



Summary of Benefits

North Coast Schools Medical
Insurance Group
Effective July 1, 2026
PPO Plan

ASO PPO 350 - 90/70 Oak Plan

This Summary of Benefits shows the amount you will pay for Covered Services under this Claims Administrator benefit plan. It is only a summary and it is included as part of the Benefit Booklet.¹ Please read both documents carefully for details.

Provider Network:

Full PPO Network

This Plan uses a specific network of Health Care Providers, called the Full PPO provider network. Providers in this network are called Participating Providers. You pay less for Covered Services when you use a Participating Provider than when you use a Non-Participating Provider. You can find Participating Providers in this network at blueshieldca.com.

Calendar Year Deductibles (CYD)²

A Calendar Year Deductible (CYD) is the amount a Member pays each Calendar Year before the Claims Administrator pays for Covered Services under the Plan. The Claims Administrator pays for some Covered Services before the Calendar Year Deductible is met, as noted in the Benefits chart below.

When using a Participating³ or Non-Participating⁴ Provider

Calendar Year medical Deductible	Individual coverage	\$350
	Family coverage	\$350: individual
		\$1,050: Family

Calendar Year Out-of-Pocket Maximum⁵

An Out-of-Pocket Maximum is the most a Member will pay for Covered Services each Calendar Year. Any exceptions are listed in the Notes section at the end of this Summary of Benefits.

No Annual or Lifetime Dollar Limit

Under this Plan there is no annual or lifetime dollar limit on the amount Claims Administrator will pay for Covered Services.

	When using a Participating Provider ³	When using any combination of Participating ³ or Non-Participating ⁴ Providers
Individual coverage	\$2,000	\$4,350
Family coverage	\$2,000: individual \$4,000: Family	\$4,350: individual \$8,700: Family

Blue Shield of California is an independent member of the Blue Shield Association

Benefits⁶

Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
Preventive Health Services⁷				
Preventive Health Services	\$0		30%	✓
Physician services				
Primary care office visit	\$20/visit		30%	✓
Specialist care office visit	\$30/visit		30%	✓
Physician home visit	\$20/visit		30%	✓
Physician or surgeon services in an Outpatient Facility	10%	✓	30%	✓
Physician or surgeon services in an inpatient facility	10%	✓	30%	✓
Other professional services				
Other practitioner office visit <i>Includes nurse practitioners, physician assistants, and therapists.</i>	\$20/visit		30%	✓
Acupuncture services <i>Up to 24 visits per Member, per Calendar Year.</i>	10%	✓	10% (Plan payment limited to \$25/visit)	✓
Chiropractic services <i>Up to 24 visits per Member, per Calendar Year.</i>	10%	✓	30% (Plan payment limited to \$25/visit)	✓
Teladoc Health consultation	\$10/consult		Not covered	
Family planning				
• Counseling, consulting, and education	\$0		30%	✓
• Injectable contraceptive	\$0		30%	✓
• Diaphragm fitting	\$0		30%	✓
• Intrauterine device (IUD)	\$0		30%	✓
• Insertion and/or removal of intrauterine device (IUD)	\$0		30%	✓
• Implantable contraceptive	\$0		30%	✓
• Tubal ligation	\$0		30%	✓
• Vasectomy	10%	✓	30%	✓
Podiatric services	\$30/visit		30%	✓
Medical nutrition therapy, not related to diabetes	10%	✓	30%	✓
Diagnosis and Treatment of the Cause of Infertility	Not covered		Not covered	

Benefits⁶
Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
Pregnancy and maternity care				
Physician office visits: prenatal and postnatal	\$20/visit		30%	✓
Physician services for pregnancy termination	10%	✓	30%	✓
Certified nurse midwives or licensed midwives	10%	✓	10%	✓
Emergency Services				
Emergency room services	\$100/visit plus 10%	✓	\$100/visit plus 10%	✓
<i>If admitted to the Hospital, this payment for emergency room services does not apply. Instead, you pay the Participating Provider payment under Inpatient facility services/ Hospital services and stay.</i>				
Emergency room Physician services	10%	✓	10%	✓
Urgent care center services				
	\$20/visit		30%	✓
Ambulance services				
	10%	✓	10%	✓
<i>This payment is for emergency or authorized transport.</i>				
Outpatient Facility services				
Ambulatory Surgery Center	10%	✓	30%	✓
Outpatient Department of a Hospital: surgery	10%	✓	30%	✓
Outpatient Department of a Hospital: treatment of illness or injury, radiation therapy, chemotherapy, and necessary supplies	10%	✓	30%	✓
Inpatient facility services				
Hospital services and stay	10%	✓	\$500/admission plus 30%	✓

Benefits⁶

Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
Transplant services <i>This payment is for all covered transplants except tissue and kidney. For tissue and kidney transplant services, the payment for Inpatient facility services/ Hospital services and stay applies.</i> <i>Transplant Travel Expenses - Pre-authorized reimbursement for travel expenses for recipient and companion to & from transplant center on an approved flight, train or current IRS mileage for auto travel. Hotel not to exceed \$100/day for one room double occupancy, Meals not to exceed \$75/day per person. Limited up to 6 round trips per transplant. There is a \$5,000 one time maximum amount for recipient and companion expenses in total. Donor costs to be included.</i>				
Special transplant facility inpatient services	10%	✓	Not covered	
Physician inpatient services	10%	✓	Not covered	
Bariatric surgery services				
Inpatient facility services	10%	✓	\$500/admission plus 30%	✓
Outpatient Facility services	10%	✓	30%	✓
Physician services	10%	✓	30%	✓
Diagnostic x-ray, imaging, pathology, and laboratory services <i>This payment is for Covered Services that are diagnostic, non-Preventive Health Services, and diagnostic radiological procedures. For the payments for Covered Services that are considered Preventive Health Services, see Preventive Health Services.</i> Laboratory and pathology services <i>Includes diagnostic Papanicolaou (Pap) test.</i>				
Laboratory center	10%	✓	30%	✓
Outpatient Department of a Hospital	10%	✓	30%	✓
Basic imaging services <i>Includes plain film X-rays, ultrasounds, and diagnostic mammography.</i>				
Outpatient radiology center	10%	✓	30%	✓
Outpatient Department of a Hospital	10%	✓	30%	✓

Benefits⁶
Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
Other outpatient non-invasive diagnostic testing <i>Testing to diagnose illness or injury such as vestibular function tests, EKG, cardiac monitoring, non-invasive vascular studies, sleep medicine testing, muscle and range of motion tests, EEG, and EMG.</i>				
• Office location	10%	✓	30%	✓
• Outpatient Department of a Hospital	10%	✓	30%	✓
Advanced imaging services <i>Includes diagnostic radiological and nuclear imaging such as CT scans, MRIs, MRAs, and PET scans.</i>				
• Outpatient radiology center	10%	✓	30%	✓
• Outpatient Department of a Hospital	10%	✓	30%	✓
Rehabilitative and Habilitative Services <i>Includes physical therapy and occupational therapy.</i>				
Office location	10%	✓	30% (Plan payment limited to \$25/visit)	✓
Outpatient Department of a Hospital	10%	✓	30% (Plan payment limited to \$25/visit)	✓
Speech Therapy and Respiratory Therapy services				
Office location	10%	✓	30%	✓
Outpatient Department of a Hospital	10%	✓	30%	✓
Durable medical equipment (DME)				
DME	10%	✓	30%	✓
Breast pump	\$0		Not covered	
Orthotic equipment and devices	10%	✓	30%	✓
Prosthetic equipment and devices	10%	✓	30%	✓

Benefits⁶
Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
Home health care services <i>Up to 120 visits per Member, per Calendar Year, by a home health care agency. All visits count towards the limit, including visits during any applicable Deductible period. Includes home visits by a nurse, Home Health Aide, medical social worker, physical therapist, speech therapist, or occupational therapist, and medical supplies.</i>	10%	✓	Not covered	
Home infusion and home injectable therapy services Home infusion agency services <i>Includes home infusion drugs, medical supplies, and visits by a nurse.</i>	10%	✓	Not covered	
Hemophilia home infusion services <i>Includes blood factor products.</i>	10%	✓	Not covered	
Skilled Nursing Facility (SNF) services <i>Up to 120 days per Member, per benefit period, except when provided as part of a Hospice program. All days count towards the limit, including days during any applicable Deductible period and days in different SNFs during the Calendar Year.</i>				
Freestanding SNF	10%	✓	10% (with prior authorization)	✓
Hospital-based SNF	10%	✓	\$500/admission plus 30%	✓
Hospice program services Pre-Hospice consultation Routine home care 24-hour continuous home care Short-term inpatient care for pain and symptom management Inpatient respite care	\$0 \$0 \$0 \$0 \$0	✓ ✓ ✓ ✓ ✓	Not covered Not covered Not covered Not covered Not covered	
Other services and supplies Diabetes care services - Devices, equipment, and supplies - Self-management training - Medical nutrition therapy Dialysis services	10% \$20/visit \$20/visit 10%	✓ ✓ ✓ ✓	30% 30% 30% 30%	✓ ✓ ✓ ✓

Benefits⁶

Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
PKU product formulas and special food products	10%	✓	Not covered	
Allergy serum billed separately from an office visit	10%	✓	30%	✓
Hearing aid services				
• Hearing aids and equipment	20%	✓	20%	✓
Up to \$5,000 combined maximum per Member, per 24-month period.				
• Audiological evaluations	20%	✓	20%	✓

Mental Health and Substance Use Disorder Benefits

Your payment

	When using a Participating Provider ³	CYD ² applies	When using a Non-Participating Provider ⁴	CYD ² applies
Outpatient services				
Office visit, including Physician office visit	\$20/visit		30%	✓
Teladoc Health mental health	\$10/consult		Not covered	
Intensive outpatient care	10%	✓	30%	✓
Behavioral Health Treatment in an office setting	10%	✓	30%	✓
Behavioral Health Treatment in home or other non-institutional setting	10%	✓	30%	✓
Office-based opioid treatment	10%	✓	30%	✓
Partial Hospitalization Program	10%	✓	30%	✓
Psychological Testing	10%	✓	30%	✓
Inpatient services				
Physician inpatient services	10%	✓	30%	✓
Hospital services	10%	✓	\$500/admission plus 30%	✓
Residential Care	10%	✓	\$500/admission plus 30%	✓

Prior Authorization

The following are some frequently-utilized Benefits that require prior authorization:

- Advanced imaging services
- Outpatient mental health services, except office visits and office-based opioid treatment
- Inpatient facility services
- Hospice program services

Please review the Benefit Booklet for more about Benefits that require prior authorization.

Notes

1 Benefit Booklet:

The Benefit Booklet describes the Benefits, limitations, and exclusions that apply to coverage under this Plan. Please review the Benefit Booklet for more details of coverage outlined in this Summary of Benefits. You can request a copy of the Benefit Booklet at any time.

Capitalized terms are defined in the Benefit Booklet. Refer to the Benefit Booklet for an explanation of the terms used in this Summary of Benefits.

2 Calendar Year Deductible (CYD):

Calendar Year Deductible explained. A Calendar Year Deductible is the amount you pay each Calendar Year before the Claims Administrator pays for Covered Services under the Plan.

If this Plan has any Calendar Year Deductible(s), Covered Services subject to that Deductible are identified with a check mark (✓) in the Benefits chart above.

Covered Services not subject to the Calendar Year medical Deductible. Some Covered Services received from Participating Providers are paid by the Claims Administrator before you meet any Calendar Year medical Deductible. These Covered Services do not have a check mark (✓) next to them in the "CYD applies" column in the Benefits chart above.

This Plan has a combined Participating Provider and Non-Participating Provider Calendar Year Deductible.

Family coverage has an individual Deductible within the Family Deductible. This means that the Deductible will be met for an individual with Family coverage who meets the individual Deductible prior to the Family meeting the Family Deductible within a Calendar Year.

3 Using Participating Providers:

Participating Providers have a contract to provide health care services to Members. When you receive Covered Services from a Participating Provider, you are only responsible for the Copayment or Coinsurance, once any Calendar Year Deductible has been met.

"Allowable Amount" is defined in the Benefit Booklet. In addition:

- Coinsurance is calculated from the Allowable Amount.
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4 Using Non-Participating Providers:

Non-Participating Providers do not have a contract to provide health care services to Members. When you receive Covered Services from a Non-Participating Provider, you are responsible for:

- the Copayment or Coinsurance (once any Calendar Year Deductible has been met), and

- any charges above the Allowable Amount.

"Allowable Amount" is defined in the Benefit Booklet. In addition:

- Coinsurance is calculated from the Allowable Amount, which is subject to any stated Benefit maximum.
- Charges above the Allowable Amount do not count towards the Deductible or Out-of-Pocket Maximum, and are your responsibility for payment to the provider. This out-of-pocket expense can be significant.

5 Calendar Year Out-of-Pocket Maximum (OOPM):

Calendar Year Out-of-Pocket Maximum explained. The Out-of-Pocket Maximum is the most you are required to pay for Covered Services in a Calendar Year. Once you reach your Out-of-Pocket Maximum, the Claims Administrator will pay 100% of the Allowable Amount for Covered Services for the rest of the Calendar Year.

Your payment after you reach the Calendar Year OOPM. You will continue to pay all charges for services that are not covered and charges above the Allowable Amount.

Any Deductibles count towards the OOPM. Any amounts you pay that count towards the Calendar Year medical Deductible also count towards the Calendar Year Out-of-Pocket Maximum.

This Plan has a Participating Provider OOPM as well as a combined Participating Provider and Non-Participating Provider OOPM. This means that any amounts you pay towards your Participating Provider OOPM also count towards your combined Participating and Non-Participating Provider OOPM.

Family coverage has an individual OOPM within the Family OOPM. This means that the OOPM will be met for an individual with Family coverage who meets the individual OOPM prior to the Family meeting the Family OOPM within a Calendar Year.

6 Separate Member Payments When Multiple Covered Services are Received:

Each time you receive multiple Covered Services, you might have separate payments (Copayment or Coinsurance) for each service. When this happens, you may be responsible for multiple Copayments or Coinsurance. For example, you may owe an office visit payment in addition to an allergy serum payment when you visit the doctor for an allergy shot.

7 Preventive Health Services:

If you only receive Preventive Health Services during a Physician office visit, there is no Copayment or Coinsurance for the visit by a Participating Provider. If you receive both Preventive Health Services and other Covered Services during the Physician office visit, you may have a Copayment or Coinsurance for the visit.

Plans may be modified to ensure compliance with Federal requirements.

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