




Know before  
you go


Your health, your  
money, your decision


Value plans—are designed to have lower cost-sharing (i.e., deductible, out-of-pocket maximum, copays and coinsurance) for some covered health services. All insurance carriers are required to sell value plans on the Maryland Exchange. Cost shares and provider networks will differ based on the insurer.


 **PCP visits:** The lowest copays and the best option for consistent, quality care.


 **Caution:** Services on a hospital campus may incur a separate hospital charge.


 **Retail health clinics:** Low copays and after-hours care for minor health concerns.


 **Caution—Emergency room:** Highest out-of-pocket costs; explore other options for non-emergency care.

 **Labs/X-rays/Imaging:** Use non-hospital facilities for the lowest copays.

 **Caution:** These services will cost more if performed in a hospital.

 **Surgeries:** Non-hospital (ambulatory) surgery centers will save you money on many outpatient surgeries.

 **Generic drugs:** Always your lowest cost option; some are no charge and no deductible.

 **Caution:** For the lowest cost, always visit doctors who are in-network.

Maryland Consumer Health Benefits 2020

		Bronze				Silver		Gold			Catastrophic
Maryland CareFirst Plans		BlueChoice HMO Bronze \$7,900	BluePreferred PPO Bronze \$7,900	BlueChoice HMO Value Bronze \$6,000	BlueChoice HMO HSA Bronze \$4,000	BluePreferred PPO HSA Silver \$3,000	BlueChoice HMO Value Silver \$2,250	BlueChoice HMO Value Gold \$1,000	BlueChoice HMO Gold \$1,750	BluePreferred PPO Gold \$1,750	BlueChoice HMO Young Adult \$8,150
Plan Type		HMO <sup>1</sup>	PPO <sup>2</sup>	HMO <sup>1</sup>	HMO <sup>1</sup>	PPO <sup>2</sup>	HMO <sup>1</sup>	HMO <sup>1</sup>	HMO <sup>1</sup>	PPO <sup>2</sup>	HMO <sup>1</sup>
Visit <a href="#">carefirst.com/doctor</a> to view participating doctors and facilities—search by plan:		BlueChoice HMO	BluePreferred PPO	BlueChoice HMO	BlueChoice HMO	BluePreferred PPO	BlueChoice HMO	BlueChoice HMO	BlueChoice HMO	BluePreferred PPO	BlueChoice HMO
DEDUCTIBLE AND OUT-OF-POCKET MAXIMUM		In-Network	In-Network	In-Network	In-Network	In-Network	In-Network	In-Network	In-Network	In-Network	In-Network
Deductible <sup>3</sup>		Individual: \$7,900 Family: \$15,800	Individual: \$7,900 Family: \$15,800	Individual: \$6,000 Family: \$12,000	Individual: \$4,000 Family: \$8,000	Individual: \$3,000 Family: \$6,000	Individual: \$2,250 Family: \$4,500	Individual: \$1,000 Family: \$2,000	Individual: \$1,750 Family: \$3,500	Individual: \$1,750 Family: \$3,500	Individual: \$8,150 Family: \$16,300
Out-of-Pocket Maximum <sup>4</sup>		Individual: \$7,900 Family: \$15,800	Individual: \$7,900 Family: \$15,800	Individual: \$8,150 Family: \$16,300	Individual: \$6,650 Family: \$13,300	Individual: \$6,650 Family: \$13,300	Individual: \$8,000 Family: \$16,000	Individual: \$6,650 Family: \$13,300	Individual: \$6,650 Family: \$13,300	Individual: \$6,650 Family: \$13,300	Individual: \$8,150 Family: \$16,300
PREVENTIVE SERVICES											
Preventive Care (e.g. adult physical, well-child care, cancer screenings)		No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible
PRIMARY CARE AND SPECIALIST SERVICES											
Primary Care Provider (PCP) Visits—Office/Non-Hospital (non-preventive)		No charge after deductible	No charge after deductible	\$40 copay, no deductible	\$30 copay after deductible	\$30 copay after deductible	\$30 copay, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	Visits 1–3: No charge, no deductible <sup>5</sup> Visits 4+: No charge after deductible
Specialist Visits—Office/Non-Hospital		No charge after deductible	No charge after deductible	\$50 copay after deductible	\$40 copay after deductible	\$40 copay after deductible	\$40 copay, no deductible	\$30 copay, no deductible	\$30 copay, no deductible	\$30 copay, no deductible	No charge after deductible
HOSPITAL CHARGE Add this charge if your primary care or specialist visit takes place in a hospital setting		No charge after deductible	No charge after deductible	\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	\$75 copay after deductible	\$75 copay after deductible	\$75 copay after deductible	No charge after deductible
RETAIL CLINICS, URGENT AND EMERGENCY SERVICES											
Convenience Care/Retail Health Clinics		No charge after deductible	No charge after deductible	\$40 copay, no deductible	\$30 copay after deductible	\$30 copay after deductible	\$30 copay, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge after deductible
Urgent Care Center		No charge after deductible	No charge after deductible	\$70 copay, no deductible	\$60 copay after deductible	\$60 copay after deductible	\$60 copay, no deductible	\$50 copay, no deductible	\$50 copay, no deductible	\$50 copay, no deductible	No charge after deductible
Emergency Room (hospital charge—copays are waived if you are admitted)		No charge after deductible	No charge after deductible	40% coinsurance after deductible	\$300 copay after deductible	\$300 copay after deductible	30% coinsurance after deductible	30% coinsurance after deductible	\$300 copay after deductible	\$300 copay after deductible	No charge after deductible
DIAGNOSTIC SERVICES											
Labs <sup>6</sup>	Office/Non-Hospital	No charge after deductible (LabCorp only)	No charge after deductible	\$25 copay after deductible (LabCorp only)	\$25 copay after deductible (LabCorp only)	\$25 copay after deductible	\$25 copay, no deductible	\$15 copay, no deductible (LabCorp only)	\$15 copay, no deductible (LabCorp only)	\$15 copay, no deductible	No charge after deductible (LabCorp only)
	Outpatient Hospital	No charge after deductible <sup>7</sup>	No charge after deductible	\$90 copay after deductible <sup>7</sup>	\$90 copay after deductible <sup>7</sup>	\$90 copay after deductible	\$90 copay, no deductible	\$60 copay after deductible <sup>7</sup>	\$60 copay after deductible <sup>7</sup>	\$60 copay after deductible	No charge after deductible <sup>7</sup>
X-rays <sup>6</sup>	Office/Non-Hospital	No charge after deductible	No charge after deductible	\$55 copay after deductible	\$55 copay after deductible	\$55 copay after deductible	\$55 copay, no deductible	\$65 copay, no deductible	\$65 copay, no deductible	\$65 copay, no deductible	No charge after deductible
	Outpatient Hospital	No charge after deductible <sup>7</sup>	No charge after deductible	\$130 copay after deductible <sup>7</sup>	\$130 copay after deductible <sup>7</sup>	\$130 copay after deductible	\$130 copay, no deductible	\$100 copay after deductible <sup>7</sup>	\$100 copay after deductible <sup>7</sup>	\$100 copay after deductible	No charge after deductible <sup>7</sup>
Imaging (e.g. MRI, Cat Scan, CT Scan)	Office/Non-Hospital	No charge after deductible	No charge after deductible	\$250 copay after deductible	\$250 copay after deductible	\$250 copay after deductible	\$250 copay, no deductible	\$250 copay, no deductible	\$250 copay, no deductible	\$250 copay, no deductible	No charge after deductible
	Outpatient Hospital	No charge after deductible <sup>7</sup>	No charge after deductible	\$500 copay after deductible <sup>7</sup>	\$500 copay after deductible <sup>7</sup>	\$500 copay after deductible	\$500 copay, no deductible	\$350 copay after deductible <sup>7</sup>	\$350 copay after deductible <sup>7</sup>	\$350 copay after deductible	No charge after deductible <sup>7</sup>
OUTPATIENT SURGERY (Members are responsible for both facility and physician charges)											
Outpatient Surgery (physician charge)	Non-Hospital/Surgical Center	No charge after deductible	No charge after deductible	\$50 copay after deductible	\$40 copay after deductible	\$40 copay after deductible	\$40 copay after deductible	\$30 copay after deductible	\$30 copay, no deductible	\$30 copay, no deductible	No charge after deductible
	Hospital	No charge after deductible <sup>7</sup>	No charge after deductible	\$50 copay after deductible <sup>7</sup>	\$40 copay after deductible <sup>7</sup>	\$40 copay after deductible	\$40 copay after deductible	\$30 copay after deductible <sup>7</sup>	\$30 copay after deductible <sup>7</sup>	\$30 copay after deductible	No charge after deductible <sup>7</sup>
Outpatient Surgery (facility charge)	Non-Hospital/Surgical Center	No charge after deductible	No charge after deductible	\$300 copay after deductible	\$300 copay after deductible	\$300 copay after deductible	\$300 copay after deductible	\$300 copay after deductible	\$300 copay, no deductible	\$300 copay, no deductible	No charge after deductible
	Hospital	No charge after deductible <sup>7</sup>	No charge after deductible	\$450 copay after deductible <sup>7</sup>	\$450 copay after deductible <sup>7</sup>	\$450 copay after deductible	\$450 copay after deductible	\$400 copay after deductible <sup>7</sup>	\$400 copay after deductible <sup>7</sup>	\$400 copay after deductible	No charge after deductible <sup>7</sup>
INPATIENT HOSPITAL SERVICES including all inpatient surgery, labor & delivery, mental health related visits (Members are responsible for both hospital and physician charges)											
Inpatient Services (physician charge)		No charge after deductible	No charge after deductible	\$50 copay after deductible	\$40 copay after deductible	\$40 copay after deductible	\$40 copay after deductible	\$30 copay after deductible	\$30 copay after deductible	\$30 copay after deductible	No charge after deductible
Inpatient Services (hospital charge)		No charge after deductible <sup>7</sup>	No charge after deductible	40% coinsurance after deductible	\$500 copay/day after deductible (up to a copay maximum of \$2,500) <sup>7</sup>	\$500 copay/day after deductible (up to a copay maximum of \$2,500)	30% coinsurance after deductible	30% coinsurance after deductible	\$450 copay/day after deductible (up to a copay maximum of \$2,250) <sup>7</sup>	\$450 copay/day after deductible (up to a copay maximum of \$2,250)	No charge after deductible <sup>7</sup>
MATERNITY OFFICE VISITS											
Preventive Prenatal & Postnatal Office Visits <sup>8</sup>		No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible
ARTIFICIAL AND INTRAUTERINE INSEMINATION AND IN VITRO FERTILIZATION PROCEDURES											
AI/IVF (physician charge)		No charge after deductible <sup>7</sup>	No charge after deductible <sup>7</sup>	\$40 copay, no deductible	\$30 copay after deductible <sup>7</sup>	\$30 copay after deductible <sup>7</sup>	\$30 copay, no deductible	No charge, no deductible <sup>7</sup>	No charge, no deductible <sup>7</sup>	No charge, no deductible <sup>7</sup>	Visits 1–3: No charge, no deductible <sup>9</sup> Visits 4+: No charge after deductible <sup>7</sup>
MENTAL HEALTH AND SUBSTANCE USE DISORDER											
Office Visits		No charge after deductible	No charge after deductible	\$40 copay, no deductible	\$30 copay after deductible	\$30 copay after deductible	\$30 copay, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	Visits 1–3: No charge, no deductible <sup>9</sup> Visits 4+: No charge after deductible
PRESCRIPTION DRUGS <sup>9</sup>											
Prescription Drug Deductible		No separate drug deductible; Must meet medical deductible first	No separate drug deductible; Must meet medical deductible first	No separate drug deductible; Must meet medical deductible first	No separate drug deductible; Must meet medical deductible first	No separate drug deductible; Must meet medical deductible first	No separate drug deductible; Must meet medical deductible first	No separate drug deductible; Must meet medical deductible first	\$150 per person (Tiers 2–5)	\$150 per person (Tiers 2–5)	No separate drug deductible; Must meet medical deductible first
Generic Drugs (Tier 1)		No charge after deductible	No charge after deductible	\$20 copay, no deductible	\$10 copay after deductible	\$10 copay after deductible	\$15 copay, no deductible	No charge, no deductible	No charge, no deductible	No charge, no deductible	No charge after deductible
Preferred Brand Drugs (Tier 2) <sup>10</sup>				\$50 copay after deductible	\$50 copay after deductible	\$50 copay after deductible	\$50 copay after deductible	\$50 copay after deductible	\$50 copay after deductible	\$50 copay after deductible	
Non-Preferred Brand Drugs (Tier 3) <sup>11</sup>				\$70 copay after deductible	\$70 copay after deductible	\$70 copay after deductible	\$70 copay after deductible	\$70 copay after deductible	\$70 copay after deductible	\$70 copay after deductible	
Preferred Specialty Drugs (Tier 4) <sup>12</sup>				\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	\$100 copay after deductible	
Non-Preferred Specialty Drugs (Tier 5) <sup>12</sup>				\$150 copay after deductible	\$150 copay after deductible	\$150 copay after deductible	\$150 copay after deductible	\$150 copay after deductible	\$150 copay after deductible	\$150 copay after deductible	
OUT-OF-NETWORK			Out-of-Network			Out-of-Network				Out-of-Network	
Deductible		N/A	Individual: \$15,800 Family: \$31,600	N/A	N/A	Individual: \$6,000 Family: \$12,000	N/A	N/A	N/A	Individual: \$3,500 Family: \$7,000	N/A
Out-of-Pocket Maximum		N/A	Individual: \$15,800 Family: \$31,600	N/A	N/A	Individual: \$13,300 Family: \$26,600	N/A	N/A	N/A	Individual: \$13,300 Family: \$26,600	N/A

Note: When multiple services are rendered on the same day by more than one provider, member payments are required for each provider.

<sup>1</sup> Health Maintenance Organization (HMO) plans underwritten by CareFirst BlueChoice, Inc.

<sup>2</sup> Preferred Provider Organization (PPO) plans underwritten by Group Hospitalization and Medical Services, Inc. or CareFirst of Maryland, Inc.

<sup>3</sup> For family coverage only—If one member on the policy meets the individual deductible, full benefits will begin for that member. That member will not be able to contribute more than the individual deductible amount towards the family deductible. Once the family deductible has been met, full benefits will be available to all members on the policy.

<sup>4</sup> For family coverage only—When one family member meets the individual out-of-pocket maximum, their services will be covered at 100% up to the allowed benefit. Each family member cannot contribute more than the individual out-of-pocket maximum amount. The family out-of-pocket maximum must be met before the services for all remaining family members will be covered at 100% up to the allowed benefit.

<sup>5</sup> You receive up to 3 non-preventive primary care visits without needing to meet a deductible.

<sup>6</sup> HMO plans: For in-network benefits, members must use LabCorp for laboratory services and freestanding facilities for diagnostic services and X-rays.

<sup>7</sup> Prior authorization required.

<sup>8</sup> For non-routine obstetrical care or complications of pregnancy, cost-sharing may apply.

<sup>9</sup> All out-of-pocket drug costs contribute to the in-network out-of-pocket maximum.

<sup>10</sup> If a generic drug becomes available for a preferred brand drug, the preferred brand drug moves to the non-preferred brand drug tier.

<sup>11</sup> If a provider prescribes a non-preferred brand drug and the member selects the non-preferred brand drug when a generic drug is available, the member shall pay the applicable copayment as stated above plus the difference between the price of the non-preferred brand drug and the generic drug up to the cost of the drug. This amount will not contribute to the in-network out-of-pocket maximum.

<sup>12</sup> Specialty drugs must be obtained through mail order at CVS Specialty Pharmacy.

To view participating pharmacies and find out how drugs are covered (e.g. generic vs. non-preferred brand) please visit [carefirst.com/acarx](#). Please note there are coverage limitations for using non-participating pharmacies.

See a summary of any plan and a glossary of common health insurance terms by visiting [carefirst.com/individual](#). Just enter your zip code, gender and date of birth to view and compare plans. Look for the Summary of Benefits & Coverage and Uniform Glossary of Coverage & Medical Terms links for each plan by clicking on the plan name and scrolling to the bottom of the box.

**Questions?** Ask your broker or call one of our product specialists at **410-356-8000** or toll-free at **800-544-8703** Monday–Friday, 8 a.m.– 6 p.m. and Saturday, 8 a.m.–noon.

2020 MARYLAND POLICY FORM NUMBERS:

**BLUECHOICE YOUNG ADULT \$8,150**  
MD/CFBC/YA/IEA (1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/EXC/HMO/YA/SOB (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

**BLUECHOICE HMO BRONZE \$7,900**  
MD/CFBC/HMO/IEA (R. 1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/EXC/HMO/BRZ 7900 (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

**BLUEPREFERRED BRONZE \$7,900**  
CFMI/PPO/IEA (R. 1/17); CFMI/DB/2020 AMEND (1/20); CFMI/DB/AUTH AMEND (1/20); CFMI/DOL APPEAL (R. 9/11); CFMI/EXC/PPO/DOCS (R. 1/17); CFMI/EXC/BP PPO/BRZ 7900 (1/20); MD/CFMI/ANCILLARY AMEND (10/12); CFMI/BLUECARD-DB (1/12); CF-HEALTH GUARANTY 10/12; MD/PT PROTECT (9/10); CFMI—DISCLOSURE 10/15; MMDAP (3/19); MD/CF/PPO/IEA (R. 1/17); MD/CF/DB/2020 AMEND (1/20); MD/CF/DB/AUTH AMEND (1/20); MD/GHMSI/DOL APPEAL (R. 9/11); MD/CF/EXC/PPO/DOCS (R. 1/17); MD/CF/EXC/BP PPO/BRZ 7900 (1/20); MD/CF/ANCILLARY AMEND (10/12); MD/CF/BLUECARD-DB (1/12); MD NCA-HEALTH GUARANTY 10/12; MD/PT PROTECT (9/10); GHMSI—DISCLOSURE 10/15; MMDAP (3/19)

**BLUECHOICE HMO BRONZE \$6,000**  
MD/CFBC/HMO/IEA (R. 1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/DB HMO/VAL BRZ 6000 (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

**BLUECHOICE HMO BRONZE \$4,000**  
MD/CFBC/HMO/IEA (R. 1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/EXC/BC HMO HSA/BRZ 4000 (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

**BLUEPREFERRED HSA SILVER \$3,000**  
CFMI/PPO/IEA (R. 1/17); CFMI/DB/2020 AMEND (1/20); CFMI/DB/AUTH AMEND (1/20); CFMI/DOL APPEAL (R. 9/11); CFMI/EXC/PPO/DOCS (R. 1/17); CFMI/DB/BP PPO HSA/SIL 3000 (1/20); MD/CFMI/ANCILLARY AMEND (10/12); CFMI/BLUECARD-DB (1/12); CF-HEALTH GUARANTY 10/12; CFMI/EXC/2018 VIS+ AMEND (1/18); MD/PT PROTECT (9/10); CFMI—DISCLOSURE 10/15; MMDAP (3/19); MD/CF/PPO/IEA (R. 1/17); MD/CF/DB/2020 AMEND (1/20); MD/CF/DB/AUTH AMEND (1/20); MD/GHMSI/DOL APPEAL (R. 9/11); MD/CF/EXC/PPO/DOCS (R. 1/17); MD/CF/EXC/2018 VIS+ AMEND (1/18); MD/CF/DB/EXC/BP PPO HSA/SIL 3000 (1/20); MD/CF/ANCILLARY AMEND (10/12); MD/CF/BLUECARD-DB (1/12); MD NCA-HEALTH GUARANTY 10/12; MD/PT PROTECT (9/10); GHMSI—DISCLOSURE 10/15; MMDAP (3/19)

**BLUECHOICE HMO VALUE SILVER \$2,250**  
MD/CFBC/HMO/IEA (R. 1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/DB HMO/VAL SIL 2250 (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/EXC/2018 VIS+ AMEND (1/18); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

**BLUECHOICE HMO GOLD \$1,750**  
MD/CFBC/HMO/IEA (R. 1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/EXC/HMO/GOLD 1750 (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

**BLUEPREFERRED GOLD \$1,750**  
CFMI/PPO/IEA (R. 1/17); CFMI/DB/2020 AMEND (1/20); CFMI/DB/AUTH AMEND (1/20); CFMI/DOL APPEAL (R. 9/11); CFMI/EXC/PPO/DOCS (R. 1/17); CFMI/EXC/BP PPO/GOLD 1750 (1/20); MD/CFMI/ANCILLARY AMEND (10/12); CFMI/BLUECARD-DB (1/12); CF-HEALTH GUARANTY 10/12; CFMI/EXC/2018 VIS+ AMEND (1/18); MD/PT PROTECT (9/10); CFMI—DISCLOSURE 10/15; MMDAP (3/19); MD/CF/PPO/IEA (R. 1/17); MD/CF/DB/2020 AMEND (1/20); MD/CF/DB/AUTH AMEND (1/20); MD/GHMSI/DOL APPEAL (R. 9/11); MD/CF/EXC/PPO/DOCS (R. 1/17); MD/CF/EXC/BP PPO/GOLD 1750 (1/20); MD/CF/ANCILLARY AMEND (10/12); MD/CF/BLUECARD-DB (1/12); MD NCA-HEALTH GUARANTY 10/12; MD/PT PROTECT (9/10); GHMSI—DISCLOSURE 10/15; MMDAP (3/19)

**BLUECHOICE VALUE GOLD \$1,000**  
MD/CFBC/HMO/IEA (R. 1/17); MD/CFBC/DOL APPEAL (R. 9/11); MD/CFBC/EXC/HMO/DOCS (R. 1/17); MD/CFBC/EXC/BC HMO/VAL GOLD 1000 (1/20); MD/CFBC/DB/HB2/BLUECARD (1/10); MD/CFBC/DB/2020 AMEND (1/20); MD/CFBC/DB/AUTH AMEND (1/20); MD/PT PROTECT (9/10); CFBC—DISCLOSURE 10/15; MMDAP (3/19)

CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-258-6518  
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 855-258-6518

Not all services and procedures are covered by your benefits contract.  
This benefit summary is for comparison purposes only and does not create rights not given through the benefit plan.  
The policies may have exclusions, limitations or terms under which the policy may be continued in force or discontinued.  
For costs and complete details of the coverage, call your insurance agent or CareFirst.



CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. CareFirst of Maryland, Inc., Group Hospitalization and Medical Services, Inc., CareFirst BlueChoice, Inc., The Dental Network and First Care, Inc. are independent licensees of the Blue Cross and Blue Shield Association. In the District of Columbia and Maryland, CareFirst MedPlus is the business name of First Care, Inc. In Virginia, CareFirst MedPlus is the business name of First Care, Inc. of Maryland (used in VA by: First Care, Inc.), The Blue Cross® and Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

# Notice of Nondiscrimination and Availability of Language Assistance Services

(UPDATED 8/5/19)

CareFirst BlueCross BlueShield, CareFirst BlueChoice, Inc., CareFirst Diversified Benefits and all of their corporate affiliates (CareFirst) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. CareFirst does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

CareFirst:

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

**If you need these services, please call 855-258-6518.**

If you believe CareFirst 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 CareFirst Civil Rights Coordinator by mail, fax or email. If you need help filing a grievance, our CareFirst Civil Rights Coordinator is available to help you.

**To file a grievance regarding a violation of federal civil rights, please contact the Civil Rights Coordinator as indicated below. Please do not send payments, claims issues, or other documentation to this office.**

## Civil Rights Coordinator, Corporate Office of Civil Rights

Mailing Address	P.O. Box 8894 Baltimore, Maryland 21224
Email Address	<a href="mailto:civilrightscoordinator@carefirst.com">civilrightscoordinator@carefirst.com</a>
Telephone Number	410-528-7820
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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, D.C. 20201  
800-368-1019, 800-537-7697 (TDD)

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

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## Foreign Language Assistance

*Attention (English): This notice contains information about your insurance coverage. It may contain key dates and you may need to take action by certain deadlines. You have the right to get this information and assistance in your language at no cost. Members should call the phone number on the back of their member identification card. All others may call 855-258-6518 and wait through the dialogue until prompted to push 0. When an agent answers, state the language you need and you will be connected to an interpreter.*

*አማርኛ (Amharic) ማሳሰቢያ፡- ይህ ማስታወቂያ ስለ መድን ሽፋንዎ መረጃ ይዟል። ከተወሰኑ ቀን-ገደቦች በፊት ሊፈጽሟቸው የሚገቡ ነገሮች ሊኖሩ ስለሚችሉ እነዚህን ወሳኝ ቀናት ሊይዝ ይችላሉ። ይኸን መረጃ የማግኘት እና ያለምንም ከፍተኛ በቋንቋዎ አገዛ የማግኘት መብት አለዎት። አባል ከሆኑ ከመታወቂያ ካርድዎ በስተጀርባ ላይ ወደተጠቀሰው የስልክ ቁጥር መደወል ይችላሉ። አባል ካልሆኑ ደግሞ ወደ ስልክ ቁጥር 855-258-6518 ደውለው 0ን እንዲጫኑ እስኪነገርዎ ድረስ ንግግሩን መጠበቅ አለብዎ። አንድ ወኪል መልስ ሲሰጥዎ፣ የሚፈልጉትን ቋንቋ ያሳውቁ፣ ከዚያም ከተርጓሚ ጋር ይገናኛሉ።*

*Èdè Yorùbá (Yoruba) Ìtètíléko: Àkíyèsí yìí ní iwífún nípa isẹ adójú tòfò rẹ. Ó le ní àwọn déètì pàtó o sì le ní láti gbé ìgbésẹ ní àwọn ojú gbèdèké kan. O ni ètò láti gba iwífún yìí àti irànlówó ní èdè rẹ lófèfè. Àwọn omọ-egbé gbòdò pe nómmbà fòdùn tò wà lẹyìn káàdì ìdánimò wọn. Àwọn mírán le pe 855-258-6518 kí o sì dúró nípasè ìjíròrò títí a ó fi sọ fún ọ láti tẹ 0. Nígbatí aṣojú kan bá dáhùn, sọ èdè tí o fẹ a ó sì sọ ọ pọ̀ mọ̀ ògbufò kan.*

*Tiếng Việt (Vietnamese) Chú ý: Thông báo này chứa thông tin về phạm vi bảo hiểm của quý vị. Thông báo có thể chứa những ngày quan trọng và quý vị cần hành động trước một số thời hạn nhất định. Quý vị có quyền nhận được thông tin này và hỗ trợ bằng ngôn ngữ của quý vị hoàn toàn miễn phí. Các thành viên nên gọi số điện thoại ở mặt sau của thẻ nhận dạng. Tất cả những người khác có thể gọi số 855-258-6518 và chờ hết cuộc đối thoại cho đến khi được nhắc nhấn phím 0. Khi một tổng đài viên trả lời, hãy nêu rõ ngôn ngữ quý vị cần và quý vị sẽ được kết nối với một thông dịch viên.*

*Tagalog (Tagalog) Atensyon: Ang abisong ito ay naglalaman ng impormasyon tungkol sa nasasaklawang ng iyong insurance. Maaari itong maglaman ng mga pinakamahalagang petsa at maaaring kailangan mong gumawa ng aksyon ayon sa ilang deadline. May karapatan ka na makuha ang impormasyong ito at tulong sa iyong sariling wika nang walang gastos. Dapat tawagan ng mga Miyembro ang numero ng telepono na nasa likuran ng kanilang identification card. Ang lahat ng iba ay maaaring tumawag sa 855-258-6518 at maghintay hanggang sa dulo ng diyalogo hanggang sa diktahan na pindutin ang 0. Kapag sumagot ang ahente, sabihin ang wika na kailangan mo at ikonekta ka sa isang interpreter.*

*Español (Spanish) Atención: Este aviso contiene información sobre su cobertura de seguro. Es posible que incluya fechas clave y que usted tenga que realizar alguna acción antes de ciertas fechas límite. Usted tiene derecho a obtener esta información y asistencia en su idioma sin ningún costo. Los asegurados deben llamar al número de teléfono que se encuentra al reverso de su tarjeta de identificación. Todos los demás pueden llamar al 855-258-6518 y esperar la grabación hasta que se les indique que deben presionar 0. Cuando un agente de seguros responda, indique el idioma que necesita y se le comunicará con un intérprete.*

*Русский (Russian) Внимание! Настоящее уведомление содержит информацию о вашем страховом обеспечении. В нем могут указываться важные даты, и от вас может потребоваться выполнить некоторые действия до определенного срока. Вы имеете право бесплатно получить настоящие сведения и сопутствующую помощь на удобном вам языке. Участникам следует обращаться по номеру телефона, указанному на тыльной стороне идентификационной карты. Все прочие абоненты могут звонить по номеру 855-258-6518 и ожидать, пока в голосовом меню не будет предложено нажать цифру «0». При ответе агента укажите желаемый язык общения, и вас свяжут с переводчиком.*



**हिन्दी (Hindi)** ध्यान दें: इस सूचना में आपकी बीमा कवरेज के बारे में जानकारी दी गई है। हो सकता है कि इसमें मुख्य तिथियों का उल्लेख हो और आपके लिए किसी नियत समय-सीमा के भीतर काम करना ज़रूरी हो। आपको यह जानकारी और संबंधित सहायता अपनी भाषा में निःशुल्क पाने का अधिकार है। सदस्यों को अपने पहचान पत्र के पीछे दिए गए फ़ोन नंबर पर कॉल करना चाहिए। अन्य सभी लोग 855-258-6518 पर कॉल कर सकते हैं और जब तक 0 दबाने के लिए न कहा जाए, तब तक संवाद की प्रतीक्षा करें। जब कोई एजेंट उत्तर दे तो उसे अपनी भाषा बताएँ और आपको व्याख्याकार से कनेक्ट कर दिया जाएगा।

**Bàsɔ̀ò-wùdù (Bassa)** Tò Dùù Cáò! Bǝ nìà kɛ bá nyo bǝ kɛ m̩ gbo kpá bó nì fùà-fúá-tiĩn nyɛɛ jè dyí. Bǝ nìà kɛ bédé wé jéé bǝ bǝ m̩ kɛ dɛ wa mó m̩ kɛ nyuɛɛ nyu hwè bǝ wé bǝa kɛ zi. ɔ̀ mò nì kpé bǝ m̩ kɛ bǝ nìà kɛ kɛ gbo-kpá-kpá m̩ móɛ dyé dɛ nì bídí-wùdù mú bǝ m̩ kɛ se wídí dò péè. Kpooò nyo bǝ m̩ dǎ fúùn-nòbà nìà dɛ waa I.D. káàò dɛín nyɛ. Nyo tòò séín m̩ dǎ nòbà nìà kɛ: 855-258-6518, kɛ m̩ m̩ fò tee bǝ wa kɛ m̩ gbo cǝ bǝ m̩ kɛ nòbà mòò 0 kɛ dyi pàdàin hwè. ɔ̀ jǔ kɛ nyo dò dyi m̩ gǝ jǔĩn, po wuɖu m̩ mó poɛ dyie, kɛ nyo dò mu bó nìin bǝ ɔ̀ kɛ nì wuɖuò mú zà.

**বাংলা (Bengali)** লক্ষ্য করুন: এই নোটিশে আপনার বিমা কভারেজ সম্পর্কে তথ্য রয়েছে। এর মধ্যে গুরুত্বপূর্ণ তারিখ থাকতে পারে এবং নির্দিষ্ট তারিখের মধ্যে আপনাকে পদক্ষেপ নিতে হতে পারে। বিনা খরচে নিজের ভাষায় এই তথ্য পাওয়ার এবং সহায়তা পাওয়ার অধিকার আপনার আছে। সদস্যদেরকে তাদের পরিচয়পত্রের পিছনে থাকা নম্বরে কল করতে হবে। অন্যরা 855-258-6518 নম্বরে কল করে 0 টিপতে না বলা পর্যন্ত অপেক্ষা করতে পারেন। যখন কোনো এজেন্ট উত্তর দেবেন তখন আপনার নিজের ভাষার নাম বলুন এবং আপনাকে দোভাষীর সঙ্গে সংযুক্ত করা হবে।

**اردو (Urdu)** توجہ: یہ نوٹس آپ کے انشورینس کوریج سے متعلق معلومات پر مشتمل ہے۔ اس میں کلیدی تاریخیں ہو سکتی ہیں اور ممکن ہے کہ آپ کو مخصوص آخری تاریخوں تک کارروائی کرنے کی ضرورت پڑے۔ آپ کے پاس یہ معلومات حاصل کرنے اور بغیر خرچہ کیے اپنی زبان میں مدد حاصل کرنے کا حق ہے۔ ممبران کو اپنے شناختی کارڈ کی پشت پر موجود فون نمبر پر کال کرنی چاہیے۔ سبھی دیگر لوگ 855-258-6518 پر کال کر سکتے ہیں اور 0 دبانے کو کہے جانے تک انتظار کریں۔ ایجنٹ کے جواب دینے پر اپنی مطلوبہ زبان بتائیں اور مترجم سے مربوط ہو جائیں گے۔

**فارسی (Farsi)** توجه: این اعلامیه حاوی اطلاعاتی درباره پوشش بیمه شما است. ممکن است حاوی تاریخ های مهمی باشد و لازم است تا تاریخ مقرر شده خاصی اقدام کنید. شما از این حق برخوردار هستید تا این اطلاعات و راهنمایی را به صورت رایگان به زبان خودتان دریافت کنید. اعضا باید با شماره درج شده در پشت کارت شناسایی شان تماس بگیرند. سایر افراد می توانند با شماره 855-258-6518 تماس بگیرند و منتظر بمانند تا از آنها خواسته شود عدد 0 را فشار دهند. بعد از پاسخگویی توسط یکی از اپراتورها، زبان مورد نیاز را تنظیم کنید تا به مترجم مربوطه وصل شوید.

**اللغة العربية (Arabic)** تنبيه: يحتوي هذا الإخطار على معلومات بشأن تغطيتك التأمينية، وقد يحتوي على تواريخ مهمة، وقد تحتاج إلى اتخاذ إجراءات بحلول مواعيد نهائية محددة. يحق لك الحصول على هذه المساعدة والمعلومات بلغتك بدون تحمل أي تكلفة. ينبغي على الأعضاء الاتصال على رقم الهاتف المذكور في ظهر بطاقة تعريف الهوية الخاصة بهم. يمكن للأخريين الاتصال على الرقم 855-258-6518 والانتظار خلال المحادثة حتى يطلب منهم الضغط على رقم 0. عند إجابة أحد الوكلاء، اذكر اللغة التي تحتاج إلى التواصل بها وسيتم توصيلك بأحد المترجمين الفوريين.

**中文繁体 (Traditional Chinese)** 注意：本聲明包含關於您的保險給付相關資訊。本聲明可能包含重要日期及您在特定期限之前需要採取的行動。您有權利免費獲得這份資訊，以及透過您的母語提供的協助服務。會員請撥打印在身分識別卡背面的電話號碼。其他所有人士可撥打電話 855-258-6518，並等候直到對話提示按下按鍵 0。當接線生回答時，請說出您需要使用的語言，這樣您就能與口譯人員連線。

*Igbo (Igbo)* Nrubama: Okwa a nwere ozi gbasara mkpuchi nchekwa onwe gi. O nwere ike inwe ubochi ndi di mkpa, i nwere ike ime ihe tupu ufodu ubochi njedebe. I nwere ikike inweta ozi na enyemaka a n'asusu gi na akwughi ugwo o buka. Ndi otu kwesiri ikpo akara ekwent di n'azu nke kaadi njirimara ha. Ndi ozọ niile nwere ike ikpo 855-258-6518 wee chere ububo ahụ ruo mgbe amanyere ipi 0. Mgbe onye nnochite anya zara, kwuo asusu i choro, a ga-ejiko gi na onye okowa okwu.

*Deutsch (German)* Achtung: Diese Mitteilung enthält Informationen über Ihren Versicherungsschutz. Sie kann wichtige Termine beinhalten, und Sie müssen gegebenenfalls innerhalb bestimmter Fristen reagieren. Sie haben das Recht, diese Informationen und weitere Unterstützung kostenlos in Ihrer Sprache zu erhalten. Als Mitglied verwenden Sie bitte die auf der Rückseite Ihrer Karte angegebene Telefonnummer. Alle anderen Personen rufen bitte die Nummer 855-258-6518 an und warten auf die Aufforderung, die Taste 0 zu drücken. Geben Sie dem Mitarbeiter die gewünschte Sprache an, damit er Sie mit einem Dolmetscher verbinden kann.

*Français (French)* Attention: cet avis contient des informations sur votre couverture d'assurance. Des dates importantes peuvent y figurer et il se peut que vous deviez entreprendre des démarches avant certaines échéances. Vous avez le droit d'obtenir gratuitement ces informations et de l'aide dans votre langue. Les membres doivent appeler le numéro de téléphone figurant à l'arrière de leur carte d'identification. Tous les autres peuvent appeler le 855-258-6518 et, après avoir écouté le message, appuyer sur le 0 lorsqu'ils seront invités à le faire. Lorsqu'un(e) employé(e) répondra, indiquez la langue que vous souhaitez et vous serez mis(e) en relation avec un interprète.

*한국어(Korean)* 주의: 이 통지서에는 보험 커버리지에 대한 정보가 포함되어 있습니다. 주요 날짜 및 조치를 취해야 하는 특정 기한이 포함될 수 있습니다. 귀하에게는 사용 언어로 해당 정보와 지원을 받을 권리가 있습니다. 회원이신 경우 ID 카드의 뒷면에 있는 전화번호로 연락해 주십시오. 회원이 아닌 경우 855-258-6518 번으로 전화하여 0을 누르라는 메시지가 들릴 때까지 기다리십시오. 연결된 상담원에게 필요한 언어를 말씀하시면 통역 서비스에 연결해 드립니다.

*Diné Bizaad (Navajo)* Ge': Díí bee íł hane'ígíí bii' dahólǫ bee éédahózin béeso ách'ááh naanil ník'ist'í'ígíí bá. Bii' dahólǫq doo íiyisíí yoolkáálígíí dóó t'áádoo le'é ádadoolyííligíí da yókeedgo t'áá doo bee e'e'aahí ájiil'ííh. Bee ná ahóót'í' díí bee íł hane' dóó níká'ádoowoł t'áá nínizaad bee t'áá jiik'é. Atah danilínígíí béesh bee hane'é bee wólta'ígíí nitł'izgo bee nee hódolzinígíí bikéédéé' bikáá' bich'í' hodoonihjí'. Aadóó náánáta' éi koji' dahódoonih 855-258-6518 dóó yii diiłts'ííł yałtí'ígíí t'áá níléljį áádóó éi bikéé'dóó naasbaqas bił adidiilchil. Áká'anidaalwó'ígíí neidiitąągo, saad bee yáníłt'í'ígíí yii diikił dóó ata' halne'é lá níká'ádoowoł.