



The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. **NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately. This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, www.GuideStone.org/PlanBooklets. For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms, see the Glossary. You can view the Glossary at www.HealthCare.Gov/sbc-glossary or call 1-844-467-4843 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	In-network: \$5,000 Individual /\$10,000 family. Out-of-network: Not Covered Individual /Not Covered family.	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan , each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible .
Are there services covered before you meet your deductible?	Yes. Preventive care and insulin are covered before you meet your deductible .	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost sharing and before you meet your deductible .
Are there other deductibles for specific services?	No.	You don't have to meet deductible for specific services.
What is the out-of-pocket limit for this plan?	For network providers \$9,100 individual / \$18,200 family; for out-of-network providers Not Covered / Not Covered.	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan , they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met. Premiums , balance-billing charges, health care this plan doesn't cover, and penalties do not count toward the out-of-pocket limit.
What is not included in the out-of-pocket limit?	Premiums , balance billed charges, costs of health care drugs this plan doesn't cover, and out-of-network copayments .	Even though you pay these expenses, they don't count toward the out-of-pocket limit .
Will you pay less if you use a network provider?	Yes. See www.guidestonehealth.org or call 1-855-497-1230 for a list of participating providers.	This plan uses a provider network . You will pay less if you use a provider in the plan's network . You will pay the most if you use an out-of-network provider , and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing).
Do you need a referral to see a specialist?	No.	You can see the specialist you choose without a referral .

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

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	\$20 copay	Not Covered	-----None-----
	Specialist visit	\$50 copay	Not Covered	-----None-----
	Preventive care/screening/immunization	No charge for covered services	Not covered	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay.
If you have a test	Diagnostic test (x-ray, blood work)	30% coinsurance	Not Covered	-----None-----
	Imaging (CT/PET scans, MRIs)	30% coinsurance	Not Covered	Prior authorization required for non-emergency advanced imaging procedures (e.g., MRI, CT, PET) performed in an outpatient setting.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.GuideStone.org	Generic drugs (Retail/Mail Order)	\$10 copay / \$20 copay	100% of drug cost. Upon manual claim form submission, you will be reimbursed based on plan benefits and allowable charges for covered drugs.	Brand over generic costs will be a noncovered penalty. Maintenance drugs require 90 day fills (mail order or approved retail) to be covered. Penalties do not apply to annual accumulators. Certain contraceptives are not covered. Please see plan booklet for additional details on your prescription benefits. Covers up to a 90-day supply. Deductible does not apply. Covers up to a 90-day supply. Deductible does not apply. Covers up to a 30-day supply. Please see plan booklet for additional details on your prescription benefits.
	Preferred brand drugs (Retail/Mail Order)	\$50 copay / \$100 copay		
	Non-preferred brand drugs (Retail/Mail Order)	\$150 copay / \$300 copay		
	Diabetic Supplies (Generic, Preferred, Non-preferred)	\$20 copay		
	Participating Insulin	\$75 copay /prescription mail		
	Specialty drugs (Generic/Preferred)	\$100 copay / \$150 copay / \$300 copay		
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	30% coinsurance	Not Covered	-----None-----
	Physician/surgeon fees	30% coinsurance	Not Covered	-----None-----

[* For more information about limitations and exceptions, see the [plan](#) or policy document at www.GuideStone.org/PlanBooklets.]

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you need immediate medical attention	Emergency room care	30% coinsurance after \$500 copay	30% coinsurance after \$500 copay	-----None-----
	Emergency medical transportation	30% coinsurance	Not Covered	Air ambulance always pays at in network level. Other emergency transportation pays at in-network level and waives deductible .
	Urgent care	\$75 copay	Not Covered	Waive copay for MHSA diagnosis if copay would otherwise apply.
If you have a hospital stay	Facility fee (e.g., hospital room)	30% coinsurance	Not Covered	Precertification may be required.
	Physician/surgeon fees	30% coinsurance	Not Covered	-----None-----
If you need mental health, behavioral health, or substance abuse services	Outpatient services	Office Visit:\$20 copay Other:30% coinsurance	Not Covered	-----None-----
	Inpatient services	30% coinsurance	Not Covered	Precertification may be required.
If you are pregnant	Office visits	\$20 copay	Not Covered	-----None-----
	Childbirth/delivery professional services	30% coinsurance	Not Covered	-----None-----
	Childbirth/delivery facility services	30% coinsurance	Not Covered	-----None-----
If you need help recovering or have other special health needs	Home health care	30% coinsurance	Not Covered	Maximum 120 visits per year.
	Rehabilitation services	30% coinsurance	Not Covered	See plan booklet. Limits may apply.
	Habilitation services	30% coinsurance	Not Covered	PT/OT/ST take Specialist copay if applicable.
	Skilled nursing care	30% coinsurance	Not Covered	Maximum 30 days per year.
	Durable medical equipment	30% coinsurance	Not Covered	Rental or purchase option determined by the claims administrator. Rental costs cannot exceed the total cost of purchase.
	Hospice services	30% coinsurance	Not Covered	-----None-----
If your child needs dental or eye care	Children's eye exam	\$20 copay	Not covered	See <i>Preventive Care Schedule</i> for age limits on child vision screening.
	Children's glasses	Not covered	Not covered	-----None-----
	Children's dental check-up	Not covered	Not covered	See <i>Preventive Care Schedule</i> for exceptions

[* For more information about limitations and exceptions, see the [plan](#) or policy document at www.GuideStone.org/PlanBooklets.]

Excluded Services & Other Covered Services:

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

- Abortion
- Acupuncture
- Certain Contraceptives
- Cosmetic Surgery
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- Dental Care (Adult)
- Experimental or investigational treatment
- Infertility treatment
- Long-term care
- Private-duty nursing
- Private hospital room
- Routine foot care
- Weight loss program

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

- Bariatric Surgery
- Hearing Aids
- Routine Eye Care (Adult)
- Non-emergency care when traveling outside the U.S.
- Chiropractic Care - Limited to 12 visits per coverage period.

Your Rights to Continue Coverage: Church plans are not covered by the federal COBRA continuation coverage rules. Other coverage options may be available to you, too, including buying individual insurance coverage through the [Health Insurance Marketplace](#). For more information about the [Marketplace](#), visit www.HealthCare.gov or call 1-800-318- 2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information on how to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: MyQHealth Care Coordinators at 1-855-497-1230 or visit www.guidestonehealth.org

Does this plan provide Minimum Essential Coverage? True

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

Does this plan meet the Minimum Value Standards? True

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

Language Access Services:

[Spanish (Español): Para obtener asistencia en Español, llame al 1-844-INS-GUIDE (1-844-467-4843).]

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-844-INS-GUIDE (1-844-467-4843).]

[Chinese (中文): 如果需要中文的帮助, 请拨打这个号码1-844-INS-GUIDE (1-844-467-4843).]

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-844-INS-GUIDE (1-844-467-4843).]

To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.

About these Coverage Examples:



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

Peg is Having a Baby

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

- The [plan's](#) overall [deductible](#) \$5,000
- [Specialist copay](#) \$50
- Hospital (facility) [coinsurance](#) 30%
- Other [coinsurance](#) 30%

This EXAMPLE event includes services like:

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

Total Example Cost	\$12,700
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In this example, Peg would pay:

Cost Sharing	
Deductibles	\$5,000
Copayments	\$60
Coinsurance	\$2,300
What isn't covered	
Limits or exclusions	\$0
The total Peg would pay is	\$7,360

Managing Joe's Type 2 Diabetes

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

- The [plan's](#) overall [deductible](#) \$5,000
- [Specialist copay](#) \$50
- Hospital (facility) [coinsurance](#) 30%
- Other [coinsurance](#) 30%

This EXAMPLE event includes services like:

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

Total Example Cost	\$5,600
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In this example, Joe would pay:

Cost Sharing	
Deductibles	\$100
Copayments	\$1,000
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$0
The total Joe would pay is	\$1,100

Mia's Simple Fracture

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

- The [plan's](#) overall [deductible](#) \$5,000
- [Specialist copay](#) \$50
- Hospital (facility) [coinsurance](#) 30%
- Other [coinsurance](#) 30%

This EXAMPLE event includes services like:

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

Total Example Cost	\$2,800
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In this example, Mia would pay:

Cost Sharing	
Deductibles	\$2,100
Copayments	\$400
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$2,500

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