contract for health care benefits.
- Please remember that all benefits are subject to the terms, definitions, limitations, and exclusions in this Certificate and are payable only when we determine they are Medically Necessary.
- Be sure to read Section 3, *How You Get Care*, for valuable information about conditions for coverage.
- **YOU MUST GET CERTIFICATION OF SOME OF THESE SERVICES.** See the benefits description below.
- See the Summary of Benefits and Coverage for any applicable Coinsurance, Copay, Deductible or benefit limitation.

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Benefit Description

Mental health benefits

In compliance with the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA), the financial requirements and treatment limitations that apply to Sanford Health Plan's Mental Health and/or Substance Use Disorder Services are no more restrictive than the predominant financial requirements or treatment limitations that apply to substantially all medical/surgical benefits. In addition, Mental Health and Substance Use Disorder Services are not subject to separate Cost Sharing requirements or treatment limitations. Mental Health and Substance Use Disorder Services are covered consistent with generally recognized independent standards of current medical practice, which include the current editions of the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD).

Coverage is provided for mental health conditions which current prevailing medical consensus affirms substantially impairs perception, cognitive function, judgment, and/or emotional stability, and limits the life activities of the person with the condition(s). This includes but is not limited to the following conditions: schizophrenia; schizoaffective disorders; bipolar disorder; major depressive disorders (single episode or recurrent); obsessive-compulsive disorders; attention-deficit/hyperactivity disorder; autism spectrum disorders; post-traumatic stress disorders (acute, chronic, or with delayed onset); and anxiety disorders that cause significant impairment of function.

Mental Health Services are covered with the same Copays, Deductibles, and Coinsurance factors, and restrictions as medical/surgical benefits under the Contract. Coverage for mental health conditions includes:

- Outpatient professional services and programs, including therapy by Providers such as psychiatrists, psychologists, clinical social workers, or other qualified mental health professionals
- Inpatient services, including Hospitalizations
- Medication management
- Diagnostic tests
- Electroconvulsive therapy (ECT)
- Partial Hospitalization Programs
- Intensive Outpatient Programs

NOTE: These benefits are all Admissions or Outpatient Services that require Certification. As with other medical/surgical benefits, failure to get Certification may result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

All inpatient services provided by a Hospital, Residential Treatment Facility, or other alternate care Facility

Not Covered:

- *Convalescent care*
- *Educational or non-medical services provided under the Individuals with Disabilities Education Act (IDEA)*
- *Educational or non-medical services related to behavioral therapy, modification, or training, including Applied Behavioral Analysis (ABA)*
- *Educational services related to learning disabilities*
- *Marriage or family counseling; pastoral counseling; financial or legal counseling; and custodial care counseling*
- *Milieu therapy*
- *Sensitivity training*
- *Services related to environmental change*

Substance Use Disorder benefits

In compliance with the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA), the financial requirements and treatment limitations that apply to the Contract's Mental Health and/or Substance Use Disorder Service benefits are no more restrictive than the predominant financial requirements or treatment limitations that apply to substantially all medical/surgical benefits. In addition, Mental Health and Substance Use Disorder Services are not subject to separate Cost Sharing requirements or treatment limitations. Mental Health and Substance Use Disorder Services are covered consistent with generally recognized independent standards of current medical practice, which include the current editions of the Diagnostic and Statistical Manual of Mental Disorders (DSM), the American Society of Addiction Medicine Criteria (ASAM Criteria), and the International Classification of Diseases (ICD).

Substance Use Disorder Services are covered with the same Copays, Deductibles, and Coinsurance factors, and restrictions as other medical/surgical benefits under the Contract. Coverage for substance use disorders includes:

- Addiction treatment; including for alcohol, drug-dependence, and/or gambling issues
- Inpatient services, including Hospitalization
- Outpatient professional services and programs, including individual therapy by Providers such as psychiatrists, psychologists, clinical social workers, licensed chemical dependency counselors, or other qualified mental health and substance abuse disorder professionals
- Partial Hospitalization Programs
- Intensive Outpatient Programs

NOTE: These benefits are all Admissions or Outpatient Services that require Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

- All inpatient services provided by a Hospital, Residential Treatment Facility, or other alternate care Facility

Not Covered:

- *Confinement services to hold or confine a Member under chemical influence when no Medically Necessary services are provided, regardless of where the services are received (e.g. detoxification centers)*
- *Domiciliary care or Long-Term Residential Care*
- *Educational services related to learning disabilities*
- *Marriage or family counseling; pastoral counseling; financial or legal counseling; and custodial care counseling*
- *Milieu therapy*
- *Sensitivity training*
- *Services related to environmental change*

Section 4(e) Outpatient prescription drug benefits

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Here are some important things to keep in mind about these benefits:

- Always refer to your Summary of Benefits (SBC), Formulary and other plan documents for specific details on your coverage.
- SHP covers prescribed drugs and medications, as described in this Section and in your Summary of Benefits/Formulary documents.
- All benefits are subject to definitions, limitations and exclusions listed in this document and are only payable when considered Medically Necessary.
- You must receive prior approval (authorization) for some medications. See the Summary of Benefits and Formulary for information.

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Benefit Description

- You must fill the prescription at an In-Network Plan Participating Pharmacy. If you choose to go to a Non-Participating or Out-of-Network Pharmacy, you will be responsible for 100% of the costs of the prescription to the pharmacy. Specialty drugs must be obtained through the Plan's contracted specialty pharmacy. North Dakota members may utilize any pharmacy to fill specialty medications.
- To fill a prescription, you must present your member ID card to your pharmacy; if you do not you will be responsible for all 100% of the cost(s) of the prescription to the pharmacy.
- Sanford Health Plan uses a formulary; a list of prescription drug products, which are covered by the Plan for dispensing to Members when appropriate. The formulary will be reviewed regularly, and medications may be added or removed from the Formulary throughout the year. The Plan will notify you of the changes as they occur. For a copy of the Formulary, contact Pharmacy Management at (855) 305-5062 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*) or log in to your Member Portal at www.sanfordhealthplan.com/memberlogin.
- The Plan reserves the right to maintain a drug listing of medications that are not available/excluded for coverage per Plan medical necessity and limitation guidelines. Payment for excluded medications will be the Member's responsibility in full. Members may request an appeal (review of an Adverse Determination) based on medical necessity for Non-Covered medications. For details, refer to the appeals section of this policy.
- The Plan will utilize Pharmacists Practitioner and/or Providers to review formulary exception requests and promptly grant an exception to the drug formulary for a Member when the prescriber indicates that:
 1. the formulary drug(s) causes an adverse reaction in the Member;
 2. the formulary drug(s) is contraindicated for the Member; or
 3. the prescription drug must be dispensed as written to provide maximum medical benefit to the Member.

To request a formulary exception, please call Pharmacy Management at (855) 305-5062(*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*), fax requests to (701) 234-4568 or send a request by logging into the provider portal at www.sanfordhealthplan.com/memberlogin. Members must first try formulary medications before an exception to the formulary will be made unless the prescriber and the plan determine that use of the formulary drug may cause an adverse reaction or be contraindicated for the Member. If an exception is granted, coverage of the non-formulary drug will be provided for the duration of the prescription, including refills. See Prior Authorization Requests (Certification) for Prescription Drugs in Section 3 for details.

- With certain medications, the Plan requires a trial of first-line medications, typically generics, before more expensive name brand medications are covered. If the desired clinical effect achieved or a side effect is experienced, then a second line medication may be tried. If a step therapy rule is not met at the pharmacy, coverage will be determined by Prior Authorization (pre-approval) Review. Request Prior Authorization by contacting Pharmacy Management toll free at (855) 305-5062 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*). Refer to the Formulary for a complete list of medications that require step therapy.
- To be covered by the Plan, certain medications require prior authorization (pre-approval) to ensure medical necessity. This can be in the form of written or verbal certification by a prescriber. To request certification, contact Pharmacy Management at (855) 305-5062 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*), or fax requests to (701) 234-4568. Refer to the formulary for a complete list of medications that require Prior Authorization.
- Certain medications have a quantity limit to ensure the medication is being used as prescribed and the member is receiving the most appropriate treatment based on manufacturers safety and dosing guidelines. Refer to your formulary for a complete list of medications with quantity limits.
- Prescriptions will be filled for up to a thirty (30) day supply per copay (or less, if prescribed) at one time (unless otherwise approved by the Plan).

- Prescription refills will be covered when 75% of your prescription has been used based on your prescription duration. The 75% threshold accumulates the amount of medication used in the past one-hundred-eighty (180) days to determine the date of the next refill.
- Prescription medications identified as maintenance medications may be filled for a ninety (90) day supply, but three (3) Copays will apply.
- Specialty medications can be filled up to a thirty (30) day supply per copay (or less, if prescribed) at one time (unless otherwise approved by the Plan).
- If you traveling on vacation and need an extra supply of medication, you may request a “vacation override” to receive up to a three (3) month’s supply of medication. Vacation supplies are limited to the time period that the Member is enrolled in the plan and one vacation override per medication per calendar year. Please contact Pharmacy Management at (855) 305-5062 (toll-free)| TTY/TDD: (877) 652-1844 (toll-free) to request a vacation override.
- If you receive a brand name drug when there is an equivalent generic alternative available, you will be required to pay a brand penalty. The brand penalty consists of the price difference between a brand name drug and a the generic equivalent, in addition to applicable cost sharing (copay and/or deductible/coinsurance) amounts. Brand penalties do not apply to your deductible or maximum out of pocket.
- For Members enrolled in a High Deductible Health Plan, the prescription drug benefit is subject to your Deductible and Coinsurance amounts.

Covered Medications and Supplies

To be covered by the Plan, prescriptions must be:

- Prescribed or approved by a licensed physician, physician assistant, nurse practitioner or dentist;
- Listed in the Plan Formulary, unless certification (authorization) is given by the Plan;
- Provided by an In-Network Participating Pharmacy except in the event of urgent or emergent medical situations (if a prescription is filled at a Non-Participating and/or Out-of-Network Pharmacy in non-urgent or emergent medication situations, the Member will be responsible for the cost of the prescription medication in full.);
- Approved by the Federal Food and Drug Administration (FDA) for use in the United States.

Covered Types of Prescriptions

- Federal Legend Drugs. Any medicinal substance which bears the legend: “Caution: Federal Law prohibits dispensing without a prescription,” except for those medicinal substances classified as exempt narcotics pursuant to applicable laws and regulations.
- Self-administered medications-medications such as subcutaneous injections, oral or topical medications, or nebulized inhalation are to be obtained from a network pharmacy.
- Medicinal substances (legally restricted medications) that may only be dispensed by a prescription, according to applicable laws and regulations.
- Compounded medications are only covered when the medication has at least one ingredient that is a federal legend or state restricted drug in a therapeutic amount.
- Diabetic supplies, such as insulin, a blood glucose meter, blood glucose test strips, diabetic needles and syringes are covered when medically necessary. (See section 3(a) for Diabetic supplies, equipment, and self-management training benefits.)
- Generic oral contraceptives, Nuvaring, injections and/or devices will be covered by the Plan at 100% (no charge) for non-grandfathered plan. For grandfathered plans contraceptives will be subject to copayments.

Not Covered:

- *Any medication equivalent to an OTC medication except for drugs that have a rating of “A” or “B” in the current recommendations of the United States Preventive Services Task Force and only when prescribed by a health care Practitioner and/or Provider;*
- *B-12 injection (except for pernicious anemia)*
- *Compound medications containing any combination of the following: Baclofen, Bromfenac, Bupivacaine, Cyclobenzaprine, Gabapentin, Ketamine, Ketoprofen or Orphenadrine*
- *Compound medications with no legend (prescription) medications*
- *Drug Efficacy Study Implementation (“DESI”) drugs*
- *Experimental or Investigational Services, including medications or medication usage unless certain criteria are met pursuant to the Plan’s medical coverage policies*

- *Food supplements and baby formula (except to treat phenylketonuria (PKU) or otherwise required to sustain life), nutritional and electrolyte substances*
- *Lifestyle medications (i.e. medications used to treat sexual dysfunction)*
- *Medication used to treat infertility;*
- *Medications and associated expenses and devices not approved by the FDA for a particular use except as required by Law (unless Provider certifies off-label use with a letter of Medical Necessity)*
- *Medications not listed in the Plans Formulary*
- *Medications obtained at a Non-Participating and/or Out-of-Network Pharmacy;*
- *Medications that are obtained without Prior Authorization or a formulary exception from the Plan Replacement of a prescription medication due to loss, damage, or theft*
- *Medications that may be received without charge under government program, unless coverage is required for the medication*
- *Medications for cosmetic purposes, including baldness, removal of facial hair, or pigmentation or anti-pigmentation of the skin*
- *Medications that provide little or no evidence of therapeutic advantage over other products available*
- *Medications that require professional administration (may include: intravenous (IV) infusion or injection, intramuscular (IM) injections, intravitreal (ocular) injection, intra-articular (joint) injection, intrathecal (spinal) injections) will apply to the Member's medical benefit;*
- *Non-FDA approved Medical Cannabis and its equivalents*
- *Orthomolecular therapy, including nutrients or vitamins unless otherwise specified as covered in this document*
- *Over-the-counter (OTC) medications vitamins and/or supplements, equipment or supplies (except for insulin and select diabetic supplies, e.g., insulin syringes, needles, test strips and lancets) that by Federal or State law do not require a prescription order*
- *Refills of any prescription older than one (1) year*
- *Repackaged medications;*
- *Self-administered medications dispensed in a Practitioner or Provider's office or non-retail pharmacy location*
- *Unit dose packaging;*
- *Whole blood and blood components not classified as medications in the United States Pharmacopoeia*

Section 4(f) Dental benefits

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Here are some important things to keep in mind about these benefits:

- This Certificate of Coverage, including any amendments, along with your application for coverage and the Summary of Benefits and Coverage constitutes the entire Contract for health care benefits.
- Please remember that all benefits are subject to the terms, definitions, limitations, and exclusions in this Certificate and are payable only when we determine they are Medically Necessary.
- We cover Hospitalization for dental procedures only when a non-dental physical impairment exists which makes Hospitalization necessary to safeguard the health of the Member. See Section 4(b) for inpatient Hospital benefits. We do not cover the dental procedure unless it is described below.
- Be sure to read Section 3, *How You Get Care*, for valuable information about conditions for coverage.
- **YOU MUST GET CERTIFICATION OF THESE SERVICES.** See the benefits description below.
- See the Summary of Benefits and Coverage for any applicable Coinsurance, Copay, Deductible or benefit limitation.

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Benefit Description

Dental benefit coverage is as follows:

NOTE: The following indicated benefits are Outpatient Surgeries, Service, of DME that require Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)

- Coverage for Temporomandibular Joint (TMJ) Dysfunction and/or Temporomandibular Disorder (TMD) is as follows:
 - Services for the Treatment and Diagnosis of TMJ/TMD subject to Medical Necessity defined by Sanford Health Plan's Medical coverage guidelines
 - Manual therapy and osteopathic or chiropractic manipulation treatment if performed by physical medicine Providers and is Medically Necessary pursuant to Sanford Health Plan's medical coverage guidelines.
 - TMJ Splints and adjustments if your primary diagnosis is TMJ/TMD
 - Splint limited to one (1) per Member per benefit period.
- Oral surgical procedures limited to services required because of injury, accident or cancer that damages Natural Teeth, as long as the Member was covered under this Contract during the time of the injury or illness causing the damage. *This is an Outpatient Surgery that requires Certification.*
 - Care must be received within twelve (12) months of the occurrence
 - Extractions when medically necessary because of injury, accident, or cancer when Sanford Health Plan internal guidelines are met
 - Associated radiology services are included
 - "Injury" does not include injuries to Natural Teeth caused by biting or chewing
 - Coverage applies regardless of whether the services are provided in a Hospital or a dental office
- Pediatric Medically Necessary orthodontics. *This Outpatient Service requires Certification.*
- Anesthesia and Hospitalization charges for dental care are covered for a Member who: (*This is an Outpatient Service that requires Certification*)
 - is a child age fourteen (14) or older - (*Certification is not required for children under fourteen (14)*); or
 - is severely disabled or otherwise suffers from a developmental disability as determined by a licensed Physician.; or
 - has a medical condition(s) as determined by a licensed Physician that places the Member at serious risk.

Pediatric (Child) Dental Care

Coverage is provided for emergency, Preventive and routine dental care for Members up to age nineteen (19). Pediatric dental services will terminate at the end of the month in which the Member reaches nineteen (19). Covered pediatric services include:

PEDIATRIC DIAGNOSTIC SERVICES

- Routine oral evaluations allowed twice during a Calendar Year
- Full mouth X-rays allowed once every five (5) years
- Bitewing X-rays allowed twice during a Calendar Year
- Single tooth X-rays as medically indicated

PEDIATRIC PREVENTIVE SERVICES

- Prophylaxis (cleanings) allowed twice during a Calendar Year
- Topical fluoride applications allowed twice during a Calendar Year

- Sealants on unfilled, undecayed permanent molars and bicuspid. Benefits are limited to one (1) sealant per tooth every three (3) years
- Space maintainers

PEDIATRIC RESTORATIVE SERVICES

- Fillings once every two (2) years per surface per tooth
- Inlays, onlays and crowns (not part of a fixed partial denture) limited to one (1) per tooth every five (5) years

PEDIATRIC ENDODONTICS

- Pulpotomy, pulp capping, root canal therapy, apicoectomy, root amputation, hemisection, and bleaching of endodontically treated anterior permanent teeth

PEDIATRIC PERIODONTICS

- Periodontal surgery
- Periodontal scaling and root planning once every two (2) years, per quadrant
- Gingivectomy or gingivoplasty, four (4) or more teeth limited to once every three (3) years

PEDIATRIC PROSTHODONTICS

- Dentures (complete and partial) once every five (5) years
- Tissue conditioning
- Relining of immediate dentures once during the year after insertion
- Relining or rebasing of complete and partial dentures other than in item above, allowed once every three (3) years
- Medically Necessary implants limited to once every five (5) years

PEDIATRIC ORAL AND MAXILLOFACIAL SURGERY

- Simple extractions
- Surgical extractions
- Oral maxillofacial surgery including fracture and dislocation treatment, frenulectomy and cyst and abscess diagnosis and treatment

PEDIATRIC MEDICALLY NECESSARY ORTHODONTICS

- Orthodontic care that is directly related to and an integral part of the medical and surgical correction of a functional impairment resulting from a congenital defect anomaly or required because of injury, accident or illness that damages proper alignment of biting or chewing surfaces of upper and lower teeth

PEDIATRIC ADJUNCTIVE GENERAL SERVICES

- Palliative (emergency) treatment of dental pain
- Anesthesia services

Not Covered:

- *Dental care and treatment (routine or non-routine) for Members ages nineteen (19) and older*
- *Dental care for Members under age nineteen (19) for implants, and maxillofacial prosthetics, unless specially covered elsewhere in this Certificate of Coverage*
- *Dental services not specifically listed as a Covered Service by this Certificate of Coverage*
- *Services determined to be cosmetic by Sanford Health Plan*

Section 4(g) Out-of-Network Coverage

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Here are some important things to keep in mind about these benefits:

- Please remember that all benefits are subject to the terms, definitions, limitations and exclusions in this Certificate of Coverage and are payable only when we determine they are Medically Necessary.
- Be sure to read Section 3, *How You Get Care*, for valuable information about conditions for coverage.
- **NOTE:** The following services require Certification; failure to get Certification will result in a reduction or denial of benefits. (See *Services that Require Prospective Review/Prior Authorization (Certification)* in Section 3.)
- See the Summary of Benefits and Coverage for any applicable Coinsurance, Copay, Deductible or benefit limitation.
- **NOTE:** If your Summary of Benefits and Coverage (SBC) excludes coverage for Out-of-Network Coverage, this section is null and void.

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Benefit Description

Out-of-Network Coverage means Covered Services that do not fit the definition of In-Network Coverage as set forth in Section 3.

Specifically, Out-of-Network Coverage means Covered Services that are received from any of the following:

1. A Non-Participating Provider when appropriate access to an In-Network Participating Practitioner and/or Provider is available;
2. A Non-Participating Provider or Out-of-Network Participating Provider when an In-Network Participating Practitioner and/or Provider has not recommended the referral and Sanford Health Plan has not authorized the referral to the Non-Participating Provider;
3. A Participating Provider outside of the Service Area when a Participating Provider has not recommended the referral and Sanford Health Plan has not authorized the referral to the Participating Provider outside the Service Area.

You may choose to obtain benefits at our Out-of-Network Benefits Level by seeking care from Non-Participating or Out-of-Network Providers, except for the benefits listed below under What is not covered Out-of-Network. When you obtain covered non-emergency medical treatment from a Non-Participating or Out-of-Network Provider without authorization from us, you are subject to the Deductibles, Copay, Coinsurance and maximum benefit stated in your Summary of Benefits and Coverage and Summary of Pharmacy Benefits.

All Out-of-Network Coverage services are subject to Maximum Allowed Amount. As indicated in the Summary of Benefits and Coverage, for Out-of-Network Coverage, Sanford Health Plan will pay a percentage of the Maximum Allowed Amount after credit is given for payment of the applicable Copays, Deductibles, and Coinsurance provided that Sanford Health Plan determines the Billed Charges are reasonable. If Sanford Health Plan determines that the Billed Charges are not reasonable, Sanford Health Plan will only pay a percentage of the Maximum Allowed Amount. Percentage amounts are indicated in the Summary of Benefits and Coverage.

Members who live outside of the Service Area must use In-Network Participating Practitioner and/or Provider as indicated on the Member Welcome Letter enclosed with the Member ID card. Members who live outside the Service Area will receive ID cards that display their network logo along with instructions on how to access In-Network Participating Practitioner and/or Provider. If a Member chooses to go to a Non-Participating or Out-of-Network Provider when access to an In-Network Participating Practitioner and/or Provider is available, claims will be paid at the Out-of-Network Benefit Level.

What is **not** covered Out-of-Network

- Services listed as “*Not Covered*” in Sections 3 and 4;
- Transplants and pre and post-transplant services at Center of Excellence Facilities that are Non-Participating Providers; and
- Health Care Services ordered by a court or as a condition of parole or probation, unless applicable Law requires Sanford Health Plan to provide coverage for the same.

Section 5. Limited and Non-Covered Services

This section describes services that are subject to limitations or are Non-Covered Services under this Contract. Sanford Health Plan is not responsible for payment of Non-Covered Services or otherwise excluded benefits.

General Exclusions

1. Alternative treatment therapies including, but not limited to: acupuncture, acupressure, massage therapy unless covered per Sanford Health Plan guidelines under the Women's Health and Cancer Rights Act for mastectomy/lymphedema treatment, naturopathy, homeopathy, holistic medicine, hypnotism, hypnotherapy, hypnotic anesthesia, sleep therapy (except for treatment of obstructive apnea), or therapeutic touch.
2. Any court ordered treatment or therapy, or any treatment or therapy ordered as a condition of parole, probation or custody or visitation evaluations unless medically necessary and otherwise covered under this Certificate of Coverage
3. Any fraudulently Billed Charges or services received under fraudulent circumstances.
4. Any services or supplies for the treatment of obesity that do not meet Sanford Health Plan's Medical Necessity coverage guidelines, including but not limited to: dietary regimen (except as related to covered nutritional counseling); nutritional supplements or food supplements; and weight loss or exercise programs .
5. Autopsies, unless the autopsy is at the request of Sanford Health Plan in order to settle a dispute concerning provision or payment of benefits. The autopsy will be at Sanford Health Plan's expense.
6. Charges for duplicating and obtaining medical records from Non-Participating Providers unless requested by Sanford Health Plan.
7. Charges for professional sign language and foreign language interpreter services unless required by Law.
8. Charges for sales tax, mailing, interest and delivery.
9. Charges for services determined to be duplicate services by Sanford Health Plan's Chief Medical Officer or designee.
10. Charges for telephone calls to or from a Physician, Hospital or other medical Practitioner and/or Provider or electronic consultations
11. Charges that exceed the Maximum Allowed Amount for Non-Participating Providers.
12. Complications resulting from non-covered or denied Health Care Services
13. Cosmetic services and/or supplies to repair or reshape a body structure not Medically Necessary and/or primarily for the improvement of a Member's appearance or psychological well-being or self-esteem, including but not limited to, breast augmentation, treatment of gynecomastia and any related reduction services, skin disorders, rhinoplasty, liposuction, scar revisions, and cosmetic dental services.
14. Education programs or tutoring services (not specifically defined elsewhere) including, but not limited to, education on self-care or home management.
15. Elective health services received outside of the United States.
16. Experimental and Investigational Services not part of an Approved Clinical Trial unless certain criteria are met pursuant to Sanford Health Plan's medical coverage policies.
17. Food items for medical nutrition therapy (except as specifically allowed in Section 4, *Covered Services*).
18. Health Care Services covered by any governmental agency/unit for military service-related injuries/diseases, unless applicable Law requires this Contract to provide primary coverage for the same.
19. Health Care Services for injury or disease due to voluntary participation in a riot, unless source of injury is a result of domestic violence or a medical condition.
20. Health Care Services for sickness or injury sustained in the commission of a felony, unless source of injury is a result of domestic violence or a medical condition.
21. Health Care Services performed by any Practitioner who is a member of the Member's immediate family, including any person normally residing in the Member's home. This exclusion does not apply in those areas in which the immediate family member is the only In-Network Participating Practitioner and/or Provider in the area. If the immediate family member is the only In-Network Participating Practitioner and/or Provider in the area, the Member may be treated by that Provider provided they are acting within the scope of their practice. The Member may also go to a Non-Participating or Out-of-Network Provider and receive In-Network Coverage (see Section 3 for more information). If the immediate family member is not the only In-Network Participating Practitioner and/or Provider in the area, the Member must go to another In-Network Participating Practitioner and/or Provider in order to receive coverage at the in-network level.
22. Health Care Services prohibited state or federal rule, law, or regulation
23. Health Care Services provided either before the effective date of the Member's coverage under the Contract or after the Member's coverage is terminated.
24. Health Care Services received from a Non-Participating Provider, unless otherwise specified in this Contract.
25. Health Care Services required while incarcerated in a federal, state or local penal institution or required while in custody of federal, state or local law enforcement authorities, including work release programs, unless otherwise required by law or regulation
26. Health Care Services that are the responsibility of a Third-Party Payor
27. Health Care Services that Sanford Health Plan determines are not Medically Necessary.
28. Iatrogenic Condition as a result of mistakes made in medical treatment, such as surgical mistakes, prescribing or dispensing the wrong medication or poor hand writing resulting in a treatment error. Charges related to Iatrogenic Conditions are not the responsibility of the Member.
29. Incidental cholecystectomy performed at the time of weight loss surgery.
30. Inpatient services provided at a Residential Treatment Facility if treatment is not provided at an acute level of care with twenty-four (24)

hour registered nursing care under the supervision of a Chief Medical Officer.

31. Lifestyle improvement services, such as physical fitness programs, health or weight loss clubs or clinics unless otherwise covered under the Contract.
32. Liposuction, gastric balloons, or wiring of the jaw (unless otherwise related to a covered injury or illness)
33. Never Events, Avoidable Hospital Conditions, or Serious Reportable Events. Participating Providers are not permitted to bill Members for services related to such events.
34. Removal of skin tags
35. Sequela, which are primarily cosmetic that occur secondary to a weight loss procedure (e.g., panniculectomy, breast reduction or reconstruction).
36. Services by a vocational residential rehabilitation center, a community reentry program, halfway house or group home that are not Medically Necessary.
37. Services for which the Member has no legal obligation to pay or for which no charge would be made if the Member did not have health plan or insurance coverage.
38. Services not performed in the most cost-efficient setting appropriate for the condition based on medical standards and accepted practice parameters of the community, or provided at a frequency other than that accepted by the medical community as medically appropriate.
39. Services that are not Health Care Services.
40. Services that are the responsibility of a Third Party Payor or are not billable to health insurance
41. Services to assist in activities of daily living.
42. Special education, including lessons in sign language to instruct a Member, whose ability to speak has been lost or impaired, to function without that ability.
43. Subsequent surgeries when no tangible evidence of Medical Necessity or improved quality of life exists
44. Therapy and service animals, including those used for emotional or anxiety support
45. Voluntary or involuntary drug testing unless a part of a Plan approved treatment plan

Special situations affecting coverage

Neither Sanford Health Plan, nor any Participating Provider, shall have any liability or obligation because of a delay or failure to provide services as a result of the following circumstances:

1. Complete or partial destruction of the Provider's Facilities;
2. Declared or undeclared acts of War or Terrorism;
3. Riot;
4. Civil insurrection;
5. Major disaster;
6. Disability of a significant portion of the Participating Providers;
7. Epidemic; or
8. A labor dispute not involving the Participating Providers. We will use our best efforts to arrange for the provision of Covered Services within the limitations of available Facilities and personnel. If provision or approval of Covered Services under this Contract is delayed due to a labor dispute involving Sanford Health Plan or Participating Providers, non-emergency care may be deferred until after resolution of the labor dispute.

Additionally, non-emergency care may be deferred until after resolution of the above circumstances.

Services covered by other payors

The following are excluded from coverage:

1. Health Care Services for which other coverage is either (1) required by Law to be purchased or provided through other arrangements or (2) has been made available to and was purchased by the Member. Examples include coverage required by worker's compensation, no-fault auto insurance, medical payments coverage or similar legislation.

The Certificate of Coverage is not issued in lieu of nor does it affect any requirements for coverage by worker's compensation. For injuries or sickness which are job, employment or work-related, under which benefits are paid by any worker's compensation or occupational disease act or law, this Certificate contains a limitation which states that such Health Care Services are excluded from coverage under this Certificate. However, if benefits are paid under the Certificate, and it is determined that the Member is eligible to receive worker's compensation for the same incident, Sanford Health Plan has the right to recover any amounts paid. As a condition of receiving benefits on a contested work or occupational claim, the Member will consent to reimburse Sanford Health Plan the full amount of the Maximum Allowed Amount when entering into any settlement and compromise agreement, or at any worker's compensation division hearing. Sanford Health Plan reserves its right to recover against the Member even though:

- a. The worker's compensation benefits are in dispute or are made by means of settlement or compromise;
- b. No final determination is made that the injury or sickness was sustained in the course of or resulted from employment;
- c. The amount of worker's compensation for medical or health care is not agreed upon or defined by the Member or the worker's compensation carrier; or

d. The medical or health care benefits are specifically excluded from the worker's compensation settlement or compromise. The Member will not enter into a compromise or hold harmless agreement relating to any work related claims paid by Sanford Health Plan, whether or not such claims are disputed by the worker's compensation insurer, without the express written agreement of Sanford Health Plan.

2. Health Care Services received directly from Providers employed by or directly under contract with the Member's employer, mutual benefit association, labor union, trust, or any similar person or group.
3. Health Care Services for conditions that under the laws of this State must be provided in a governmental institution.

Services and payments that are the responsibility of Member

1. Out-of-pocket costs, including Copays, Deductibles, and Coinsurance are the responsibility of the Member in accordance with the attached Summary of Benefits and Coverage, and Pharmacy Handbook.
2. The Member is responsible for all Non-Covered Services;
3. Finance charges, late fees, charges for missed appointments and other administrative charges; and
4. Services for which a Member is neither legally nor as customary practice required to pay in the absence of a group health plan or other coverage arrangement.

Section 6. How Services are Paid For by Sanford Health Plan

Reimbursement of Charges by In-Network Participating Practitioner and/or Provider

When you see In-Network Participating Practitioner and/or Providers, receive services at In-Network Participating Practitioner and/or Provider and Facilities, or obtain your prescription drugs at In-Network Pharmacies, you will not have to file claims. You will need to present your ID card and pay your Copay/Coinsurance.

When a Member receives Covered Services from a Participating Provider, Sanford Health Plan will pay the In-Network Participating Practitioner and/or Provider directly, and the Member will not have to submit claims for payment. The Member's only payment responsibility, in this case, is to pay the In-Network Participating Practitioner and/or Provider at the time of service any Copay, Deductible, or Coinsurance amount required for that service. In-Network Participating Practitioner and/or Providers agree to accept either Sanford Health Plan's payment arrangements or the negotiated contract amounts.

Time Limits. In-Network Participating Practitioner and/or Providers must file claims to Sanford Health Plan within one-hundred-eighty (180) calendar days after the date that the cost was incurred. If a Member fails to show his/her ID card at the time of service, then the Member may be responsible for payment of claim after Practitioner and/or Provider's timely filing period of one-hundred-eighty (180) calendar days has expired.

In any event, the claim must be submitted to Sanford Health Plan no later than one-hundred-eighty (180) calendar days after the date that the cost was incurred, unless the claimant was legally incapacitated.

Reimbursement of Charges by Non-Participating Providers

There are certain circumstances set forth in this Certificate of Coverage when Health Care Services received from a Non-Participating Provider are determined to be Covered Services. Sanford Health Plan does not have contractual relationships with Non-Participating Providers and they may not accept Sanford Health Plan's payment arrangements. In addition to any Copay, Deductible, or Coinsurance amount required for that service, Members are responsible for any difference between the amount charged and Sanford Health Plan's payment for Covered Services. Non-Participating Providers are reimbursed the Maximum Allowed Amount, which is the lesser of:

- a. the amount charged for a covered service or supply; or
- b. inside Sanford Health Plan's service area, negotiated schedules of payment developed by Sanford Health Plan which are accepted by Participating Practitioners and/or Providers, or
- c. outside of Sanford Health Plan's service area, using current publicly available data adjusted for geographical differences where applicable:
 - i. Fees typically reimbursed to providers for same or similar professionals; or
 - ii. Costs for facilities providing the same or similar services, plus a margin factor.

You may need to file a claim when you receive emergency services from Non-Participating Providers. Sometimes these Non-Participating Providers submit a claim to us directly. Check with the Non-Participating Provider to make sure they are submitting the claim. You are responsible for making sure a claim is submitted to Sanford Health Plan within one-hundred-eighty (180) calendar days after the date that the cost was incurred. If you, or the Non-Participating Provider, do not file the claim within one-hundred-eighty (180) calendar days after the date that the cost was incurred you will be responsible for payment of the claim.

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

The Member must give Sanford Health Plan written notice of the costs to be reimbursed. Claim forms are available from the Customer Service Department to aid in this process. The Customer Service Department must provide a claim form to the Member within fifteen (15) calendar days of the Member's request. Bills and receipts should be itemized and show:

- Covered Member's name and ID number;
- Name and address of the Physician or Facility that provided the service or supply;
- Dates Member 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 payer – such as the Medicare Summary Notice (MSN); and
- Receipts, if you paid for your services.

Time Limits: Claims must be submitted to Sanford Health Plan within one-hundred-eighty (180) calendar days after the date that the cost was incurred. If you, or the Non-Participating Provider, file the claim after the one-hundred-eighty (180) day timely filing limit has expired, you will

be responsible for payment of the claim.

Submit your claims to: Sanford Health Plan, PO Box 91110, Sioux Falls, SD 57109-1110

Health Care Services Received Outside of the United States

Covered Services for Medically Necessary emergency and urgent care services received in a foreign country are covered as In-Network Coverage. There is no coverage for elective Health Care Services if a Member travels to another country for the purpose of seeking medical treatment outside the United States.

Payment Reduction for Non-Participating Providers

When a Member receives Covered Services from a Non-Participating Provider and payment is to be made according to Sanford Health Plan guidelines, Sanford Health Plan will arrange for direct payment to either the Non-Participating Provider or the Member, per Sanford Health Plan guidelines. Sanford Health Plan guidelines include but are not limited to the reduction in payment by Sanford Health Plan, as described later in this subsection.

For Covered Services received from a Non-Participating Provider, payment will be reduced by an additional 20%. The Member is responsible for the 20% payment reduction and any charges in excess of the Maximum Allowed Amount for Covered Services. This 20% payment reduction does not apply toward the Member's annual Out-of-Pocket Maximum Amount.

Payment by Sanford Health Plan will not exceed 80% of the Billed Charge for Covered Services received by a Non-Participating Provider. If a Non-Participating Provider refuses direct payment, the Member will be reimbursed for the Maximum Allowed Amount of Covered Services, less the 20% payment reduction, in accordance with the payment terms of Sanford Health Plan.

Members are responsible for any difference between the amount charged and Sanford Health Plan's payment for Covered Services, including applicable Copay, Deductible, or Coinsurance amount(s). In addition, Members are responsible for any expenses that exceed Maximum Allowed Amount.

Timeframe for Payment of Claims

The payment for reimbursement of the Member's costs will be made within thirty (30) calendar days of when Sanford Health Plan receives a complete written claim with all required supporting information.

When a Member receives Covered Services from a Non-Participating Provider and payment is to be made according to Sanford Health Plan guidelines, Sanford Health Plan will arrange for direct payment to either the Non-Participating Provider or the Member. If the Provider refuses direct payment, the Member will be reimbursed for the Maximum Allowed Amount of the services in accordance with the terms of this Contract. The Member will be responsible for any expenses that exceed the Maximum Allowed Amount, as well as any Copay, Deductible, or Coinsurance required for the Covered Service.

When We Need Additional Information

Please reply promptly when we ask for additional information. We may delay processing or deny your claim if you do not respond.

Section 7. Coordination of Benefits

If a Member is covered by another health plan, insurance, or other coverage arrangement, the plans and/or insurance companies will share or allocate the costs of the Member's health care by a process called "Coordination of Benefits" so that the same care is not paid for twice.

The Member has two obligations concerning Coordination of Benefits ("COB"):

1. The Member must tell Sanford Health Plan about any other plans or insurance that cover health care for the Member; and
2. The Member must cooperate with Sanford Health Plan by providing any information requested by Sanford Health Plan.

The rest of the provisions under this section explain how COB works.

Applicability

This Coordination of Benefits (COB) provision applies to Sanford Health Plan when a Member has health care coverage under more than one plan. For purposes of this Section 7, "plan" and "this plan" are defined below. In this section, defined terms specific to this section are not capitalized.

The order of benefit determination rules govern the order in which each plan will pay a claim for benefits. The plan that pays first is called the primary plan. The primary plan must pay benefits in accordance with its policy terms without regard to the possibility that another plan may cover some expense. The plan that pays after the primary plan is the secondary plan. The secondary plan may reduce the benefits it pays so that payments from all plans do not exceed 100% of the total allowable expense.

Definitions (for COB Purposes Only)

1. A **"plan"** is any of the following that provides benefits or services for, or because of, medical or dental care or treatment. If separate contracts are used to provide coordinated coverage for members of a group, the separate contracts are considered parts of the same plan and there is no COB among those separate contracts.
 - a. A "plan" includes: Group and non-group insurance contracts, health maintenance organization (HMO) contracts, closed panel plans or other forms of group or group-type coverage (whether insured or uninsured); medical care components of long-term care contracts, such as skilled nursing care; medical benefits under group or individual automobile; and Medicare or any other federal governmental plan as permitted by Law.
 - b. A "plan" does not include: Hospital indemnity coverage or other fixed indemnity coverage; accident only coverage; specified disease or specified accident coverage; limited benefit health coverage (as defined by State law); school accident type coverage; benefits for non-medical components of long-term care policies; Medicare supplement policies; Medicaid policies; or coverage under a governmental plan, unless permitted by Law.
2. **"This plan"** refers to this Contract and means, in this COB provision, the part of the Contract providing Health Care Services to which the COB provision applies and which may be reduced because of the benefits of another plan. Any other part of the Contract providing Health Care Services is separate from this plan. This Contract may apply one COB provision to certain benefits, such as dental benefits, coordinating only with similar benefits, and may apply another COB provision to coordinate other benefits.
3. **"Primary plan/secondary plan"**: The order of benefit determination rules state whether this plan is a primary plan or secondary plan when a Member has health care coverage under more than one plan.
 - a. When this plan is a primary plan, its benefits are determined before those of the other plan and without considering the other plan's benefits.
 - b. When this plan is a secondary plan, its benefits are determined after those of the other plan and benefits may be reduced because of the other plan's benefits so that all plan benefits do not exceed 100% of the total allowable expense.
 - c. When there are more than two (2) plans covering the Member, this plan may be a primary plan as to one or more other plans, and may be a secondary plan as to a different plan or plans.
4. **"Allowable expense"** means a necessary, reasonable and customary Health Care Service or expense including Deductibles, Coinsurance, or Copays, that is covered in full or in part by one or more plans covering the person for whom the claim is made. If a plan provides benefits in the form of services, the reasonable cash value of each service is considered an allowable expense and a benefit paid. An expense or service or a portion of an expense or service that is not covered by any of the plans is not an allowable expense. In addition, any expense that a Provider by Law or in accordance with a contractual agreement is prohibited from charging a covered person is not an allowable expense. Expenses that are not allowable include the following:
 - a. The difference between the cost of a private Hospital room and the cost of a semi-private Hospital room (unless the Member's stay in a private Hospital room is Medically Necessary either in terms of generally accepted medical practice, or as specifically defined by the plan) is not an allowable expense;
 - b. If a person is covered by two or more plans (excluding Medicare, see "Coordination of Benefits with Medicare" section below) that compute the benefit payments on the basis of usual and customary fees or relative value schedule reimbursement methodology or other similar reimbursement methodology, any amount in excess of the highest reimbursement amount for a specified benefit is not an allowable expense;
 - c. If a person is covered by two or more plans (excluding Medicare, see "Coordination of Benefits with Medicare" section below) that

provide benefits or services on the basis of negotiated fees, any amount in excess of the highest of the negotiated fees is not an allowable expense;

- d. If a person is covered by one plan that calculates its benefits or services on the basis of usual and customary fees or relative value schedule reimbursement methodology or other similar reimbursement methodology and another plan that provides its benefits or services on the basis of negotiated fees, the primary plan's payment arrangement shall be the allowable expense for all plans. However, if the Provider has contracted with the secondary plan to provide the benefit or service for a specific negotiated fee or payment amount that is different than the primary plan's payment arrangement and if the Provider's contract permits, the negotiated fee or payment shall be the allowable expense used by the secondary plan to determine its benefits.
 - e. When benefits are reduced under a primary plan because a Member does not comply with the plan provisions, the amount of such reduction will not be considered an allowable expense. Examples of such provisions are those related to second surgical opinions, Certification of admissions or because the person has a lower benefit because the person did not use a preferred Practitioner and/or Provider.
5. **"Claim"** means a request that benefits of a plan be provided or paid in the form of services (including supplies), payment for all or portion of the expenses incurred, or an indemnification.
 6. **"Claim determination period"** means a Calendar Year over which allowable expenses are compared with total benefits payable in the absence of COB to determine if over insurance exists. However, it does not include any part of a year during which a person has no coverage under this plan, or any part of a year before the date this COB provision, or similar provision, takes effect.
 7. **"Closed panel plan"** is a plan that provides health benefits to Members primarily in the form of services through a panel of Practitioners and/or Providers that have contracted with or are employed by the plan, and that limits or excludes benefits for services provided by other Practitioners and/or Providers, except in cases of emergency or plan authorized referral by an In-Network Participating Practitioner and/or Provider.
 8. **"Custodial parent"** means a parent awarded custody by a court decree. In the absence of a court decree, it is the parent with whom the child resides for more than one-half of the Calendar Year without regard to any temporary visitation.

Order of Benefit Determination Rules

1. **General.** When two or more plans pay benefits, the rules for determining the order of payment is as follows:
 - a. The primary plan pays or provides benefits as if the secondary plan or plans did not exist.
 - b. If the primary plan is a closed panel plan and the secondary plan is not a closed panel plan, the secondary plan shall pay or provide benefits as if it were the primary plan when a covered person uses a non-panel Provider, except for emergency services or authorized referrals that are paid or provided by the primary plan.
 - c. If multiple contracts providing coordinated coverage are treated as a single plan, this section applies only to the plan as a whole, and coordination among the component contracts is governed by the terms of the contracts. If more than one carrier pays or provides benefits under the plan, the carrier designated as primary within the plan shall be responsible for the plan's compliance with order of benefit determination rules.
 - d. If a person is covered by more than one secondary plan, the order of benefit determination rules decide the order in which the secondary plans' benefits are determined in relation to each other. Each secondary plan shall take into consideration the benefits of any primary plan, and the benefits of any other plan, which has its benefits determined before those of that secondary plan.
 - e. A plan that does not contain a COB provision that is consistent with this regulation is always primary unless the provisions of both plans, regardless of the provisions of this section, state that the complying plan is primary. The exception is coverage that is obtained by virtue of membership in a group that is designed to supplement a part of a basic package of benefits may provide that the supplementary coverage shall be excess to any other parts of the plan provided by the contact holder. For example, major medical coverage that is superimposed over base plan Hospital and surgical benefits, and insurance type coverage that is written in connection with a closed panel plan to provide Out-of-Network Coverage.
 - f. A plan may consider the benefits paid or provided by another plan in determining its benefits only when it is secondary to that other plan.
2. **Rules.** This plan determines its order of benefits using the first of the following rules which applies:
 - a. **Non-Dependent/Dependent.** The plan which covers the person as a group Member, Member, or Subscriber (that is, other than as a Dependent) are determined before those of the plan which covers the person as a Dependent. However, if the person is also a Medicare beneficiary, Medicare is:
 - i. secondary to the plan covering the person as a Dependent;
 - ii. primary to the plan covering the person as other than a Dependent, for example a retired group Member; and then
 - iii. the order of benefits between the two plans is reversed so that the plan covering the person as a group Member, Member, or Subscriber is secondary and the other plan is primary.
 - b. **Child Covered Under More Than One Plan.** Unless there is a court decree stating otherwise, the order of benefits when a child is covered by more than one plan is determined as follows:
 - i. For a Dependent Child whose parents are married or are living together, whether or not they have ever been married:
 - 1) The primary plan is the plan of the parent whose birthday is earlier in the year; or
 - 2) If both parents have the same birthday, the plan that covered either of the parents longer is primary.
 - ii. For a Dependent Child whose parents are divorced or separated or not living together (whether or not they ever have been married), the order of benefits is:

- 1) If a court decree states that one of the parents is responsible for the Dependent Child's health care expenses or health care coverage and the plan of that parent has actual knowledge of those terms, that plan is primary. This rule applies to claim determination periods or plan years commencing after the plan is given notice of the court decree.
- 2) If a court states that both parents are responsible for the Dependent Child's health care expenses or health care coverage, the order of benefits shall be determined as if the parents are married or living together, as set forth above.
- 3) If a court decree states that parents have joint custody without specifying that one parent has responsibility for the health care expenses of health care coverage of the Dependent Child, the order of benefits shall be determined as if the parents are married or living together, as set forth above. If there is no court decree allocating responsibility for the Dependent Child's health care expenses or health care coverage, the order of benefits for the child are as follows:
 - a) The plan of the custodial parent;
 - b) The plan of the Spouse of the custodial parent;
 - c) The plan of the noncustodial parent; and then
 - d) The plan of the Spouse of the noncustodial parent.
- c. **Active Employee or Retired or Laid-Off Employee.** The benefit of a plan, which covers a person as an active employee, i.e., an employee who is neither laid off nor retired, is primary; this includes a covered employee's enrolled Dependent(s). The plan covering that same person as a retired or laid-off employee is the secondary plan. The same would hold true if a person is a Dependent of an active employee and that same person is a Dependent of a retired or laid-off employee. If the other plan does not have this rule, and as a result, the plans do not agree on the order of benefits, this rule is ignored. Coverage provided to an individual as a retired worker and as a Dependent of an actively working Spouse will be determined as set forth in paragraph 2.a above.
- d. **COBRA or State Continuation Coverage.** If a person whose coverage is provided pursuant to COBRA or under a right of continuation provided by Law also is covered under another plan, the plan covering the person as an employee, Member, Subscriber or retiree or covering the person as a Dependent of an employee, Member, Subscriber, or retiree is the primary plan and the COBRA or state or other federal continuation coverage is the secondary plan. If the other plan does not have this rule, and as a result, the plans do not agree on the order of benefits, this rule is ignored. Coverage provided to an individual as a retired worker and as a Dependent of an actively working Spouse will be determined as set forth in paragraph 2.a above.
- e. **Longer or Shorter Length of Coverage.** The plan that covered the person as an employee, Member policyholder, Subscriber, or retiree longer is the primary plan and the plan that covered the person the shorter period of time is the secondary plan.
- f. **Coordinating Benefits with Non-Complying Plans.** A plan that complies with the order of benefit determination rules of this section may coordinate its benefits with a plan that is excess or always secondary or that uses order of benefit determination rules that are inconsistent with those contained in this section on the following basis:
 - i. If the complying plan is the primary plan, it shall pay or provide its benefits first;
 - ii. If the complying plan is the secondary plan, it shall pay or provide its benefits first, but the amount of the benefits payable shall be determined as if the complying plan were the secondary plan. In such a situation, the payment shall be the limit of the complying plan's liability; and
 - iii. If the non-complying plan does not provide the information needed by the complying plan to determine its benefits within a reasonable time after it is requested to do so, the complying plan shall assume that the benefits of the non-complying plan are identical to its own, and shall pay its benefits accordingly. If, within two (2) years of payment, the complying plan receives information as to the actual benefits of the non-complying plan, it shall adjust payments accordingly.

If the non-complying plan reduces its benefits so that the covered person receives less in benefits than the covered person would have received had the complying plan paid or provided its benefits as the secondary plan and the non-complying plan paid or provided its benefits as the primary plan, then the complying plan shall advance to the covered person or on behalf of the covered person an amount equal to the difference. In no event may the complying plan advance more than the complying plan would have paid had it been the primary plan less any amount it previously paid for the same expense or service. In consideration of the advance, the complying plan shall be subrogated to all rights of the covered person against the non-complying plan. The advance by the complying plan shall also be without prejudice to any claim it may have against a non-complying plan in the absence of subrogation.
- g. **Paying of Claim Where Plans Disagree on Order of Benefits.** If the plans cannot agree on the order of benefits within thirty (30) calendar days after the plans have received all of the information needed to pay the claim, the plans shall immediately pay the claim in equal shares and determine their relative liabilities following payment. However, no plan is required to pay more than it would have paid had it been the primary plan.

Effect of COB on the Benefits of this Plan

1. **When this Section Applies.** This section applies when in accordance with the *Order of Benefit Determination Rules* section above. When this plan is secondary, it may reduce benefits so that the total benefits paid or provided by all plans during a Policy Year are not more than the total allowable expenses.
2. **Reduction in this Plan's Benefits.** When this plan is secondary, this plan will calculate benefits it would have paid in the absence of other health coverage and apply that calculated amount to any allowable expense under its plan that is unpaid by the primary plan. We will then reduce our payment by the amount so that when combined with the amount paid by the primary plan, the total benefits paid or provided by all plans for the claim do not exceed the total allowable expense for that claim. In addition, as the secondary plan, we shall credit to our Deductible any amount we would have credited to the Deductible in the absence of other health coverage.
 - a. If a Member is enrolled in two or more closed panel plans and if, for any reason, including the provision of services by a Non-

Participating Provider, benefits are not payable by one closed panel plan, COB shall not apply between this plan and any other closed panel plans.

3. **Plan's Right to Receive and Release Needed Information.** Certain facts are needed to apply these COB rules. Sanford Health Plan has the right to decide which facts it needs. It may get needed facts from or give them to any other organization or persons for the purpose of applying these rules and determining benefits payable under this plan. Sanford Health Plan need not tell, or get the consent of any person to do this. Each person claiming benefits under this plan must give Sanford Health Plan any facts it needs to apply those rules and determine benefits payable.
4. **Facility of Payment.** A payment made under another plan may include an amount that should have been paid under this plan. If it does, the plan may pay that amount to the organization that made that payment. That amount will then be treated as though it was a benefit paid under this plan. The plan will not have to pay that amount again. The term "payment made" includes providing benefits in the form of services, in which case "payment made" means reasonable cash value of the benefits provided in the form of services.
5. **Right of Recovery.** If the amount of the payments made by the plan is more than it should have paid under this COB provision, it may recover the excess from one or more of:
 - a. the persons it has paid or for whom it has paid;
 - b. insurance companies; or
 - c. other persons or organizations.

The "amount of the payments made" includes the reasonable cash value of any benefits provided in the form of services.

Calculation of Benefits, Secondary Plan

If Sanford Health Plan is secondary, it shall reduce its benefits so that the total benefits paid or provided by all plans for any claim or claims are not more than 100% of total allowable expenses. In determining the amount of a claim to be paid by Sanford Health Plan, should the primary plan wish to coordinate benefits, it shall calculate the benefits it would have paid in the absence of other insurance and apply that calculated amount to any allowable expense under the Contract that is unpaid by the primary plan. Sanford Health Plan may reduce its payment by any amount that, when combined with the amount paid by the primary plan, exceeds the total allowable expense for that claim.

Coordination of Benefits with Government Plans and Benefits

After Sanford Health Plan, Medicare (if applicable), and/or any Medicare Supplementary Insurance (Medigap) have paid claims, then Medicaid and/or TRICARE pay last. Sanford Health Plan will pay primary to TRICARE and a State Child Health Insurance Plan (SCHIP) to the extent required by federal law.

IMPORTANT NOTICE TO PERSONS ON MEDICARE: THIS INSURANCE DUPLICATES SOME MEDICARE BENEFITS

This is **NOT** a Medicare Supplement Insurance.

This insurance provides limited benefits if you meet the conditions listed in the policy. It does not pay your Medicare deductibles or coinsurance and is not a substitute for Medicare Supplement insurance. This insurance duplicates Medicare benefits when it pays the benefits stated in the policy and coverage for the same event is provided by Medicare

Medicare generally pays for most or all of these expenses.

Medicare pays extensive benefits for medically necessary services regardless of the reason you need them. These include:

- hospitalization
- physician services
- hospice
- [outpatient prescription drugs if you are enrolled in Medicare Part D]
- other approved items and services

Coordination of Benefits with Medicare

This Contract is not a Medicare Supplement Policy. Any benefits covered under both this Contract and Medicare will be paid pursuant to Medicare Secondary Payor legislation. As a Medicare secondary payor, benefits under this Contract shall be determined after those of Medicare. Where Medicare is the responsible payor, all sums payable by Medicare for services provided to Members shall be reimbursed by or on behalf of the Members to Sanford Health Plan, to the extent Sanford Health Plan has made payment for such services.

Coordination of Benefits with Medicaid

A Member's eligibility for any State Medicaid benefits will not be taken into account in determining or making any payments for benefits to or on behalf of such Member. Any such benefit payments will be subject to the State's right to reimbursement for benefits it has paid on behalf of the Member, as required by the State's Medicaid program; and Sanford Health Plan will honor any subrogation rights the State may have with respect to benefits that are payable under this Certificate of Coverage.

When an individual covered by Medicaid also has coverage under this Certificate, Medicaid is the payer of last resort. If also covered under Medicare, Sanford Health Plan pays primary, then Medicare, and Medicaid is tertiary.

See provisions below on “Coordination of Benefits with TRICARE,” if a Member is covered by both Medicaid and TRICARE.

Coordination of Benefits with TRICARE

Generally, TRICARE is the secondary payer if the TRICARE beneficiary is enrolled in, or covered by, any other health plan to the extent that the service provided is also covered under the other plan.

1. Sanford Health Plan pays first if an individual is covered by both TRICARE and Sanford Health Plan, as either the Member or Member’s Dependent, and a particular treatment or procedure is covered under both benefit plans.
2. TRICARE will pay last; TRICARE benefits may not be extended until all other double coverage plans have adjudicated the claim.
3. When a TRICARE beneficiary is covered under Sanford Health Plan, and also entitled to either Medicare or Medicaid, Sanford Health Plan will be the primary payer, Medicare/Medicaid will be secondary, and TRICARE will be tertiary (last).
4. TRICARE-eligible employees and beneficiaries receive primary coverage under this Certificate of Coverage in the same manner, and to the same extent, as similarly situated employees of the plan sponsor (employer) who are not TRICARE eligible.

Sanford Health Plan does not:

1. Provide financial or other incentives for a TRICARE-eligible employee not to enroll (or to terminate enrollment) under this Contract, which would (in the case of such enrollment) be a primary plan (the incentive prohibition); or
2. Deprive a TRICARE-eligible employee of the opportunity to elect to participate in this Contract.

Section 8. Subrogation and Right of Reimbursement

Sanford Health Plan will provide Health Care Services to the Member for the illness or injury, just as it would in any other case. However, if the Member accepts the services from Sanford Health Plan, this acceptance constitutes the Member's consent to the provisions discussed below.

Subrogation Defined

If a Member is injured or becomes ill because of an action or omission of a third party who is or may be liable to the Member for the injury or illness, Sanford Health Plan may be able to "step into the shoes" of the Member to recover health care costs from the party responsible for the injury or illness. This is called "subrogation."

Reimbursement Defined

Sanford Health Plan has a right to reduce benefits, or to be reimbursed for that which it has provided to the Member. This is called "reimbursement."

Covered Individuals

Each and every Member hereby authorizes Sanford Health Plan to give or obtain any medical or other personal information reasonably necessary to apply the provisions of Sections 8 and 9.

A Member will give Sanford Health Plan the information it asks for about other plans and their payment of allowable charges. Sanford Health Plan may give or obtain needed information from another insurer or any other organization or person.

Sanford Health Plan's Rights of Subrogation

In the event of any payments for benefits provided to a Member under this Contract, Sanford Health Plan, to the extent of such payment, shall be subrogated to all rights of recovery such Member, Member's parents, heirs, guardians, executors, or other representatives may have against any person or organization. These subrogation and reimbursement rights also include the right to recover from uninsured motorist insurance, underinsured motorist insurance, no-fault insurance, automobile medical payments coverage, premises medical expense coverage, and workers' compensation insurance or substitute coverage.

Sanford Health Plan shall be entitled to receive from any such recovery an amount up to the Maximum Allowed Amount for the services provided by Sanford Health Plan. In providing benefits to a Member, Sanford Health Plan may obtain discounts from its health care Providers, compensate Providers on a capitated basis or enter into other arrangements under which it pays to another less than the Maximum Allowed Amount of the benefits provided to the Member. Regardless of any such arrangement, when a Member receives a benefit under this Certificate of Coverage for an illness or injury, Sanford Health Plan is subrogated to the Member's right to recover the Maximum Allowed Amount of the benefits it provides on account of such illness or injury, even if those reasonable cost exceed the amount paid by Sanford Health Plan.

Sanford Health Plan is granted a first priority right to subrogation or reimbursement from any source of recovery. Sanford Health Plan's first priority right applies whether or not the Member has been made whole by any recovery. Sanford Health Plan shall have a lien on all funds received by the Member, Member's parents, heirs, guardians, executors, or other representatives up to the Maximum Allowed Amount charged for any past, present, or future Health Care Services provided to the Member. Sanford Health Plan may give notice of that lien to any party who may have contributed to the loss.

If Sanford Health Plan so decides, it may be subrogated to the Member's rights to the extent of the benefits provided or to be provided under this Certificate of Coverage. This includes Sanford Health Plan's right to bring suit against the third party in the Member's name.

Plan's Right to Reduction and Reimbursement

Sanford Health Plan shall have the right to reduce or deny benefits otherwise payable by the Contract, or to recover benefits previously paid by Sanford Health Plan, to the extent of any and all payments made to or for a Member by or on behalf of a third party who is or may be liable to the Member, regardless of whether such payments are designated as payment for, but not limited to, pain and suffering, loss of income, medical benefits or expenses, or other specified damages.

To the extent that federal or State statutes or courts, eliminate or restrict any such right of reduction or reimbursement provided to Sanford Health Plan under this Contract; such rights shall thus either be limited or no longer apply, or be limited by the extent of federal and State actions.

Sanford Health Plan shall have a lien on all funds received by the Member, Member's parents, heirs, guardians, executors, or other representatives up to the Maximum Allowed Amount for the Health Care Services provided to the Member.

Erroneous Payments

To the extent payments made by Sanford Health Plan with respect to a Member are in excess of the Maximum Amount under the terms of the Contract, Sanford Health Plan shall have the right to recover such payments, to the extent of such excess, from any one or more of the following sources, as Sanford Health Plan shall determine any person to or with respect to whom such payments were made, or such person's legal representative, any insurance companies, or any other individuals or organizations which Sanford Health Plan determines are either responsible for payment or received payment in error, and any future benefits payable to the Member.

Member's Responsibilities

1. The Member, Member's parents, heirs, guardians, executors, or other representatives must take such action, furnish such information and assistance, and execute such instruments as Sanford Health Plan requires to facilitate enforcement of its rights under this section. The Member shall take no action prejudicing the rights and interests of Sanford Health Plan under this section.
2. Neither a Member nor Member's attorney or other representative is authorized to accept subrogation or reimbursement payments on behalf of Sanford Health Plan, to negotiate or compromise Sanford Health Plan's subrogation or reimbursement claim, or to release any right of recovery or reimbursement without Sanford Health Plan's express written consent.
3. Any Member who fails to cooperate in Sanford Health Plan's administration of this section shall be responsible for the Maximum Allowed Amount for services subject to this section and any legal costs incurred by Sanford Health Plan to enforce its rights under this section. Sanford Health Plan shall have no obligation whatsoever to pay medical benefits to a Member if a Member refuses to cooperate with Sanford Health Plan's subrogation and refund rights or refuses to execute and deliver such papers as Sanford Health Plan may require in furtherance of its subrogation and refund rights. Further, in the event the Member is a minor, Sanford Health Plan shall have no obligation to pay any medical benefits incurred on account of injury or illness caused by a third-party until after the Member or his or her authorized legal representative obtains valid court recognition and approval of Sanford Health Plan's 100%, first-dollar subrogation and refund rights on all recoveries, as well as approval for the execution of any papers necessary for the enforcement thereof, as described herein.
4. Members must also report any recoveries from insurance companies or other persons or organizations arising from or relating to an act or omission that caused or contributed to an injury or illness to the Member paid for by Sanford Health Plan. Failure to comply will entitle Sanford Health Plan to withhold benefits, services, payments, or credits due under the Contract.

Separation of Funds

Benefits paid by Sanford Health Plan, funds recovered by the Member(s), and funds held in trust over which Sanford Health Plan has an equitable lien exist separately from the property and estate of the Member(s), such that the death of the Member(s), or filing of bankruptcy by the Member(s), will not affect Sanford Health Plan's equitable lien, the funds over which Sanford Health Plan has a lien, or Sanford Health Plan's right to subrogation and reimbursement.

Payment in Error

If for any reason we make payment under this Certificate of Coverage in error, we may recover the amount we paid.

Section 9. Problem Resolution

Member Appeal Procedures

Sanford Health Plan makes decisions in a timely manner to accommodate the clinical urgency of the situation and to minimize any disruption in the provision of Health Care Services. Benefits under this Contract will be paid only if Sanford Health Plan decides, at Sanford Health Plan's discretion, that the Member is entitled to them.

Claims for benefits under the Contract can be post-service, pre-service, or concurrent. This Section 9 explains how you can file a Complaint regarding services provided by Sanford Health Plan; or Appeal a partial or complete denial of a claim. For information on Formulary exception requests, see Sections 3 and 4(e).

The following parties may request a review of any Adverse Determination by Sanford Health Plan: the Member and/or legal guardian; a health care Practitioner and/or Provider with knowledge of the Member's medical condition; an Authorized Representative of the Member; and/or an attorney representing the Member or the Member's estate.

NOTE: The Member or his/her legal guardian may designate in writing to Sanford Health Plan an Authorized Representative to act on his/her behalf. In cases where the Member wishes to exercise this right, a written designation of representation from the Member should accompany a Member's Complaint or request to Appeal an Adverse Determination. See "Designating an Authorized Representative" below for further details. For urgent (expedited) Appeals, written designation of an Authorized Representative is not required.

Help to understand this Certificate of Coverage and your rights is free.

If you would like it in a different format (for example, in a larger font size),
please call us at (800) 752-5863 (*toll-free*).

If you are deaf, hard of hearing, or speech-impaired,
reach us at TTY/TDD: (877) 652-1844 (*toll-free*).

Help in a language other than English is also free.

Please call (800) 892-0675 (*toll-free*) to connect with us using free translation services.

Designating an Authorized Representative

You must act on your own behalf, or through an Authorized Representative, if you wish to exercise your rights under this section. If you wish to designate an Authorized Representative, you must do so in writing. You can get a form by calling Customer Service toll-free at (800) 752-5863 (*toll-free*); or logging into your account at www.sanfordhealthplan.com/memberlogin. If a person is not properly designated in writing as your Authorized Representative, we will not be able to deal with him or her in connection with your rights under this Section 9.

For urgent pre-service claims, we will presume that your Provider is your Authorized Representative unless you tell us otherwise, in writing.

Maximum Appeal Timelines			
Type of Notice	Emergency	Pre-Service	Post-Service
Initial Determinations	72 Hours	15 days	30 Days
Extension for Initial Plan Determinations	NONE	15 days	15 Days
Additional Information Request (Plan)	24 Hours	15 days	15 Days
Response to Request For Additional Information (Member)	48 Hours	45 Days	45 Days
Request for Internal Appeal (Member)	180 Days	180 Days	180 Days

Internal Appeal Determinations	72 Hours	30 Days	60 Days
Request for External Appeal (Member)	N/A	4 months	4 Months
External Appeal Determinations	72 Hours	45 Days	45 Days

Definitions

Adverse Determination: Means a denial, reduction or termination of, or a failure to provide or make payment (in whole or in part) for a benefit, including any such denial, reduction, termination, or failure to provide or make payment (for pre-service or post-service claims) that is based on:

1. A determination of an individual's eligibility to participate in this Contract;
2. A determination that a benefit is not a Covered Service;
3. The imposition of a source-of-injury exclusion, network exclusion, application of any Utilization Review, or other limitation on otherwise Covered Services;
4. A determination that a benefit is an Experimental or Investigational Service or not Medically Necessary; or
5. A rescission of coverage. *Only an act, practice, or omission that constitutes fraud or intentional misrepresentations of material fact, made by an applicant for health insurance coverage may be used to void an application or contract and deny claims.*

Appeal: A request to change a previous Adverse Determination made by Sanford Health Plan.

Inquiry: A telephone call regarding eligibility, Contract interpretation, Sanford Health Plan policies and procedures, or plan design. It is the policy of Sanford Health Plan to address Member and Practitioner and/or Provider inquiries through informal resolution over the telephone whenever possible. If the resolution is not satisfactory to the inquirer, he or she will be instructed of his or her rights to file a verbal or written Complaint.

Complaint: An oral or written expression of dissatisfaction. It is the policy of Sanford Health Plan to make reasonable efforts to resolve Member and Practitioner and/or Provider Complaints. A process has been established for Members (or their designees) and Practitioners and/or Providers to use when they are dissatisfied with Sanford Health Plan, its Practitioners and/or Providers, or processes. Examples of Complaints are eligibility issues; coverage denials, cancellations, or non-renewals of coverage; administrative operations; discrimination based on race, color, national origin, sex, age or disability; and the quality, timeliness, and appropriateness of Health Care Services provided.

Complainant: This is a Member, applicant, or former Member or anyone acting on behalf of a Member, applicant, or former Member, who submits a Complaint. The Member and his/her legal guardian may designate in writing to Sanford Health Plan an Authorized Representative to act on his/her behalf. This written designation of representation from the Member should accompany the Complaint.

Expedited Exception Request: If a medication or drug exception request is of an urgent nature, or due to exigent circumstances, a decision and notification will be made as soon as possible, but no later than within twenty-four (24) hours of receipt of the Expedited Exception Request, in alignment with ARSD § 20:06:56:08, SDCL § 58-17-8745, 58-17F-4, and CFR § 156.122 Standard and Expedited Exception Request requirements.

External Review: An External Review is a request for an independent, External Review of a Medical Necessity final determination made by Sanford Health Plan through its external appeals process.

Standard Exception Request: A decision and notification will be made within seventy-two (72) hours of receipt of the request for Standard Exception Requests, unless the request is of an urgent nature, in which case the decision and notification will be made as soon as possible, but no later than within twenty-four (24) hours of receipt of the Expedited Exception Request, in alignment with 45 CFR § 156.122 and SDCL § 58-17F-4 Standard and Expedited Exception Request requirements.

Urgent Care Situation: A degree of illness or injury that is less severe than an Emergency Medical Condition, but requires prompt medical attention within twenty-four (24) hours.

Urgent Care Request: A request for a Health Care Service or course of treatment with respect to which the time periods for making a non-Urgent Care Request determination could:

1. Seriously jeopardize the life or health of the Member or the ability of the Member to regain maximum function, based on a Prudent Layperson's judgment; or
2. In the opinion of a Practitioner with knowledge of the Member's medical condition, would subject the Member to severe pain that cannot be adequately managed without the Health Care Service or treatment that is the subject of the request.

In determining whether a request is "urgent," Sanford Health Plan shall apply the judgment of a Prudent Layperson. When a Practitioner with knowledge of the Member's medical condition determines a request to be an Urgent Care Situation, Sanford Health Plan shall treat the prospective review as an Urgent Care Request.

Audit Trails

Audit trails for Complaints, Adverse Determinations and Appeals are provided by Sanford Health Plan's information system and an access database which includes documentation of the Complaints, Adverse Determination and/or Appeals by date, service, procedure, substance of the Complaint/Appeal (including any clinical aspects/details), and reason for the Complaint, Adverse Determination and/or Appeal. The Appeal file includes telephone notification, and documentation indicating the date; the name of the person spoken to; the Member; the service, procedure, or admission certified; and the date of the service, procedure, or Adverse Determination and reason for determination. If Sanford Health Plan indicates Prior Authorization (Certification) by use of a number, the number will be called the "authorization number."

Complaint (Grievance) Procedures

A member has the right to file a Complaint either by telephone or in writing to the Appeals and Complaints Department. The Appeals and Complaints Department will make every effort to investigate and resolve all Complaints. The Appeals and Complaints Department can be reached at (877) 652-8544 (*toll-free*).

Oral Complaints

A Complainant may orally submit a Complaint to Customer Service. If the oral Complaint is not resolved to the Complainant's satisfaction within ten (10) business days of receipt of the Complaint, Sanford Health Plan will provide a Complaint form to the Complainant, which must be completed and returned to the Appeals and Complaints Department for further consideration. Upon request, Customer Service will provide assistance in submitting the Complaint form.

Written Complaints

A Complainant can seek further review of a Complaint not resolved by phone by submitting a written Complaint form.

A Member, or his/her Authorized Representative may send the completed Complaint form, including comments, documents, records and other information relating to the Complaint, the reasons they believe they are entitled to benefits and any other supporting documents to:

Sanford Health Plan
Appeals and Complaints Department PO Box 91110
Sioux Falls, SD 57109-1110

Complaints based on discrimination must be sent to the attention of our Civil Rights Coordinator.

The Appeals and Complaints Department will notify the Complainant within ten (10) business days upon receipt of the Complaint form, unless the Complaint has been resolved to the Complainant's satisfaction within those ten (10) business days.

Upon request and at no charge, the Complainant will be given reasonable access to and copies of all documents, records and other information relevant to the Complaint.

Complaint Investigations

The Appeals and Complaints Department will investigate and review the Complaint and notify the Complainant of Sanford Health Plan's decision in accordance with the following timelines:

1. A decision and written notification on the Complaint will be made to the Complainant, his or her Practitioners and/or Providers involved in the provision of the service within thirty (30) calendar days from the date Sanford Health Plan receives your request.
2. In certain circumstances, the time period may be extended by up to fourteen (14) calendar days upon agreement. In such cases, Sanford Health Plan will notify the Complainant in advance, of the reasons for the extension.
- 3.

Any Complaints related to the quality of care received are subject to Practitioner review. If the Complaint is related to an urgent clinical matter, it will be handled in an expedited manner and a response will be provided within twenty-four (24) hours.

If the Complaint is not resolved to the Member's satisfaction, the Member, or his/her Authorized Representative, has the right to Appeal any Adverse Determination made by Sanford Health Plan. Appeal rights and the Appeal filing form may be requested by calling the Appeals and Complaints Department at toll-free (877) 652-8544 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*).

Sanford Health Plan will make appropriate arrangements to ensure that individuals with disabilities and individuals with limited English proficiency are provided auxiliary aids and services or language assistance services, respectively, if needed to participate in the Complaint or Appeals process.

All notifications described above will comply with applicable Law. A complete description of your Appeal rights and the Appeal process will be included in your written response.

Appeal Procedures

Types of Appeals

Types of Appeals include:

1. A **pre-service Appeal** is a request to change an Adverse Determination that Sanford Health Plan approved in whole or in part in advance of the Member obtaining care or services.
2. A **post-service Appeal** is a request to change an Adverse Determination for care or services already received by the Member.
3. An **Expedited Appeal for urgent care** is a request to change a previous Adverse Determination made by Sanford Health Plan for an Urgent Care Request. If the Member's situation meets the definition of urgent, their review will generally be conducted within twenty-four (24) hours.

Continued Coverage for Concurrent Care

A Member is entitled to continued coverage for concurrent care pending the outcome of the Appeals process; benefits for an ongoing course of treatment cannot be reduced or terminated without providing advance notice sufficient to allow the Claimant to Appeal and obtain a review determination before the benefit is reduced or terminated. Such review determinations will be made within twenty-four (24) hours.

Internal Appeal of Adverse Determination (Denial)

Filing Deadline

Appeals can be made for up to one-hundred-eighty (180) calendar days from notification of the Adverse Determination.

Within one-hundred-eighty (180) calendar days after the date of receipt of a notice of an Adverse Determination sent to a Member or the Member's Authorized Representative (as designated in writing by the Member), the Member or their Authorized Representative may file an Appeal with Sanford Health Plan requesting a review of the Adverse Determination. An *Appeal Filing Form* may be found on the Member's online account at www.sanfordhealthplan.com/memberlogin.

The Member or the Authorized Representative should contact Sanford Health Plan by calling or sending a written Appeal (using the *Appeal Filing Form* is optional) to the following address: Sanford Health Plan, PO Box 91110, Sioux Falls, SD 57109-1110. Phone: (877) 652-8544 (*toll-free*) | TTY/TDD: (877) 652-1844 (*toll-free*). Sanford Health Plan also accepts appeals via fax at (605) 312-8910.

Appeal Rights and Procedures

If the Member or their Authorized Representative (as designated in writing by the Member) files an Appeal for an Adverse Determination, the following Appeal rights apply:

1. The Member shall have the opportunity to submit written comments, documents, records and other information relating to the claim for benefits. Members do not have the right to attend or have a representative attend the review.
2. The Member shall be provided, free of charge, with any new or additional evidence considered, relied upon, or generated by, or at the direction of, Sanford Health Plan in connection with the claim; and such evidence shall be provided as soon as possible and sufficiently in advance of the date on which the notice of final internal Adverse Determination is required to be provided to give the Member a reasonable opportunity to respond prior to that date.
3. Confirm with the Member whether additional information will be provided for Appeal review. Sanford Health Plan will document if additional information is provided or no new information is provided for Appeal review.
4. Before Sanford Health Plan can issue a final Adverse Determination based on a new or additional rationale, the Member will be provided, free of charge, with the rationale; the rationale will be provided as soon as possible and sufficiently in advance of the date on which the notice of Adverse Determination is required to be provided and give the Member a reasonable opportunity to respond prior to the date.
5. The Member shall be provided, upon request and free of charge, reasonable access to, and copies of, all documents, records and other information relevant to the Member's initial request.
6. The review shall take into account all comments, documents, records, and other information submitted by the Member relating to the claim, without regard to whether such information was submitted or considered in the initial benefit determination.
7. Full and thorough investigation of the substance of the Appeal, including any aspects of clinical care involved, will be coordinated by the Appeals Department.
8. Sanford Health Plan will document the substance of the Appeal, including but not limited to, the Member's reason for appealing the previous decision and additional clinical or other information provided with the Appeal request. Sanford Health Plan will also document any actions taken, including but not limited to, previous denial or Appeal history and follow-up activities associated with the denial and conducted before the current Appeal.
9. The review shall not afford deference to the initial Adverse Determination and shall be conducted by a named Sanford Health Plan

representative who is neither the individual who made the Adverse Determination that is the subject of the Appeal, nor the subordinate of such individual.

10. In deciding an Appeal of any Adverse Determination that is based in whole or in part on a medical judgment, including determinations with regard to whether a particular treatment, drug or other item is an Experimental or Investigational Service, or not Medically Necessary, Sanford Health Plan shall consult with a health care professional (same-or-similar specialist) who has appropriate training and experience in the field of medicine involved in the medical judgment. The health care Practitioner and/or Provider engaged for purposes of a consultation under this paragraph shall be an individual who is neither an individual who was consulted in connection with the Adverse Determination that is the subject of the Appeal, nor the subordinate of any such individual.
11. Sanford Health Plan shall identify the medical or vocational experts whose advice was obtained on behalf of Sanford Health Plan in connection with a Member's Adverse Determination, without regard to whether the advice was relied upon in making the benefit request determination.
12. In order to ensure the independence and impartiality of the persons involved in making claims determinations and Appeals decisions, all decisions regarding hiring, compensation, termination, promotion, or other similar matters with respect to any individual (such as a claims adjudicator or medical expert) shall not be made based upon the likelihood that the individual will support the denial of benefits.
13. The attending Practitioner and/or Provider and the Member will be made aware of their responsibility for submitting the documentation required for resolution of the Appeal within three (3) working days of receipt of the Appeal.
14. Sanford Health Plan will provide notice of any Adverse Determination in a manner consistent with applicable federal regulations.

Appeal Notification Timelines

For Prospective (Pre-service) Appeals: for decisions not regarding pharmacy service, Certification of non-covered medication, or Formulary design issues, Sanford Health Plan will notify the Member or their Authorized Representative and any Practitioner and/or Providers involved in the Appeal in writing or electronically within thirty (30) calendar days of receipt of the Appeal.

For Retrospective (Post-service) Appeals: for decisions not regarding pharmacy service, Certification of non-covered medication, or Formulary design issues, Sanford Health Plan will notify the Member or their Authorized Representative and any Practitioner and/or Providers involved in the Appeal in writing or electronically within sixty (60) calendar days of receipt of the Appeal.

For Appeals Based on Discrimination: Sanford Health Plan will notify the Member or their Authorized Representative and any Practitioner and/or Providers involved in the Appeal in writing within thirty (30) calendar days of receipt of the Appeal.

If the Member does not receive the decision within the time period stated above, the Member may be entitled to file a request for External Review.

Expedited Internal Appeal Procedure

An Expedited Appeal is used when the Member's condition meets criteria for an Urgent Care Situation, as defined previously.

An expedited review involving Urgent Care Requests for Adverse Determinations of pre-service or concurrent claims will be utilized if the Member or Practitioner and/or Provider acting on behalf of the Member believe that an expedited determination is warranted. All of the procedures and rights of a standard Appeal described above apply.

In addition, for an Expedited Appeal, the request for an expedited review may be submitted. This can be done orally or in writing and Sanford Health Plan will accept all necessary information by telephone or electronically. In such situations, the Practitioner who made the initial Adverse Determination may review the Appeal and overturn the previous decision.

The determination will be made and provided to the Member and those Practitioners and/or Providers involved in the Appeal via oral notification by Utilization Management as expeditiously as the Member's medical condition requires but no later than within twenty-four (24) hours of receipt of the request. Sanford Health Plan will notify you orally by telephone or in writing by facsimile or via other expedient means.

The Member and those Practitioners and/or Providers involved in the Appeal will receive written notification for decisions not regarding pharmacy service, Certification of non-covered medication, or Formulary design issues within three (3) calendar days of the oral notification. If your claim is no longer considered urgent, it will be handled in the same manner as a non-urgent pre-service or a non-urgent post-service Appeal, depending upon the circumstances.

If the expedited review is a concurrent claim determination, the service will be continued without liability to the Member until the Member or the representative has been notified of the determination.

NOTE: For procedures, rights, and notification timelines related to an Appeal of Adverse Determination regarding pharmacy services, Certification of a non-covered medication, or Formulary design issues, see *External Procedures for Adverse Determinations of Pharmaceutical Exception Requests* in this section.

Written Notification Process for Internal Appeals

The written decision for the Appeal reviews will contain the following information:

1. The results and date of the Adverse Determination;
2. The specific reason for the Adverse Determination in easily understandable language;
3. The titles and qualifications, including specialty, of the person or persons participating in the first level review process (reviewer names are available upon request);
4. Reference to the evidence, benefit provision, guideline, protocol and/or other similar criterion on which the determination was based and notification that the Member on request can have a copy of the actual benefit provisions, guidelines, protocols and other similar criterion free of charge;
5. Members shall have the right to review all evidence and present evidence and testimony.
6. Notification that the Member can receive, upon request and free of charge, reasonable access and copies of all documents, records and other information relevant to the Member's benefit request;
7. Statement of the reviewer's understanding of the Member's Appeal;
8. The reviewer's decision in clear terms and the Contract basis or medical rationale in sufficient detail for the Member to respond further;
9. Notification and instructions on how the Practitioner and/or Provider can contact the appropriate Physician or specialist to discuss the determination;
10. If the Adverse Determination is based on Medical Necessity or Experimental or Investigational Services or similar exclusion or limit, either an explanation of the scientific or clinical judgment for making the determination, applying the terms of the Contract to the Member's medical circumstances or a statement that an explanation will be provided to the Member free of charge upon request;
11. If applicable, instructions for requesting:
 - a. A copy of the rule, guideline, protocol, or other similar criterion relied upon in making the Adverse Determination; or
 - b. The written statement of the scientific or clinical rationale for the determination;
12. For Adverse Determinations of Prospective (Pre-service) or Retrospective (Post-service) Review a statement indicating:
 - a. The written procedures governing the standard internal review, including any required timeframe for the review; and
 - b. The Member's right to bring a civil action in a court of competent jurisdiction;
13. Notice of the Member's right to contact the Division of Insurance for assistance at any time at:
South Dakota Division of Insurance
Attn: External Review
124 South Euclid Avenue, 2nd Floor
Pierre, SD 57501
Phone: (605) 773-3563
Fax: (605) 773-5369
Email: insurance@state.sd.us
14. Notice of the right to initiate the external review process for Adverse Determinations based on Medical Necessity. Refer to *Independent, External Review of Final Determinations* in this section for details on this process. Final Adverse Determination letters will contain information on the circumstances under which Appeals are eligible for external review and information on how the Member can seek further information about these rights.
15. If the Adverse Determination is completely overturned, the decision notice will state the decision and the date.

Independent, External Review of Adverse Determination (Denial)

External Procedures for Adverse Determinations of Pharmaceutical Exception Requests

Sanford Health Plan follows all requirements for denials and Appeals as it relates to any Adverse Determination when there has been a Medical Necessity determination based on pharmacy service, Certification of non-covered medication or Formulary design issue. This applies to requests for coverage of non-covered medications, generic substitution, therapeutic interchanges and step-therapy protocols.

External Exception Review (Appeal) of a Standard Exception Request:

- If we deny a Standard Exception Request, the Member may request that the original exception request and subsequent denial of such request be reviewed by an independent review organization.
- Sanford Health Plan will make its determination on the External Review and notify the Member or the Member's Authorized Representative, and the prescribing Physician (or other prescriber, as appropriate) of its coverage determination no later than seventy-two (72) hours following Sanford Health Plan's receipt of the request if the original request was a Standard Exception Request.
- If Sanford Health Plan grants an External Review of a Standard Exception Request, Sanford Health Plan will provide coverage of the non-Formulary drug for the duration of the prescription.

External Exception Review (Appeal) of an Expedited (Urgent) Exception Request:

- If Sanford Health Plan denies an Expedited Exception Request, the Member may request that the original exception request and subsequent denial of such request be reviewed by an independent review organization.
- Sanford Health Plan will make its determination on the External Review and notify the Member or the Member's Authorized

Representative, and the prescribing Physician (or other prescriber, as appropriate) of its coverage determination no later than twenty-four (24) hours following Sanford Health Plan's receipt of the request, if the original request was an Expedited Exception Request based on exigent circumstances, [ARSD § 20:06:56:08 and SDCL § 58-17F-4].

- If Sanford Health Plan grants an External Review of an Expedited Exception Request, Sanford Health Plan will provide coverage of the non-Formulary drug for the duration of the exigency.

Standard External Review Request Processes & Procedures

NOTE: For procedures related to an Appeal of Adverse Determination regarding pharmacy services, Certification of a non-covered medication, or Formulary design issues, see *External Procedures for Adverse Determinations of Pharmaceutical Exception Requests* above.

For independent, External Review of Adverse Determinations, Sanford Health Plan will provide:

1. Members the right to an independent, third party, binding review whenever they meet the following eligibility criteria:
 - a. The Member is appealing an Adverse Determination that is based on Medical Necessity (benefits Adverse Determinations are not eligible);
 - b. The Member has not appealed to the federal Department of Labor;
 - c. Sanford Health Plan has completed the internal Appeal review and its decision is unfavorable to the Member, or has exceeded the time limit for making a decision, or Sanford Health Plan has elected to bypass the available internal level of Appeal with the Member's permission;
 - d. The request for independent, External Review is filed within four (4) months of the date that Sanford Health Plan's Adverse Determination was made.
2. Notification to Members about the independent, External Review program and decision are as follows:
 - a. General communications to Members, at least annually, to announce the availability of the right to independent, External Review.
 - b. Letters informing Members and Practitioners of the upholding of an Adverse Determination covered by this standard including notice of the independent, External Review rights, directions on how to use the process, contact information for the independent, External Review organization, and a statement that the Member does not bear any costs of the independent, External Review organization, unless otherwise required by State law.
 - c. The External Review organization will communicate its decision in clear terms in writing to the Member and Sanford Health Plan. The decision will include:
 - i. a general description of the reason for the request for External Review;
 - ii. the date the independent review organization received the assignment from Sanford Health Plan to conduct the External Review;
 - iii. the date the External Review was conducted;
 - iv. the date of its decision;
 - v. the principal reason(s) for its decision, including any, Medical Necessity rationale or evidence-based standards that were a basis for its decision; and
 - vi. the list of titles and qualifications, including specialty, of individuals participating in the External Review, statement of the reviewer's understanding of the pertinent facts of the review, and reference to evidence or documentation used as a basis for the decision.
 - d. The External Review organization will also notify the Member how and when Members receive any payment or service in the case of overturned Adverse Determinations.

External Review Program Procedures

1. Conduct of the External Review program is as follows:
 - a. Within five (5) business days following the date of receipt of the External Review request, Sanford Health Plan shall complete a preliminary review of the request to determine whether:
 - i. The Member is or was a Member in the Contract at the time the Health Care Service was requested or, in the case of a Retrospective Review, was a Member at the time the Health Care Service was provided;
 - ii. The Health Care Service that is the subject of the Adverse Determination is a Covered Service under the Member's Contract, but for a determination by the health carrier that the Health Care Service is a Non-Covered Service because it does not meet the requirements for Medical Necessity, appropriateness, health care setting, or level of care or effectiveness;
 - iii. The Member has exhausted Sanford Health Plan's internal Appeal process unless the Member is not required to exhaust Sanford Health Plan's internal Appeal process as defined above; and
 - iv. The Member has provided all the information and forms required to process an External Review.
 - b. Within five (5) business days following the date of receipt of the External Review request for Experimental or Investigational Service reviews, Sanford Health Plan shall complete a preliminary review of the request to determine whether:
 - i. The Member is or was a Member in the Contract at the time the Health Care Service was requested or, in the case of a Retrospective Review, was a Member at the time the Health Care Service was provided;
 - ii. The Health Care Service that is the subject of the Adverse Determination is a Covered Service under the Member's Contract except

for Sanford Health Plan's determination that the Health Care Service is an Experimental or Investigational Service for a particular medical condition, and it is not explicitly listed as an excluded benefit;

- iii. The Member's treating Provider has certified that one of the following situations is applicable:
 - (1) Standard Health Care Services or treatments have not been effective in improving the condition of the Member;
 - (2) Standard Health Care Services or treatments are not medically appropriate for the Member; or
 - (3) There is no available standard Health Care Service that is a Covered Service that is more beneficial than the recommended or requested Health Care Service described by the treating Provider in paragraph (1)(b)(iv) below;
- iv. The Member's treating Practitioner:
 - (1) Has recommended a Health Care Service or treatment that he or she certifies, in writing, is likely to be more beneficial to the Member, in the treating Practitioner's opinion, than any available standard Health Care Services or treatments; or
 - (2) Who is a licensed, board certified or board eligible Physician qualified to practice in the area of medicine appropriate to treat the Member's condition, has certified in writing that scientifically valid studies using accepted protocols demonstrate that the Health Care Service or treatment requested by the Member that is the subject of the Adverse Determination or final Adverse Determination is likely to be more beneficial to the Member than any available standard Health Care Services or treatments;
- v. The Member has exhausted the internal Appeal process unless the Member is not required to exhaust the internal Appeal process as defined above;
- vi. The Member has provided all the information and forms required to process an External Review.
- c. Within one (1) business day after completion of the preliminary review, Sanford Health Plan shall notify the Member and, if applicable, the Member's Authorized Representative in writing whether the request is complete and eligible for External Review.
 - i. If the request is not complete, Sanford Health Plan shall inform the Member and, if applicable, the Member's Authorized Representative in writing and include in the notice what information or materials are needed to make the request complete; or if the request is not eligible for External Review, Sanford Health Plan shall inform the Member and, if applicable, the Member's Authorized Representative in writing and include the reasons for its ineligibility. If the independent review organization upheld the denial, there is no further review available under this Appeals process. However, you may have other remedies available under Law, such as filing a lawsuit.
 - ii. If the request is complete, within one (1) business day after verifying eligibility, the Division of Insurance shall assign an independent review organization and notify in writing the Member, and, if applicable, the Member's Authorized Representative of the request's eligibility and acceptance for External Review. The Member may submit in writing to the assigned independent review organization within five (5) business days following the date of receipt of the notice provided by Sanford Health Plan any additional information that the independent review organization shall consider when conducting the External Review. The independent review organization is not required to, but may, accept and consider additional information submitted after five (5) business days.
 - iii. Within five (5) business days after the date Sanford Health Plan determines the request is eligible for External Review Sanford Health Plan shall provide to the assigned independent review organization the documents and any information considered in making the Adverse Determination or final Adverse Determination.
- d. The independent, External Review organization that is assigned will:
 - i. be accredited by a nationally recognized private accrediting entity;
 - ii. conduct a thorough review in which it considers all previously determined facts, allows the introduction of new information, considers and assesses sound medical evidence, and makes a decision that is not bound by the decisions or conclusions of Sanford Health Plan or determinations made in any prior Appeal.
 - iii. complete its review and issues a written final decision for non-urgent Appeals within forty-five (45) calendar days of the request. For clinically urgent care Appeals, the review and decision will be made and orally communicated as expeditiously as the Member's medical condition or circumstances requires, but in no event more than seventy-two (72) hours after the date of receipt of the request for an expedited External Review. Within forty-eight (48) hours after the date of providing the oral notification, the assigned independent review organization will provide written confirmation of the decision to the Member, or if applicable, the Member's Authorized Representative, and their treating Practitioner and/or Provider.
 - iv. have no material professional, familial or financial conflict of interest with Sanford Health Plan.
- 5. With the exception of exercising its rights as party to the Appeal, Sanford Health Plan will not attempt to interfere with the independent review organization's proceeding or review decision.
- 6. Sanford Health Plan will provide the independent review organization with all relevant medical records as permitted by State law, supporting documentation used to render the decision pertaining to the Member's case (summary description of applicable issues including Sanford Health Plan's decision, criteria used and clinical reasons, utilization management criteria, communication from the Member to Sanford Health Plan regarding the Appeal), and any new information related to the case that has become available since the internal Appeal decision.
- 7. The Member is not required to bear costs of the independent review organization's review, including any filing fees. However, Sanford Health Plan is not responsible for costs associated with an attorney, Physician or other expert, or the costs of travel to an independent,

External Review hearing.

8. The Member or his/her legal guardian may designate in writing a representative to act on his/her behalf. A Practitioner and/or Provider may not file an Appeal without explicit, written designation by the Member.
9. The independent review organization's decision is final and binding to Sanford Health Plan, and Sanford Health Plan implements the independent review organization's decision within the timeframe specified by the independent review organization. The decision is not binding to the Member, because the Member has legal rights to further pursue review in court if they are dissatisfied with the outcome. However, a Member may not file a subsequent request for External Review involving the same Adverse Determination for which the Member has already received an External Review decision.
10. Sanford Health Plan obtains from the independent review organization, or maintains and tracks, data on each review case, including descriptions of the denied item(s), reasons for denial, independent review organization decisions and reasons for decisions. Sanford Health Plan uses this information in tracking and evaluating its Medical Necessity decision making process and improving the quality of its clinical decision making procedures. This information is reported to the Medical Management Quality Committee when a case is resolved for discussion and plan of care or action.

NOTE: For procedures, rights, and notification timelines related to an Appeal of Adverse Determination regarding pharmacy services, Certification of a non-covered medication, or Formulary design issues, see *External Procedures for Adverse Determinations of Pharmaceutical Exception Requests* in this section.

Expedited External Review Request Processes & Procedures

1. A Member or the Member's Authorized Representative may request an expedited External Review of an Adverse Determination if the Adverse Determination involves an Urgent Care Request for Prospective (Pre-service) or Concurrent Review request for which:
 - a. the timeframe for completion of a standard internal review would seriously jeopardize the life or health of the Member; or would jeopardize the Member's ability to regain maximum function; or
 - b. in the case of a request for Experimental or Investigational Services, the treating Practitioner and/or Provider certifies, in writing, that the requested Health Care Services or treatment would be significantly less effective if not promptly initiated.
2. An expedited External Review is not provided for retrospective Adverse Determinations.
3. Immediately upon receipt of the request from the Member or the Member's Representative, Sanford Health Plan shall determine whether the request is eligible for expedited External Review. If the request is ineligible for an expedited External Review as described in (1) above, Sanford Health Plan will give oral notification to the Member or the Member's Authorized Representative.
4. Upon determination that the expedited External Review request meets the reviewability requirements, the Division of Insurance shall assign a contracted, independent review organization to conduct the expedited External Review. The assigned independent review organization is not bound by any decisions or conclusions reached during Sanford Health Plan's Utilization Review or internal Appeal process.
5. Sanford Health Plan will send all necessary documents and information considered in making the Adverse Determination to the assigned independent review organization electronically, by telephone, or facsimile or any other available expeditious method.
6. The independent review organization will make a decision to uphold or reverse the Adverse Determination and provide oral notification to the Member, and, if applicable, the Member's Authorized Representative, and the treating Practitioners and/or Providers as expeditiously as the Member's medical condition or circumstances requires but in no event more than seventy-two (72) hours after the date of receipt of the request for an expedited External Review. The Member and those Practitioners and/or Providers involved in the Appeal will receive written notification within forty-eight (48) hours of the oral notification.
7. At the same time a Member, or the Member's Authorized Representative, files a request for an internal Expedited Review of an Appeal involving an Adverse Determination, the Member, or the Member's Authorized Representative, may also file a request for an expedited External Review if the Member has a medical condition where the timeframe for completion of a standard External Review would seriously jeopardize the life or health of the Member, or it would jeopardize their ability to regain maximum function; or if the requested Health Care Service or treatment is an Experimental or Investigational Service and the Member's treating Practitioner and/or Provider certifies in writing that the recommended or requested Health Care Service or treatment that is the subject of the Adverse Determination would be significantly less effective if not promptly initiated.
8. Upon Sanford Health Plan's receipt of the independent review organization's decision to reverse the Adverse Determination, Sanford Health Plan shall immediately approve the coverage that was the subject of the Adverse Determination.

Section 10: Definitions of terms we use in this Certificate of Coverage

Adverse Determination	Any of the following determinations: <ol style="list-style-type: none"> 1. The denial, reduction, termination, or failure to provide or make payment in whole or in part, for a benefit based on a determination of a Member's eligibility to participate in the Contract; 2. Any Prospective Review or Retrospective Review determination that denies, reduces, terminates, or fails to provide or make payment, in whole or in part, for a benefit; or A rescission of coverage determination.
Affordable Care Act or ACA	The Patient Protection and Affordable Care Act, Public Law 111-148, as amended by the Healthcare and Education Reconciliation Act, Public Law 111-152, collectively referred to as the Affordable Care Act or ACA.
Ambulatory Surgical Center	A lawfully operated, public or private establishment that: <ol style="list-style-type: none"> 1. Has an organized staff of Providers; 2. Has permanent rooms that are equipped and operated mostly for performing surgery; 3. Has continuous Provider services and Nursing Services when a Member is in the Facility; and 4. Does not have services for an overnight stay.
Appeal	A Member's request to Sanford Health Plan to change a previous Adverse Determination made by Sanford Health Plan. An Appeal goes through the internal Appeal process as outlined in this Certificate of Coverage.
Approved Clinical Trial	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 one of the following: <ol style="list-style-type: none"> 1. A federally funded or approved trial; 2. A clinical trial conducted under an FDA investigational new drug application; or 3. A drug trial that is exempt from the requirement of an FDA investigational new drug application.
Authorized Representative	A person to whom a Member has given express written consent to represent the Member, a person authorized by law to provide substituted consent for a Member, a family member of the Member or the Member's treating health care professional if the Member is unable to provide consent, or a health care professional if the Member's Contract requires that a request for a benefit under the Contract be initiated by the health care professional. For any Urgent Care Request, the term includes a health care professional with knowledge of the Member's medical condition.
Avoidable Hospital Conditions	Conditions that could reasonably have been prevented through application of evidence-based guidelines. These conditions are not present on admission, but present during the course of the stay. Participating Providers are not permitted to bill Sanford Health Plan or Members for services related to Avoidable Hospital Conditions.
Billed Charge	The amount a Provider bills for all services and supplies, whether or not the services and supplies are Covered Services under this Certificate.
Calendar Year	A period of one year which starts on January 1st and ends December 31st.
Case Management	A coordinated set of activities conducted for individual Member management of chronic, serious, complicated, protracted, and/or other health conditions.
Creditable Coverage	Benefits or coverage provided under: <ol style="list-style-type: none"> 1. Medicare or Medicaid; 2. An employer-based health insurance plan or health benefit arrangement that provides benefits similar to or exceeding benefits provided under a health benefit plan; 3. An individual health insurance policy; 4. Chapter 55 of Title 10, United States Code; 5. A medical care program of the Indian Health Service or of a tribal organization; 6. A state health benefits risk pool; 7. A health plan offered under Chapter 89 of Title 5, United States Code; 8. A public health plan; 9. A health benefit plan under § 5(e) of the Peace Corps Act (22 U.S.C. 2504)(e)); 10. A church plan; 11. A college plan; or 12. A short-term limited-duration policy.

Deductible	The amount that a Member must pay each Calendar Year before Sanford Health Plan will pay benefits for Covered Services. The Deductible is set forth in the Summary of Benefits and Coverage. Copays do not count toward the Deductible.
Dependent	The Subscriber's Spouse and any Dependent Child.
Dependent Child(ren)	<ul style="list-style-type: none"> a. A Subscriber's biological child; b. A child lawfully adopted by the Subscriber or in the process of being adopted, from the date of placement; c. A stepchild of the Subscriber; or d. A foster child or any other child for whom the Subscriber has been granted legal custody.
Eligible Dependent	Any Dependent who meets the specific eligibility requirements of this Contract.
Emergency Medical Condition	Sudden and unexpected onset of a health condition that requires immediate medical attention, if failure to provide medical attention would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part or would place the person's health in serious jeopardy.
Expedited Appeal	An expedited review involving Urgent Care Requests for Adverse Determinations of Prospective (Pre-service) or Concurrent Reviews will be utilized if the Member, or Practitioner and/or Provider acting on behalf of the Member, believes that an expedited determination is warranted.
Experimental and/or Investigational Services	<p>Health Care Services where the Health Care Service in question either:</p> <ul style="list-style-type: none"> 1. is not recognized in accordance with generally accepted medical standards as being safe and effective for treatment of the condition in question, regardless of whether the service is authorized by Law or used in testing or other studies; or 2. requires approval by any governmental authority and such approval has not been granted prior to the service being rendered.
Facility	An institution providing Health Care Services or a health care setting, including Hospitals and other licensed inpatient centers, Ambulatory Surgical Centers, Skilled Nursing Facilities, Residential Treatment Facilities, diagnostic, laboratory, and imaging centers, and rehabilitation and other therapeutic health settings.
Federal Marketplace	The health benefit exchange established by the Affordable Care Act for the state of South Dakota.
Formulary	A list of covered prescription drugs, both generic and brand name, maintained by Sanford Health Plan and applicable to this Certificate of Coverage.
Health Care Services	Services for the diagnosis, prevention, treatment, cure, or relief of a health condition, illness, injury or disease.
Hospital	A short-term, acute care, duly licensed institution that is primarily engaged in providing inpatient diagnostic and therapeutic services for the diagnosis, treatment, and care of injured and sick persons by or under the supervision of Physicians. It has organized departments of medicine and/or major surgery and provides twenty-four (24) hour nursing service by or under the supervision of registered nurses. The term "Hospital" specifically excludes rest homes, places that are primarily for the care of convalescents, nursing homes, Skilled Nursing Facilities, Residential Care Facilities, custodial care homes, intermediate care facilities, health resorts, clinics, Physician's offices, private homes, Ambulatory Surgical Centers, residential or transitional living centers, or similar Facilities.
Hospitalization	A stay as an inpatient in a Hospital. Each "day" of Hospitalization includes a stay for which a charge is customarily made. Benefits may not be restricted in a way that is based upon the number of hours that the insured stays in the Hospital.
Iatrogenic Condition	Illness or injury as a result of mistakes made in medical treatment, such as surgical mistakes, prescribing or dispensing the wrong medication or poor hand writing resulting in a treatment error.
In-Network Benefit Level	The upper level of benefits provided by Sanford Health Plan, as defined in the Summary of Benefits and Coverage, when a Member seeks services from a Participating Practitioner and/or Provider designated by Sanford Health Plan, in its sole discretion, as part of this Certificate of Coverage's defined network.

In-Network Coverage	<p>In-Network Coverage means Covered Services that are either received:</p> <ol style="list-style-type: none"> 1. from an In-Network Participating Practitioner and/or Provider within the Service Area; or 2. from a Participating Provider outside of the Service Area if an In-Network Participating Practitioner and/or Provider has recommended the referral, <u>and</u> <ol style="list-style-type: none"> a. Sanford Health Plan has authorized the referral to a Participating Provider outside of the Service Area or b. Sanford Health Plan has authorized the referral from a In-Network Participating Practitioner and/or Provider to a Non-Participating Provider or Out-of-Network Participating Provider; or 3. when experiencing an Emergency Medical Condition or in an Urgent Care Situation; or 4. when the Member does not have appropriate access to In-Network Participating Practitioner and/or Provider.
In-Network Facility	A Facility (as defined above) considered “In-Network” by the terms of this Certificate of Coverage.
In-Network Pharmacy	A Pharmacy considered “In-Network” by the terms of this Certificate of Coverage.
In-Network Participating Practitioner and/or Provider	A Participating Practitioner and/or Provider that is considered “In-Network” by the terms of this Certificate of Coverage.
Intensive Outpatient Program (IOP)	Provides Mental Health and/or Substance Use Disorder Services for outpatient treatment during which a Member remains in the program a minimum of three (3) continuous hours per day and does not remain in the program overnight. Programs may be available in the evenings or weekends.
Law	All applicable State and federal laws, statutes, regulations, executive orders, directives, circulars, interpretive letters and other official releases of or by any government, or any authority, department or agency thereof, including CMS, and the South Dakota Department of Insurance.
Long-Term Residential Care	The provision of long-term diagnostic or therapeutic services (i.e., assistance or supervision in managing basic day-to-day activities and responsibilities) to Members with physical, mental health and/or substance use disorders. Care may be provided in a long-term residential environment known as a transitional living Facility; on an individual, group, and/or family basis; generally provided for persons with a lifelong disabling condition(s) that prevents independent living for an indefinite amount of time.
Maintenance Care	Treatment provided to a Member whose condition/progress has ceased improvement or could reasonably be expected to be managed without the skills of a Practitioner and/or Provider.
Maximum Allowed Amount	<p>The amount established by Sanford Health Plan using various methodologies for covered services and supplies. Sanford Health Plan’s Maximum Allowed amount is the lesser of:</p> <ol style="list-style-type: none"> (a) the amount charged for a covered service or supply; or (b) inside Sanford Health Plan’s service area, negotiated schedules of payment developed by Sanford Health Plan which are accepted by Participating Practitioners and/or Providers, or (c) outside of Sanford Health Plan’s service area, using current publicly available data adjusted for geographical differences where applicable: <ol style="list-style-type: none"> i. Fees typically reimbursed to providers for same or similar professionals; or ii. Costs for facilities providing the same or similar services, plus a margin factor.
Medically Necessary or Medical Necessity	<p>Health Care Services that are appropriate and necessary as determined by any Participating Provider, in terms or type, frequency, level, setting, and duration, according to the Member’s diagnosis or condition, and diagnostic testing and Preventive services. Medically Necessary care will be consistent with generally accepted standards of medical practice as recognized by Sanford Health Plan, as determined by health care Practitioners and/or Providers in the same or similar general specialty as typically manages the condition, procedure, or treatment at issue; <u>and</u></p> <ol style="list-style-type: none"> 1. help restore or maintain the Member’s health; or 2. prevent deterioration of the Member’s condition; or 3. prevent the reasonably likely onset of a health problem or detect an incipient problem; or 4. not considered an Experimental or Investigational Service
Member	The individual who is enrolled in the Contract as identified on the application for coverage.
Mental Health and/or Substance Use Disorder Services	Health Care Services for disorders specified in the Diagnostic and Statistical Manual of Mental Disorders (DSM), the American Society of Addiction Medicine Criteria (ASAM Criteria), and the International Classification of Diseases (ICD), current editions. Also referred to as behavioral health, psychiatric, chemical dependency, substance abuse, and/or addiction services.

Minimum Essential Coverage	Any of the following types of coverage. <ol style="list-style-type: none"> 1. Government sponsored programs (such as Medicaid, Medicare, Medicare Advantage, CHIP, Veteran's health care programs, and Refugee Medical Assistance). 2. Student health coverage. 3. Employer sponsored health benefit plan. 4. Individual health coverage. 5. State health benefits high risk pool. 6. Other programs recognized by the U.S. Department of Health and Human Services as Minimum Essential Coverage.
Natural Teeth	Teeth, which are whole, without impairment or periodontal disease, and are not in need of the treatment provided for reasons other than dental injury.
Never Event	Errors in medical care that are clearly identifiable, preventable, and serious in their consequences for Members and that indicate a real problem in the safety and credibility of a health care Facility. Participating Providers are not permitted to bill Sanford Health Plan or Members for services related to Never Events.
Non-Covered Services	Health Care Services that are not part of benefits paid for under this Contract.
Non-Participating Provider or Non-Participating Pharmacy	A Practitioner and/or Provider who does not have a contractual relationship with Sanford Health Plan, directly or indirectly, and not approved by Sanford Health Plan to provide Health Care Services to Members with an expectation of receiving payment, other than Coinsurance, Copays, or Deductibles, from Sanford Health Plan..
Nursing Services	Health Care Services which are provided by a registered nurse (RN), licensed practical nurse (LPN), or other licensed nurse who is: (1) acting within the scope of that person's license, (2) authorized by a Provider, and (3) not a Member of the Member's immediate family.
Open Enrollment or Open Enrollment Period	A period of time once a year when Eligible Individuals may enroll themselves and their Dependents in coverage under the Contract.
Out-of-Network Benefit Level	The lower level of benefits provided by Sanford Health Plan, as defined in the Summary of Benefits and Coverage, when a Member seeks services from a Non-Participating Practitioner and/or Provider or a Participating Practitioner and/or Provider not designated in the network as defined by the terms of this Certificate of Coverage.
Out-of-Network Coverage	Covered Services that do not fit the definition of In-Network Coverage. Specifically, Out-of-Network Coverage means Covered Services that are received from any of the following: <ol style="list-style-type: none"> 1. A Non-Participating Provider when appropriate access to an In-Network Participating Practitioner and/or Provider is available; 2. A Non-Participating Provider when an In-Network Participating Practitioner and/or Provider has not authorized the referral and Sanford Health Plan has not authorized the referral to the Non-Participating Provider; or 1. A Participating Provider outside the Service Area when an In-Network Participating Practitioner and/or Provider has not recommended the referral and Sanford Health Plan has not authorized the referral to the Participating Provider outside the Service Area.
Out-of-Network Participating Practitioner and/or Provider	A Participating Practitioner and/or Provider that is considered "Out-of-Network" by the terms of this Certificate of Coverage.
Out-of-Pocket Maximum Amount	The total Copay, Deductible and Coinsurance amounts for certain Covered Services that are a Member's responsibility each Calendar Year. When the Out-of-Pocket Maximum Amount is met, Sanford Health Plan will pay 100% of the Maximum Allowed Amount for Covered Services. The Out-of-Pocket Maximum Amount resets on January 1 of each Calendar Year. Medical and prescription drug Copay amounts apply toward the Out-of-Pocket Maximum Amount. The Out-of-Pocket Maximum Amount is set forth in the Summary of Benefits and Coverage. Your payments for Non-Covered Services do not count towards the Out-of-Pocket Maximum Amount.
Partial Hospitalization Program	Also known as day treatment; a licensed or approved day or evening outpatient treatment program that includes the major diagnostic, medical, psychiatric and psychosocial rehabilitation treatment modalities designed for individuals with mental health and/or substance use disorders who require coordinated, intensive, comprehensive and multi-disciplinary treatment with such program lasting a minimum of six (6) or more continuous hours per day.

Participating Provider or Participating Pharmacy	A Practitioner and/or Provider who, under a contract with Sanford Health Plan, or with its contractor or subcontractor, has agreed to provide Health Care Services to Members with an expectation of receiving payment, other than Coinsurance, Copays, or Deductibles, directly or indirectly, from Sanford Health Plan.
Pharmacy Handbook	Handbook providing the out-of-pocket costs, including Copays, Deductibles, and Coinsurance that are the responsibility of the Member and a complete listing of injectable and high cost medications that require Certification.
Physician	An individual licensed to practice medicine or osteopathy.
Policy Year	The twelve (12) month period for which coverage is provided under the Certificate of Coverage. The Policy Year is a Calendar Year. However, if the Subscriber first purchases coverage after January 1, the first Policy Year shall be the prorated Calendar Year beginning on the effective date and ending on December 31 of that year.
Practitioner	A professional who provides Health Care Services. Practitioners are usually required to be licensed as required by law. Practitioners are also Physicians.
Premium	The amount paid by the Subscriber on a monthly basis for coverage for Members under this Contract.
Preventive	Health Care Services that are medically accepted methods of prophylaxis or diagnosis which prevent disease or provide early diagnosis of illness and/or which are otherwise recognized by Sanford Health Plan.
Primary Care Physician (PCP)	A Participating Provider who is an internist, family practice Physician, pediatrician, or obstetrician/gynecologist and who has been chosen to be designated as a Primary Care Physician as indicated in the Provider directory and may be responsible for providing, prescribing, directing, referring, and/or authorizing all care and treatment of a Member.
Prospective (Pre-service) Review	Means urgent and non-urgent Utilization Review conducted prior to an admission or the provision of a Health Care Service or a course of treatment.
Provider	An institution or organization that provides services for Members. Examples of Providers include Hospitals and home health agencies.
Prudent Layperson	A person who is without medical training and who draws on his or her practical experience when making a decision regarding the need to seek medical treatment for an emergency.
Qualifying Event or Qualifying Life Event	A change in your life that can make you eligible for a Special Enrollment Period to enroll in health coverage. Examples of Qualifying Life Events are moving to a new state, certain changes in your income, and changes in your family size (for example, if you marry, divorce, or have a baby) and gaining membership in a federally recognized tribe or status as an Alaska Native Claims Settlement Act (ANCSA) Corporation shareholder.
Residential Treatment Facility	An inpatient Mental Health or Substance Use Disorder Services treatment Facility that provides twenty-four (24) hour availability of qualified medical staff for psychiatric, substance abuse, and other therapeutic and clinically informed services to individuals whose immediate treatment requires a structured twenty-four (24) hour residential setting that provides all required services on site. Services provided include, but are not limited to, multi-disciplinary evaluation, medication management, individual, family and group therapy, substance abuse education/counseling. Facilities must be under the direction of a board-eligible or certified psychiatrist, with appropriate staffing on-site at all times. If the Facility provides services to children and adolescents, it must be under the direction of a board-eligible or certified child psychiatrist or general psychiatrist with experience in the treatment of children. Hospital licensure is required if the treatment is Hospital-based. The treatment Facility must be licensed by the state in which it operates.
Retrospective (Post-service) Review	Means any review of a request for a benefit that is not a Prospective (Pre-service) Review request, which does not include the review of a claim that is limited to veracity of documentation, or accuracy of coding, or adjudication of payment. Retrospective (Post-service) Review will be utilized by Sanford Health Plan to review services that have already been utilized.
Serious Reportable Event	An event that results in a physical or mental impairment that substantially limits one or more major life activities of a Member or a loss of bodily function, if the impairment or loss lasts more than seven (7) calendar days or is still present at the time of discharge from an inpatient health care Facility. Serious events also include loss of a body part and death. Participating Providers are not permitted to bill Members or Sanford Health Plan for services related to Serious Reportable Events.
Service Area	The geographic Service Area identified in this Certificate of Coverage.
Skilled Nursing Facility	A Facility that is operated pursuant to the presiding state law and is primarily engaged in providing room and board accommodations and skilled nursing care under the supervision of a duly licensed Physician.

Special Enrollment Period	An enrollment period that occurs outside of the Open Enrollment Period during which time Eligible Dependents who experience a Qualifying Life Event may enroll in coverage under this Contract..
Spouse	An individual to whom a Subscriber is legally married.
State	The State of South Dakota.
Subscriber	The individual in whose name the Certificate of Coverage is issued. A Subscriber is also a Member.
Summary of Benefits and Coverage or SBC	The part of this Contract that sets forth Cost Sharing, limitations and other information regarding a Member's coverage under this Contract.
Urgent Care Request	Means a request for a health care service or course of treatment with respect to which the time periods for making a non-Urgent Care Request determination: 1. Could seriously jeopardize the life or health of the Member or the ability of the Member to regain maximum function, based on a prudent layperson's judgment; or 2. In the opinion of a Practitioner and/or Provider with knowledge of the Member's medical condition, would subject the Member to severe pain that cannot be adequately managed without the health care service or treatment that is the subject of the request.
Urgent Care Situation	An Urgent Care Situation is a degree of illness or injury that is less severe than an Emergency Medical Condition, but requires prompt medical attention within twenty-four (24) hours, such as stitches for a cut finger.
Utilization Review	A set of formal techniques used by Sanford Health Plan to monitor and evaluate the Medical Necessity, appropriateness, and efficiency of Health Care Services and procedures including techniques such as ambulatory review, Prospective (Pre-service) Review, second opinion, Certification, Concurrent Review, Case Management, discharge planning, and Retrospective (Post-service) Review.
Us/We	Refers to Sanford Health Plan.
You	Refers to the Subscriber or Member, as applicable.

Summary of Benefits and Coverage

This page intentionally left blank. Please refer to your *Summary of Benefits and Coverage*, which is attached to this Certificate of Coverage.