

# THE EVANGELICAL ALLIANCE MISSION

Domestic Long Term and Mid Term Global Workers, and Staff

2024 Benefits Guide

Find your benefit information at  
**[GuideStone.org/TEAM](https://www.guidestone.org/TEAM)**.

# WELCOME TO TEAM'S DOMESTIC BENEFITS GUIDE

Welcome to your TEAM Benefits Guide. This Benefits Guide provides a broad overview of the benefits available to you and your family. The Guide includes benefit highlights for each plan and a quick reference page with provider and resource contact information. It is important that you understand your TEAM benefits. Additional details are available in the Plan Documents and Summary of Benefits and Coverage (SBC) documents. These are available at [GuideStone.org/TEAM](https://GuideStone.org/TEAM).

This Benefits Guide will also help with the next step – enrollment! All long term and mid term global workers are enrolled in a TEAM Medical Plan, and all staff have the option to enroll. All long term and staff employees also have the opportunity to decide which dental, vision, and life insurance options offered by TEAM they want to accept or decline. Employees have the opportunity to change their benefit elections during the annual open enrollment period each fall for the upcoming calendar year.

We hope that this Benefits Guide will continue to be a valuable resource for you and your family as it includes step-by-step tips on how to locate in-network providers, as well as quick resource tips on how to obtain the highest level of benefits and manage your out-of-pocket costs.

## BENEFIT BASICS

### Who is Eligible?

- For the medical plan, all regular employees of TEAM who work a minimum of 30 hours per week
- The legal spouse of an eligible employee and their children through the end of the month of the child's 26th birthday
- Eligibility for other benefits may vary – please see plan documents for specific eligibility for each benefit plan

NOTE: TEAM may request dependent status documentation prior to the coverage beginning.

### When Coverage Begins

- New Hire – For global workers, coverage begins the day you begin to travel to the ministry area for your initial term of service. For staff, coverage begins on your date of hire.
- Open Enrollment – Coverage begins the first day of the following calendar year
- Qualifying Event – Internal Revenue Service (IRS) regulations only allow for benefit changes during the plan year if you or your eligible dependents have a qualifying event. The date your coverage begins depends on the qualifying event. You must elect coverage within 60 days of the qualifying event. **The member is responsible for notifying the Benefits Coordinator of a Qualifying Event.**

## **What is a Qualifying Event?**

- Marriage, legal separation, divorce
- Birth, adoption, or legal custody change of a dependent child
- Death of a dependent
- A change in employment status that affects benefits coverage
- A change in eligibility for you or your dependents
- An involuntary loss of other group coverage



## 2024 Benefits Overview for Domestic Long Term Global Workers

Benefit Plan Information	2024 Rates
<b>Medical &amp; Pharmacy</b>  GuideStone Medical Plans: <ul style="list-style-type: none"><li>Health Choice 2000</li><li>Health Saver Standard (HSA qualified)</li></ul> Medical: Highmark Blue Cross Blue Shield PPO Prescription: Express Scripts  You can find detailed benefit information at <a href="https://www.guidestone.org/TEAM">GuideStone.org/TEAM</a>	<b>AMOUNT EACH GLOBAL WORKER RAISES FROM WORK FUNDS</b>  <b>Domestic Global Worker – Health Choice 2000:</b> Employee only - \$518.70 / month Employee & Spouse - \$1,037.40 / month Employee & Child(ren) - \$985.53 / month Employee & Family - \$1,556.10 / month  <b>Domestic Global Worker – Health Saver Standard:</b> Employee only - \$538.36 / month Employee & Spouse - \$1,076.72 / month Employee & Child(ren) - \$1,022.88 / month Employee & Family - \$1,615.08 / month  <b>Amount each global worker pays from living allowance: \$0</b>
<b>Health Savings Account (HSA)*</b>  Further Customer Service: (800) 859-2144 Email: <a href="mailto:customersolutions@hellofurther.com">customersolutions@hellofurther.com</a>  <a href="https://www.hellofurther.com">Hellofurther.com</a>  To open an HSA, fill out a group application and return it to TEAM's Benefits Coordinator. Your HSA is available once you activate your account. As it is a debit account, you will only be able to use the funds currently in your account. You may pay for expenses with your debit card or reimburse yourself online.  <b>* Available if you choose an HSA-qualified medical plan.</b>	<b>2024 Employer Contributions</b> 1. For those who had coverage in 2023 and remain covered in 2024: <ul style="list-style-type: none"><li>Employee only - \$100 per month</li><li>Employee +1 or more - \$150 per month</li></ul> 2. Plus – from #2 / Work Funds: <ul style="list-style-type: none"><li>Employee only - up to \$100 / month</li><li>Employee +1 or more - up to \$200 /month</li></ul> Living Allowance – any amount you choose as long as the total of all contributions (i.e., employer, work funds and living allowance) does not exceed the total contribution limit.  <b>2024 Total Contribution Limit</b> <ul style="list-style-type: none"><li>Individual: \$4,150</li><li>Family: \$8,300</li><li>Age 55+ Catch-up: \$1,000</li></ul>

<p><b>Dental – Cigna Dental</b></p> <p>Customer Service: 1-800-CIGNA24 (1-800-244-6224)  GuideStone group number: 3172000  GuideStone HMO group number: 10112922  <a href="http://MyCigna.com">MyCigna.com</a></p> <p>You can find detailed benefit information at  <a href="http://GuideStone.org/TEAM">GuideStone.org/TEAM</a>.</p>	<p><b>The amount each Global Worker pays from living allowance:</b></p> <p><b>Premier Dental Care</b>  Employee – \$39.93 / month  Employee + Spouse – \$79.86 / month  Employee + Child(ren) – \$99.83 / month  Employee + Family– \$139.76 / month</p> <p><b>Cigna Dental Care DHMO</b>  Employee only – \$22.80 / month  Employee + Spouse – \$38.53 / month  Employee + Child(ren) – \$53.81 / month  Employee + Family– \$63.38 / month</p>
<p><b>Vision – VSP</b>  Vision Service Plan (VSP)  Customer Service: (800) 877-7195  <a href="http://www.vsp.com">www.vsp.com</a></p> <p>Register for an account online with your SSN and other personal data.</p>	<p><b>The amount each Global Worker pays from living allowance:</b></p> <p>Employee only – \$8.04 / month  Employee + 1 – \$11.65 / month  Employee + family – \$20.90 / month</p>
<p><b>Life Insurance &amp; Accidental Death and Dismemberment (AD&amp;D) – Unum</b></p> <p>Claim submission process questions – contact your benefits administrator.</p> <p>Questions about claims that have already been submitted to Unum should be directed to Unum Life Claim Service: 1-800-445-0402.</p>	<p><b>Employer-paid insurance:</b> \$10,000 of term life and \$10,000 AD&amp;D coverage</p>
<p><b>Optional Life Insurance – Unum</b></p>	<p><b>Voluntary employee-paid insurance:</b></p> <p>Options from \$25,000 – \$200,000  Spouse and child options are also available.</p> <p>Your premium contributions are based on your age as of January 1 of each year and the amount of coverage selected.</p>

**403(b) Retirement Savings Plan**

GuideStone Financial Services

Customer Relations: (888) 984-8433

[GuideStone.org](http://GuideStone.org)

The amount each Global Worker raises:

- Single - \$160 / month
- Couple - \$320 / month

Minimum contributed from living allowance:

- Single - \$60 / month
- Couple - \$120 / month

Traditional pre-tax or Roth post-tax options are available. Default is a date-targeted fund based on retirement at age 65. You may change investment amounts and funds at [GuideStone.org](http://GuideStone.org).



## 2024 Benefits Overview for Domestic Mid Term Global Workers

Benefit Plan Information	2024 Rates
<b>Medical &amp; Pharmacy</b>  GuideStone Medical Plans: <ul style="list-style-type: none"><li>Health Choice 2000</li><li>Health Saver Standard (HSA qualified)</li></ul> Medical: Highmark Blue Cross Blue Shield PPO Prescription: Express Scripts  You can find detailed benefit information at <a href="https://www.guidestone.org/TEAM">GuideStone.org/TEAM</a>	<b>THE AMOUNT EACH GLOBAL WORKER RAISES FROM WORK FUNDS</b>  <b>Domestic Global Worker – Health Choice 2000:</b> Employee only - \$518.70 / month Employee & Spouse - \$1,037.40 / month Employee & Child(ren) - \$985.53 / month Employee & Family - \$1,556.10 / month  <b>Domestic Global Worker – Health Saver Standard:</b> Employee only - \$538.36 / month Employee & Spouse - \$1,076.72 / month Employee & Child(ren) - \$1,022.88 / month Employee & Family - \$1,615.08 / month  <b>The amount each global worker pays from living allowance: \$0</b>
<b>Health Savings Account (HSA)*</b>	<b>* If you select TEAM's HSA-qualified medical plan, you are eligible to have an HSA but not a TEAM group HSA.</b>
<b>Life Insurance &amp; Accidental Death and Dismemberment (AD&amp;D) - Unum</b>  Claim submission process questions – contact your benefits administrator.  Questions about claims that have already been submitted to Unum should be directed to Unum Life Claim Service: 1-800-445-0402.	<b>Employer-paid insurance:</b> \$10,000 of term life and \$10,000 AD&D coverage



## 2024 Benefits for Staff Employees

Benefit Plan Information	2024 Rates
<p><b>Medical &amp; Pharmacy</b></p> <p>GuideStone Medical Plans:</p> <ul style="list-style-type: none"><li>• Health Choice 2000</li><li>• Health Saver Standard (HSA-qualified)</li></ul> <p>Medical: Highmark Blue Cross Blue Shield PPO</p> <p>Prescription: Express Scripts</p> <p>You can find detailed benefit information at <a href="https://GuideStone.org/TEAM">GuideStone.org/TEAM</a></p>	<p><b>THE AMOUNT EACH STAFF EMPLOYEE PAYS FROM SALARY</b></p> <p><b>Domestic Staff – Health Choice 2000:</b></p> <p>Employee only - \$62.24 / month Employee &amp; Spouse - \$165.98 / month Employee &amp; Child(ren) - \$157.68 / month Employee &amp; Family- \$248.98 / month</p> <p><b>Domestic Staff – Health Saver Standard:</b></p> <p>Employee only - \$64.60 / month Employee &amp; Spouse - \$172.28 / month Employee &amp; Child(ren) - \$163.66 / month Employee &amp; Family- \$258.41 / month</p>
<p><b>Health Savings Account (HSA)*</b></p> <p>Further Customer Service: (800) 859-2144 Email: <a href="mailto:customersolutions@hellofurther.com">customersolutions@hellofurther.com</a> <a href="https://Hellofurther.com">Hellofurther.com</a></p> <p>To open an HSA, fill out a group application and return it to TEAM's Benefits Coordinator.</p> <p>Your HSA is available once you activate your account. As it is a debit account, you will only be able to use the funds currently in your account. You may pay for expenses with your debit card or reimburse yourself online.</p> <p><b>* Available if you choose an HSA-qualified medical plan.</b></p>	<p><b>2024 Employer Contributions</b></p> <p>For those who had coverage in 2023 and remain covered in 2024:</p> <ul style="list-style-type: none"><li>• Employee only - \$100 per month</li><li>• Employee +1 or more - \$150 per month</li></ul> <p><b>Employee Salary Contributions</b> – any amount you choose as long as the total of your employer contributions and your salary contributions do not exceed the contributions limit.</p> <p><b>2024 Total Contribution Limit</b></p> <ul style="list-style-type: none"><li>• Individual: \$4,150</li><li>• Family: \$8,300</li><li>• Age 55+ Catch-up: \$1,000</li></ul>



<p><b>Dental – Cigna Dental</b></p> <p>Customer Service: 1-800-CIGNA24 (1-800-244-6224)  GuideStone group number: 3172000  GuideStone HMO group number: 10112922  <a href="http://MyCigna.com">MyCigna.com</a></p> <p>You can find detailed benefit information at  <a href="http://GuideStone.org/TEAM">GuideStone.org/TEAM</a></p>	<p><b>Amount each Staff employee pays from salary:</b></p> <p><b>Premier Dental Care</b>  Employee – \$39.93 / month  Employee + Spouse – \$79.86 / month  Employee + Child(ren) – \$99.83 / month  Employee + Family– \$139.76 / month</p> <p><b>Cigna Dental Care DHMO</b>  Employee only – \$22.80 / month  Employee + Spouse – \$38.53 / month  Employee + Child(ren) – \$53.81 / month  Employee + Family– \$63.38 / month</p>
<p><b>Vision – VSP</b>  Vision Service Plan (VSP)  Customer Service: (800) 877-7195  <a href="http://www.vsp.com">www.vsp.com</a></p> <p>Register for an account online with your SSN and other personal data.</p>	<p><b>Amount each Staff employee pays from salary:</b></p> <p>Employee only – \$8.04 / month  Employee + 1 – \$11.65 / month  Employee + family – \$20.90 / month</p>
<p><b>Life Insurance &amp; Accidental Death and Dismemberment (AD&amp;D) – Unum</b></p> <p>Claim submission process questions – contact your benefits administrator.</p> <p>Questions about claims that have already been submitted to Unum should be directed to Unum Life Claim Service: 1-800-445-0402.</p>	<p><b>Employer-paid insurance:</b> \$10,000 of term life and \$10,000 AD&amp;D coverage</p>
<p><b>Optional Life Insurance – Unum</b></p>	<p><b>Voluntary employee-paid insurance:</b></p> <p>Options from \$25,000 – \$200,000  Spouse and child options are also available.</p> <p>Your premium contributions are based on your age as of January 1st of each year and the amount of coverage selected.</p>

**403(b) Retirement Savings Plan**

GuideStone Financial Services

Customer Relations: (888) 984-8433

[GuideStone.org](http://GuideStone.org)

**The minimum employee contribution for employer match \$10 / month**

**TEAM employer match:**

\$2 for every \$1 employee contribution

**Max TEAM contribution: \$1,100 / year**

Traditional pre-tax or Roth post-tax options are available. Default is a date-targeted fund based on retirement at age 65. You may change investment amounts and funds at

[GuideStone.org](http://GuideStone.org).

# HEALTH SAVING ACCOUNTS

## Opening an Individual Health Savings Account (HSA)

An HSA is a separate account you own that allows you to pay for current and future health care expenses tax-free for you and your IRS-qualified tax dependents\*. Contributions to a qualified HSA can be made pre-tax, or they are 100% tax-deductible on your federal income tax return. Funds may roll over from year to year, collect interest, and grow on a tax-deferred basis. If used for eligible health care expenses, the funds are withdrawn tax-free. Money withdrawn prior to age 65 for non-eligible expenses will be taxed and subject to an additional 20% penalty.

Once you are 65 or older, you may withdraw your HSA money without penalty; however, monies withdrawn for non-eligible expenses will be taxed.

Your HSA may be used to pay for covered expenses that apply toward your deductible and co-insurance amounts for TEAM's medical, dental, and vision plans. Additionally, you may use your HSA to pay for expenses that the IRS says are eligible but may not be covered by our TEAM insurance plans. HSAs are designed to help with many types of medical expenses—some examples include hearing aids and chiropractic services.

\* NOTE: For more information on who qualifies as a tax dependent, as well as how to calculate your maximum contribution if you change your coverage during the year, please see IRS Publication 969.

HSA Information	
<b>Who is eligible?</b>	Any adult who <ul style="list-style-type: none"><li>• is enrolled in an HSA-qualified medical Plan</li><li>• has no other first-dollar medical coverage</li><li>• is not enrolled in Medicare</li><li>• cannot be claimed as a dependent on someone else's tax return</li></ul>
<b>What is the maximum I can contribute in 2024?*</b>	<b>Enrolled in individual plan:</b> \$4,150 <b>Enrolled in family plan:</b> \$8,300 <b>Age 55+:</b> Additional \$1,000
<b>How do I open an HSA? **</b>	To open an HSA with Further, TEAM's HSA trustee, you simply fill out a group application and return it to TEAM's Benefits Coordinator.  ** Mid Term: Many banks offer HSAs. If you open an individual HSA directly with Further, TEAM's HSA trustee, at <a href="https://hellofurther.com">hellofurther.com</a> , you can have funds automatically transferred from your checking account into your HSA.
<b>How do I use my HSA?</b>	Further provides debit visa cards for direct expense payments, online direct deposit reimbursements, and other services. See <a href="https://hellofurther.com">hellofurther.com</a> for details.
<b>Where can I get more information?</b>	More details about the features of an HSA, along with fee schedule and investment options specific to Further, are located on <a href="https://GuideStone.org/TEAM">GuideStone.org/TEAM</a> .
*These amounts assume enrollment in the individual or family plan for the entire year. If you change your coverage mid-year, your maximum contribution amount will be affected.	

## Frequently Asked Questions

### *What qualifies as eligible health care expenses that can be paid for from my HSA?*

Your HSA may be used to pay for covered expenses that apply toward your deductible and co-insurance amounts. You may also pay for expenses that may not be covered by your insurance or are subject to limitations.

Here are some examples:

- Over-the-counter (OTC) drugs, medicines, and feminine hygiene products
- Vision care, including glasses, contact lenses, and laser vision correction
- Physical therapy, speech therapy, and chiropractic services
- Transportation expenses related to health care
- Hearing aids
- Physician-directed weight-loss programs
- Orthodontic services (braces)

For more information about qualified medical expenses, go to: <http://www.irs.gov> – search in the top right-hand corner for "Publ 502" to download the IRS publication. Make sure you have the most recent date.

### *Who keeps track of what I spend on qualified health care expenses?*

You do. In the event of an audit, it will be your responsibility to maintain receipts to document the appropriate use of funds.



# MEDICAL PLANS



# WELCOME TO YOUR GUIDESTONE MEDICAL PLAN

**Welcome to the GuideStone® family. We look forward to serving you!**

With GuideStone, you're receiving quality, cost-effective, true medical coverage created by Christians specifically for those who serve in ministry.

**Let's get started!**

## TRANSITIONING INTO YOUR NEW PLAN

You are busy with your ministry, so we've done our best to provide you with the tools you need to make a seamless transition to your new medical plan. All the forms and facts you need to enroll in, access and update your coverage are included here.

## UTILIZING YOUR BENEFITS

You'll also find valuable resources to guide you in utilizing your benefits. The medical plan road map in this booklet provides an at-a-glance view of your plan's benefits. Plus, you'll find insight on how to make the most of your options, along with information about some bonus benefits that might surprise you.

## FINDING ANSWERS

At GuideStone, your satisfaction is our top priority. Answers to your benefit questions are just a tap, click or call away. Quantum Health is your one resource to contact whenever you need help with your medical, wellness or pharmacy benefits.

- **Quantum Health:** 1-855-497-1230, [GuideStoneHealth.org](https://www.GuidestoneHealth.org) or the MyQHealth – Care Coordinator app.
- **GuideStone Customer Solutions:** 1-844-INS-GUIDE (1-844-467-4843)
- **TEAM Benefits Coordinator – Kathy Dollinger:** 1-800-343-3144 or 1-630-614-4796, [Benefits@Team.org](mailto:Benefits@Team.org)
- **Health Savings Account (Further):** 1-800-859-2144, [Hellofurther.com](https://www.Hellofurther.com)

Disclaimer: This Guide provides an overview of TEAM's Benefits Program and should not be considered complete. If any conflicts between the information in this guide and the actual insurance contracts or benefit programs/policies exist, the insurance contracts/policies will rule. Please note that TEAM reserves the right to change or terminate any benefits at any time with or without notice.

Effective 01/01/2024

IN-NETWORK	Deductible for individual coverage	\$2,000
	Deductible for family coverage (Embedded deductible)	\$4,000
	Plan pays/individual pays (co-insurance) after deductible	80%/20%
	Maximum out-of-pocket (medical and prescription)	\$5,750 individual /\$11,500 family
	Primary care or retail clinic visit	\$25
	Specialist office visit (includes virtual visits)	\$45
	Teladoc®	\$0
	Wellness and preventative care (primary care/specialist)	0% no deductible
	Hospital inpatient (including maternity)	20% after deductible
	Outpatient surgery	20% after deductible
	Emergency room services	\$250 copay, then 20%
	Urgent care	\$50
	Outpatient services (CT scans, MRI, diagnostic)	20% after deductible
	Chiropractic services (12 visits annually)	\$45
	Mental health/substance abuse: inpatient services	20% after deductible
	Mental health/substance abuse: office visit	\$25
	Vision exam (one exam every 12 months)	\$25
OUT-OF-NETWORK	Deductible for an individual	\$4,000
	Deductible for a family	\$8,000
	Plan pays/individual pays (co-insurance) after deductible	50%/50%
	Co-insurance and deductible out of pocket limit for an individual	\$24,000
	Co-insurance and deductible out of pocket limit for a family	\$28,000
	Wellness and preventive care	Not Covered
	Hospital inpatient (including maternity)	\$500 copay, then 50% after deductible
	Outpatient surgery	50% after deductible
	Emergency Room Services	\$250 copay, then 20%
	Mental health/substance abuse: inpatient services	\$500 copay, then 50% after deductible
	Mental health/substance abuse: office visit	50% after deductible

## PRESCRIPTION DRUG PROGRAM<sup>1</sup>

RETAIL	30-Day Supply	Generic	\$15
		Preferred	\$50
		Non-Preferred	\$75
MAIL ORDER/ WALGREENS	90-Day Supply	Generic	\$30
		Preferred	\$100
		Non-Preferred	\$150
		Diabetic Supplies	\$20
		Participating Insulin	\$75
SPECIALTY	30-Day Supply	Generic	\$50
		Preferred	\$75
		Non-Preferred	\$100

### Additional Plan Information

The participant pays the Co-payment or drug cost, whichever is less.

Maintenance drugs filled at retail, other than the member selected retail pharmacy (CVS or Walgreens), will incur a \$10 penalty after the second retail fill. The \$10 penalty does not accumulate toward the deductible or the maximum out-of-pocket limit. This penalty does not apply to ACA preventive medications.

If a non-generic drug is purchased when a generic drug is available, the participant must pay a penalty of the difference in drug cost of the non-generic drug over its generic equivalent. This penalty does not accumulate toward the deductible or the maximum out-of-pocket limit.

A 90-day supply of maintenance drugs can be filled either by member selected retail pharmacy (Walgreens or CVS) or by mail order. Prices may vary.

Medical claims incurred outside the United States where no network exists will be considered In-Network.

The deductible is met by both medical and prescription expenses.

Copays for certain specialty medications will be set to the maximum available manufacturer Copay assistance. This copay adjustment will only apply after deductible satisfaction if this is a qualified high deductible plan. These Co-pays will be paid by the manufacturer after the participant applies for Co-pay assistance and will not apply toward MOOP.

Insulin copay applies to select insulin products whose manufacturers have chosen to participate in the Patient Assurance Program.



## Glossary of Terms

**Co-insurance** — The percentage of eligible claims you pay after you meet your deductible.

**Co-insurance and deductible out of pocket limit (out-of-network)** — The most you will have to pay in a year in out-of-network deductibles and co-insurance for covered benefits.

**Co-pay** — The fixed, up-front dollar amount you pay for certain covered expenses. Co-pay amounts apply after your in-network or out-of-network deductible and do not apply to your out-of-network coinsurance maximum.

**Deductible (family)** — This is the amount a family is required to pay before benefits begin for services not covered by co-pays. Once this amount is met, the plan will consider all family members to have met their deductibles. One individual cannot contribute more than the individual deductible amount. This is an embedded deductible.

**Deductible (individual)** — This is the amount an individual is required to pay before benefits begin for services not covered by co-pays. Once this amount is met, the plan will begin paying claims for that individual at the co-insurance level.

**Emergency care** — Medical services from the Emergency department of a hospital to evaluate a medical condition that, in the absence of immediate medical attention, would place the health of the individual in serious jeopardy, cause serious impairment to bodily functions or cause serious and permanent dysfunction to any bodily organ or part.

**Generic** — A bioequivalent to the brand-name drug made available to the public after the patent has expired on the brand-name drug. The generic version usually results in a less expensive drug. **In-network** — Health care services received from a provider in a network.

**Mail order** — Mail order is a service that allows you to refill recurring prescriptions (90-day supply) through an online pharmacy. You receive your prescriptions by mail.

**Maximum out-of-pocket (medical and prescription)** — The maximum out-of-pocket limit includes the deductible and co-insurance for eligible, in-network services. After the individual or family amount has been satisfied, the health plan covers all eligible, in-network health care expenses for the rest of the plan year. For family coverage, one individual cannot be responsible for more than the current IRS limit.

**Network provider** — A doctor, hospital or other health care facility that has entered into a contract to provide medical services or supplies at agreed-upon rates to you or your covered dependents under the plan.

**Non-preferred drugs** — A list of prescribed medications that are not on the plan's formulary.

**Preferred drugs** — Also known as formulary drugs, this is a list of commonly prescribed, brand-name medications that are selected based on their clinical effectiveness and opportunities to help control plan costs.

**Retail pharmacy benefits** — This refers to filling your prescriptions at a participating network pharmacy. This approach is best for short-term prescriptions (up to 30-day). You could save money by filling recurring prescriptions via mail order (see above).

**Specialist** — Any physician not considered a primary care physician.

**Specialty drug** — Specific prescriptions used to treat complex, chronic or special health conditions.

**Telemedicine** — The use of telephone and/or live video technology in order to provide medical care.

**Urgent care** — Treatment at an urgent care facility for the onset of symptoms that require prompt medical attention.

**Vision exam** — Covers one annual eye exam per covered family member, which may include an eye health examination, dilation and/or refraction. Coverage does not include glasses or contact lenses (unless there has been a cataract extraction), eye surgery or retinal telescreening. See the Preventive Care Schedule for additional vision screening coverage for children when performed by a pediatrician or primary care physician as part of an annual well-child visit.

**Wellness and preventive care** — Refers to the services listed on the Preventive Care Schedule, which are covered at 100%, not subject to the deductible. The Preventive Care Schedule is based on services required under the Affordable Care Act of 2010 (ACA), as amended.

This information only highlights the depth of coverage and benefits you can receive when you protect yourself with GuideStone. There are limitations and exclusions that apply. This is a general overview of plans that are offered. The official plan documents and insurance contracts set forth the eligibility rules, limitations, exclusions and benefits. These alone govern and control the actual operation of the plan.

**Note:** A corresponding Summary of Benefits and Coverage was created to help consumers more easily understand their insurance benefits and compare plans. To view and download the Summary of Benefits and Coverage documents for all GuideStone medical plans available to you, visit **[GuideStone.org/Summaries](https://www.guidestone.org/summaries)**.

You may also request printed copies by calling **1-844-INS-GUIDE (1-844-467-4843 )** Monday through Friday, between 7 a.m. and 6 p.m. CST.

**Health Saver Standard**

This is an HSA-qualified High Deductible Health Plan, eligible for use with a Health Savings Account(HSA).

Effective 01/01/2024

IN-NETWORK	Deductible for individual coverage	\$1,600
	Deductible for family coverage (Non-Embedded deductible)	\$3,200
	Plan pays/individual pays (co-insurance) after deductible	90%/10%
	Maximum out-of-pocket (medical and prescription)	\$3,200 individual /\$6,400 family
	Primary care or retail clinic visit	10%after deductible
	Specialist office visit (includes virtual visits)	10% after deductible
	Teladoc®	0% after deductible
	Wellness and preventative care (primary care/ specialist)	0% no deductible
	Hospital inpatient (including maternity)	10% after deductible
	Outpatient surgery	10% after deductible
	Emergency room services	\$250 copay, then 10% after deductible
	Urgent care	10% after deductible
	Outpatient services (CT scans, MRI, diagnostic)	10% after deductible
	Chiropractic services (12 visits annually)	10% after deductible
	Mental health/substance abuse: inpatient services	10% after deductible
	Mental health/substance abuse: office visit	10% after deductible
	Vision exam (one exam every 12 months)	10% after deductible
OUT-OF-NETWORK	Deductible for an individual	\$10,000
	Deductible for a family	\$20,000
	Plan pays/individual pays (co-insurance) after deductible	60%/40%
	Co-insurance and deductible out of pocket limit for an individual	\$15,000
	Co-insurance and deductible out of pocket limit for a family	\$30,000
	Wellness and preventive care	Not Covered
	Hospital inpatient (including maternity)	\$500 copay, then 40% after deductible
	Outpatient surgery	40% after deductible
	Emergency Room Services	\$250 copay, then 10% after deductible
	Mental health/substance abuse: inpatient services	\$500 copay, then 40% after deductible
	Mental health/substance abuse: office visit	40% after deductible

## PRESCRIPTION DRUG PROGRAM<sup>1</sup>

RETAIL	30-Day Supply	Generic	10% after deductible
		Preferred	10% after deductible
		Non-Preferred	10% after deductible
MAIL ORDER/ WALGREENS	90-Day Supply	Generic	10% after deductible
		Preferred	10% after deductible
		Non-Preferred	10% after deductible
		Diabetic Supplies	10%
		Participating Insulin	\$75
SPECIALTY	30-Day Supply	Generic	10% after deductible
		Preferred	10% after deductible
		Non-Preferred	10% after deductible

### Additional Plan Information

If a non-generic drug is purchased when a generic drug is available, the participant must pay a penalty of the difference in drug cost of the non-generic drug over its generic equivalent. This penalty does not accumulate toward the deductible or the maximum out-of-pocket limit.

A 90-day supply of maintenance drugs can be filled either by member selected retail pharmacy (Walgreens or CVS) or by mail order. Prices may vary.

Medical claims incurred outside the United States where no network exists will be considered In-Network.

The deductible is met by both medical and prescription expenses.

Copays for certain specialty medications will be set to the maximum available manufacturer Copay assistance. This copay adjustment will only apply after deductible satisfaction if this is a qualified high deductible plan. These Co-pays will be paid by the manufacturer after the participant applies for Co-pay assistance and will not apply toward MOOP.

Insulin copay applies to select insulin products whose manufacturers have chosen to participate in the Patient Assurance Program.

## Glossary of Terms

**Co-insurance** — The percentage of eligible claims you pay after you meet your deductible.

**Co-insurance and deductible out of pocket limit (out-of-network)** — The most you will have to pay in a year in out-of-network deductibles and co-insurance for covered benefits.

**Co-pay** — The fixed, up-front dollar amount you pay for certain covered expenses. Co-pay amounts apply after your in-network or out-of-network deductible and do not apply to your out-of-network coinsurance maximum.

**Deductible for individual coverage** — This applies only to an employee who has no dependents included on their coverage. The individual is responsible for paying for medical and prescription drug claim costs up to the plan's individual deductible amount before GuideStone® begins paying claims.

**Deductible for family coverage** — This applies to an employee who has dependents included on their coverage. The employee and dependents are responsible for paying for medical and prescription drug claim costs up to the plan's family deductible amount before GuideStone begins paying claims for anyone in the family. The family deductible may be met by one individual or by multiple family members' combined claims. This is known as a non-embedded deductible.

**Emergency care** — Medical services from the Emergency department of a hospital to evaluate a medical condition that, in the absence of immediate medical attention, would place the health of the individual in serious jeopardy, cause serious impairment to bodily functions or cause serious and permanent dysfunction to any bodily organ or part.

**Generic** — A bioequivalent to the brand-name drug made available to the public after the patent has expired on the brand-name drug. The generic version usually results in a less expensive drug. In-network — Health care services received from a provider in a network.

**Mail order** — Mail order is a service that allows you to refill recurring prescriptions (90-day supply) through an online pharmacy. You receive your prescriptions by mail.

**Maximum out-of-pocket (medical and prescription)** — The maximum out-of-pocket limit includes the deductible and co-insurance for eligible, in-network services. After the individual or family amount has been satisfied, the health plan covers all eligible, in-network health care expenses for the rest of the plan year. For family coverage, one individual cannot be responsible for more than the current IRS limit.

**Network provider** — A doctor, hospital or other health care facility that has entered into a contract to provide medical services or supplies at agreed-upon rates to you or your covered dependents under the plan.

**Non-preferred drugs** — A list of prescribed medications that are not on the plan's formulary.

**Preferred drugs** — Also known as formulary drugs, this is a list of commonly prescribed, brand-name medications that are selected based on their clinical effectiveness and opportunities to help control plan costs.  
Embedded V. Aggregate Deductibles:

**Retail pharmacy benefits** — This refers to filling your prescriptions at a participating network pharmacy. This approach is best for short-term prescriptions (up to 30-day). You could save money by filling recurring prescriptions via mail order (see above).

**Specialist** — Any physician not considered a primary care physician.

**Specialty drug** — Specific prescriptions used to treat complex, chronic or special health conditions.

**Telemedicine** — The use of telephone and/or live video technology in order to provide medical care.

**Urgent care** — Treatment at an urgent care facility for the onset of symptoms that require prompt medical attention.

**Vision exam** — Covers one annual eye exam per covered family member, which may include an eye health examination, dilation and/or refraction. Coverage does not include glasses or contact lenses (unless there has been a cataract extraction), eye surgery or retinal telescreening. See the Preventive Care Schedule for additional vision screening coverage for children when performed by a pediatrician or primary care physician as part of an annual well-child visit.

**Wellness and preventive care** — Refers to the services listed on the Preventive Care Schedule, which are covered at 100%, not subject to the deductible. The Preventive Care Schedule is based on services required under the Affordable Care Act of 2010 (ACA), as amended.

This information only highlights the depth of coverage and benefits you can receive when you protect yourself with GuideStone. There are limitations and exclusions that apply. This is a general overview of plans that are offered. The official plan documents and insurance contracts set forth the eligibility rules, limitations, exclusions and benefits. These alone govern and control the actual operation of the plan.

**Note:** A corresponding Summary of Benefits and Coverage was created to help consumers more easily understand their insurance benefits and compare plans. To view and download the Summary of Benefits and Coverage documents for all GuideStone medical plans available to you, visit **[GuideStone.org/Summaries](https://www.guidestone.org/summaries)**.

You may also request printed copies by calling **1-844-INS-GUIDE (1-844-467-4843 )** Monday through Friday, between 7 a.m. and 6 p.m. CST.



# **MEDICAL PLAN BENEFITS**



# A ROAD MAP TO YOUR GUIDESTONE MEDICAL COVERAGE

Your GuideStone medical plan is more robust and better than ever. Here's a road map to guide you in maximizing your benefits journey.



## STOP 1: QUANTUM HEALTH

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Think of Quantum Health as your personal team of nurses, benefit experts and claims specialist who will do whatever it takes to support your unique health care needs. Quantum Health is your one resource to contact whenever you need help with your medical, wellness or pharmacy benefits.

You have one mobile app, one website and one phone number.

Get to know [Quantum Health](#).

- [Download the Quantum Health app](#)
- [Visit GuideStoneHealth.org](#)
- [Call 1-855-497-1230](#)



## STOP 2: HELP CENTER

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Have a question?

Visit [Help.GuideStone.org](#) to find answers regarding:

- [Prescriptions](#)
- [Benefits](#)
- [Claims](#)



## STOP 3: PREVENTIVE CARE

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An ounce of prevention saves you cash and keeps you healthy.

Visit [GuideStone.org/PreventiveCare](#) to download preventive care information and download your Preventive Schedule at [GuideStone.org/PreventiveSchedule](#). Here are some of your covered benefits:

- [Your annual checkup](#)
- [Preventive mammograms and well-woman screenings](#)
- [Some cancer, diabetes and blood pressure screenings](#)







## STOP 4: WELLNESS TOOLS AND PROGRAMS

GuideStone's Wellness Tools and Programs page is the place to learn more about your benefits.

Visit [GuideStone.org/WellnessTools](https://GuideStone.org/WellnessTools) to:

- Access Teladoc® (telemedicine provider)
- Earn cash with SmartShopper®
- Take Advantage of Health Coaching



## STOP 5: ADDITIONAL BENEFITS

Your GuideStone medical plan is rich with extras you don't want to miss.

Visit [GuideStone.org/AdditionalBenefits](https://GuideStone.org/AdditionalBenefits) to discover how to:

- Access overseas coverage using BCBS Global® Core
- Get discounts for products and services using Blue365®
- Minimize damage from identity theft with Experian IdentityWorks<sup>SM</sup>



GuideStone®

# MEDICAL AND PRESCRIPTION COVERAGE

You have one card for both your medical and prescription benefits.



## PLAN INFORMATION

GS Group Number for GuideStone National Network Health Plans\* — **CQM363**

Blue High Performance Network Plans — **N2Q363**

GS Group Number for Medicare-coordinating Plans — **OBF363**

Member Number — Your Social Security Number

Benefit Questions — **1-855-497-1230**



**EXPRESS SCRIPTS®**

## PLAN INFORMATION

GS Group Number for GuideStone National Network Health Plans\*\* — **ABSBC01**

GS Group Number for Blue High Performance Network Plans — **ABSBC01**

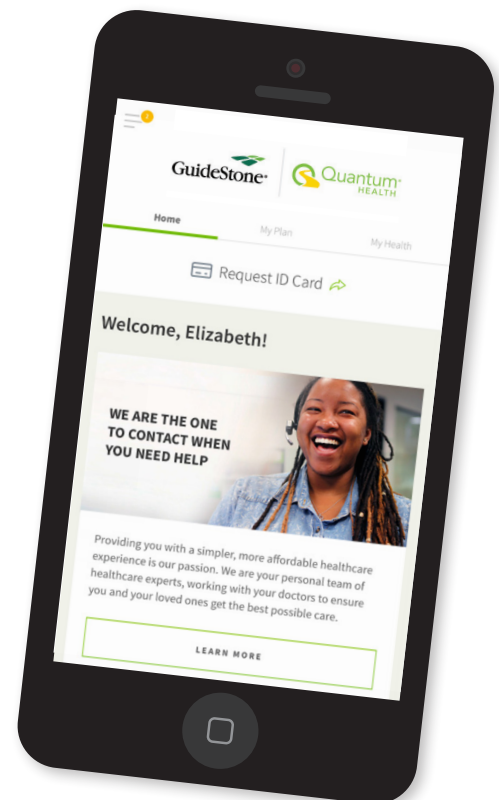
GS Group Number for Medicare-coordinating Plans — **ABSBC02**

Benefit Questions — **1-855-497-1230**

RX Bin for GuideStone Health Plans Except for Secure Health™  
(No PCN number required) — **610014**

Rx Bin for Secure Health™ Plans — **003858**

PCN Number for Secure Health™ Plans — **A4**



## WHAT IF I HAVEN'T RECEIVED MY ID CARD?

If you need to visit the doctor or pharmacy before receiving your ID card, reference the plan information below.

## ORDERING A NEW ID CARD

Employees are encouraged to call Quantum Health directly at **1-855-497-1230** to request replacement ID cards. You can also print them online at [GuideStoneHealth.org](https://www.GuideStoneHealth.org) or access the virtual member ID card in the Quantum Health app.

If you have questions about accessing your benefits before you receive your card, contact our customer solutions specialists by email at [Insurance@GuideStone.org](mailto:Insurance@GuideStone.org) or by phone at **1-844-INS-GUIDE** (1-844-467-4843) between 7 a.m. and 6 p.m. CT Monday through Friday.





## GETTING TO KNOW MYQHEALTH

Whenever you have questions about your healthcare, your MyQHealth Care Coordinators are here to help. Get personalized support and guidance when you need help with medical claims, health benefits, prescriptions and so much more – at no additional cost to you.

### 1. Register at **GuideStoneHealth.org**

If you haven't already registered at **GuideStoneHealth.org**, let's get started. Here's how: Click on **Register for a New Account** and provide the information requested. Anything with an asterisk (\*) is required. Then click **Next**. A verification code will be sent to your choice of mobile phone, if provided, or email address. **Enter the verification code**, and you're all set. After registering, you'll have 24/7 access to your health plan details and will be able to search for an in-network provider, print and save a copy of your ID card, chat with a Care Coordinator, and more.

### 2. Download the mobile app

Go to the App Store or Google Play and search for **MyQHealth - Care Coordinators**.

### 3. Find out more about your health plan benefits

Whether you're on **GuideStoneHealth.org** or the MyQHealth app, click/tap on **My Plan** to see what's available to you, such as finding providers and accessing benefit details, documents, claims, authorizations and more.

### 4. Click/tap around to see what resources are available to you

When you select **My Health**, you can access your incentive checklist to help keep track of health plan activities and incentives. If your plan includes lifestyle coaching and wellness programs, you'll find details here.

### 5. Verify your primary care physician (PCP)

You can find and assign your PCP, or primary doctor, in the **My Plan** section. Click/tap on **Primary Doctor** and enter your doctor's information to search. If you can't find your primary doctor in the list, click **Can't Find Your Doctor?** at the bottom of the page. Once you've found the provider you wish to designate – and have made sure your provider is in-network – choose **Assign** to designate as your primary doctor. If you have any questions or concerns, enter your personal contact information and click **Submit** for a MyQHealth Care Coordinator to assist you.

**Call Quantum Health at 855-497-1230 to put authorizations on file and help find physicians for any previously planned elective care procedures**

**GuideStoneHealth.org**

**855-497-1230**  
(Monday–Friday, 8:30 a.m.–10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**

# Introducing Care Finder™ from MyQHealth



## Find high-quality, cost-effective, in-network care – all with a single search tool

New to town and need a doctor? Out of town and need a doctor? Looking for the best place to have joint surgery? For all your healthcare research and decisions, now there's only one place you need to go – and it's as close as your computer or mobile device.

**Found on your MyQHealth member portal, Care Finder™ helps you find and compare** healthcare providers and facilities so you can make informed choices about the care you'll receive. Checking cost and quality rankings in advance can save you hundreds or even thousands of dollars and ensure you receive the best possible care.

### Find a **PROVIDER**








Search by provider name, facility name, ZIP code or procedure. **All search results are in-network\***, meaning your insurance provider has negotiated discounted rates for members of your benefits plan.

### Compare **COSTS**

Even in-network costs for providers and services can vary significantly. Estimated costs for providers, facilities and procedures are based on the amount health plans have typically paid on claims in your area, from the lowest cost to the highest. The "Fair Price" is the amount you can reasonably expect a medical service to cost.\*

### Compare **QUALITY**

These ratings reflect provider and facility performance across multiple criteria, including patient outcomes. Provider Quality Ratings also reflect compliance with standards of care and are updated annually.

 Facilities This Doctor May Use	 At or Below Fair Price	 Highest Quality
	 Slightly Above Fair Price	 Average Quality
	 Highest Price	 Lowest Quality

\*You should verify a provider's network status prior to your visit, as they sometimes switch networks. While you're at it, you can ask them for an estimate of your anticipated out-of-pocket costs for the procedure.

[GuideStoneHealth.org](http://GuideStoneHealth.org)

**855-497-1230**  
(Monday–Friday, 8:30 a.m.–10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**

## Quickly find quality, in-network care at a reasonable price.

When it comes to choosing a provider and a facility for common services – imaging, diagnostic procedures, outpatient surgery and more – you have options. With Care Finder™, seeking them out is an easy, informative experience.

### Go to Care Finder without leaving MyQHealth

1. Log on to your member portal or app
2. Go to the **My Plan** section
3. Select **Care Finder** in the menu
4. Begin your search...

### Search for providers and facilities

- Search by provider name, facility name, ZIP code or procedure
- Learn which providers are accepting patients
- Find out how far away they are
- All results are in-network\*

### Compare cost and quality ratings

- Highest-quality, lowest-cost providers and facilities are shown first
- See a Fair Price estimate for total procedure costs
- Explore three levels of detail for each provider:
  1. Name, location, quality rating and whether they're accepting new patients
  2. Expanded view, including specialties, gender, languages spoken and procedures
  3. The Fair Price for a procedure presented along a market price spectrum

Refine Results

Distance: Select Distance... Quality Ranking: Highest Quality, Lowest Quality Accepting New Patients: Yes, Unknown Gender: Female, Male Languages Spoken: English, French, Italian, Spanish, Telugu Specialty: Anesthesiology, Cardiology

Provider: Stone-Smith, Abbie Marie, DO Hospitalist, Internal Medicine 5 miles In-Network Accepting New Patients: Unknown 3555 Olentangy River Rd, Suite 1080 Columbus, OH 43214 Phone: 614-268-8164

Smith, Jimmy Shaun, DO Pulmonary Disease, Emergency Medicine, Internal Medicine 7 miles In-Network Accepting New Patients 2050 Kenny Rd Columbus, OH 43221 Phone: 614-293-4925

Biersmith, Michael, MD Internal Medicine 8 miles In-Network Accepting New Patients 473 W 12th Ave Suite 200 Columbus, OH 43210 Phone: 614-292-0367

Care Finder

Smith, Jimmy Shaun, DO Pulmonary Disease, Emergency Medicine, Internal Medicine

Back / Return To Results NEW SEARCH

Overview Locations

2050 Kenny Rd Columbus, OH 43221 Phone: 614-293-4925 Fax: 614-293-9503

Specialty: Pulmonary Disease, Emergency Medicine, Internal Medicine Gender: Male Languages Spoken: English

Quality Ranking: In-Network, Accepting New Patients NPI: 1598717894

Care Finder

Laidlaw-Smith, Hydi Fay, DO General Surgery

Back / Return To Results NEW SEARCH

Total Procedure Price: Appendectomy

Fair Price \$15,151

\$12,122 \$37,878+

FACILITIES THAT PERFORM THIS PROCEDURE:

Sort Results

Facility: Wexner Medical Center at The Ohio State University - Hospital (8 miles) 410 W 10th Ave Columbus, OH 43210 Cost Ranking: \$ Quality Ranking: A

OhioHealth Doctors Hospital - Hospital (11 miles) Cost Ranking: \$ Quality Ranking: A

\*You should verify a provider's network status prior to your visit, as they sometimes switch networks. While you're at it, you can ask them for an estimate of your anticipated out-of-pocket costs for the procedure.

GuideStoneHealth.org

855-497-1230  
(Monday–Friday, 8:30 a.m.–10 p.m. ET)

Download the app | MyQHealth - Care Coordinators

# WHERE TO GO FOR CARE

## HOW TO MAKE THE SMART CHOICE WHEN CHOOSING MEDICAL CARE

You need medical care, but where should you go? Your GuideStone® medical coverage provides five basic options. See which one is right for you.

	Telemedicine (Teladoc®)	Primary Care Physician	Urgent Care	Hospital-based ER	Freestanding ER*
Some Common Conditions	Cold and flu	Regular health screenings	Sprains and strains	Persistent chest pain	Sudden, severe headache
	Bronchitis	Regular health checkups	Sports injuries	Difficulty speaking, altered mental status	Fever in a newborn baby
	Allergies	Fever without a rash	Cuts that require stitches	Sudden or unexplained loss of consciousness	Severe pain
Why Visit	The convenient choice	The in-office choice	The urgent and after-hours choice	The emergency choice	The emergency choice
Cost	\$	\$\$	\$\$\$	\$\$\$\$\$	\$\$\$\$\$
Hours	24/7/365	Weekdays only (typically)	8 a.m.–9 p.m. every day (typically)	24/7/365	24/7/365
Wait Time	15-minute call- back time	By appointment only	Varies depending on demand. Online check-in may be an option.	Could wait hours before seeing a doctor	Generally shorter wait times than a hospital-based emergency room

\*Freestanding emergency rooms generally do not accept patients delivered via ambulance. Remember, if you are facing a life-threatening situation, always go to the hospital-based emergency room first. Freestanding emergency room treatment can cost thousands more than the same treatment at an urgent care clinic.



## URGENT CARE OR FREESTANDING EMERGENCY ROOM? HOW TO KNOW THE DIFFERENCE

Distinguishing between an urgent care facility and a freestanding emergency room can be tricky. It's important to know where you are being treated, because freestanding emergency room treatment can cost thousands more than the same treatment at an urgent care clinic.

Look for the following clues to distinguish the difference. Freestanding emergency rooms:

- Include the word “emergency” in the facility name
- Are never attached to a hospital
- Are usually located in more affluent neighborhoods
- Offer more complex treatment options than urgent care
- Do not accept Medicare and Medicaid patients
- Charge much higher prices than urgent care facilities

## BE PREPARED TO ACCESS THE RIGHT CARE

While we all hope never to need emergency, urgent or after-hours care, it is wise to be prepared by:



Registering with [Teladoc.com/GuideStone](https://Teladoc.com/GuideStone) now so you can easily access care when you are ill. Our Teladoc services include General Medical, Dermatology and Mental Health.



Familiarizing yourself with the location of your nearest urgent care clinics.



Learning which hospital emergency rooms are part of your network by visiting [GuideStoneHealth.org](https://GuideStoneHealth.org), using Quantum Health app or calling 1-855-497-1230.

It is also important to be familiar with your insurance provider's options for treatment. GuideStone members can review the options for seeking treatment and benefit levels in your plan booklet available at [My.GuideStone.org](https://My.GuideStone.org).



# WELLNESS TOOLS AND ADDITIONAL BENEFITS

## Available in Your GuideStone® Medical Plan

GuideStone's health plans include a rich array of tools to help members maximize your coverage dollars and additional benefits designed to enrich your life.



## WELLNESS TOOLS AND PROGRAMS

Staying healthy is easier than ever — **you just need the right tools!** Learn what's available in your GuideStone medical plan\*.

Visit [GuideStone.org/WellnessTools](https://www.guidestone.org/WellnessTools).

### Quantum Health

Think of Quantum Health as your personal team of nurses, benefit experts and claims specialists who will do whatever it takes to support your unique health care needs. Quantum Health is your one resource to contact whenever you need help with your medical, wellness or pharmacy benefits.

**Quantum Health is just a tap, click or call away. You have one mobile app, one website and one phone number.**

Quantum Health app | [GuideStoneHealth.org](https://www.GuidestoneHealth.org) | 1-855-497-1230

Get to know [Quantum Health](#)

### See what they are saying about Quantum Health:



"My care coordinator was amazing!! She made me feel heard and took the situation out of my hands and handled it! I don't owe my doctors anymore!"

"Carolyn did such an excellent job. I felt like she listened to me, she heard my concerns, she was solutions-oriented, she researched everything thoroughly, and most of all, she connected with me as an individual. It was an excellent experience, which does which doesn't happen often, and I got off the call feeling so happy with my experience! She made me feel seen and heard, and I cannot tell you how much that meant to me and made my day!"

### Save on Health Care

- [Quantum Health CareFinder](#) enables you to stay in-network and estimate your cost.
- [SmartShopper](#)® allows you to earn cash rewards of up to \$1,000 and reduce your out-of-pocket health care costs by shopping for health care procedures with SmartShopper. Access SmartShopper by simply calling **1-866-285-7475** to speak to a personal assistant.
- [Teladoc](#)® (telemedicine provider) means that you have access to U.S. board-certified doctors, including pediatricians, all day, every day — even holidays for general medical care. Register today at [Teladoc.com/GuideStone](https://www.Teladoc.com/GuideStone). Your Teladoc services include [General Medical](#), [Dermatology](#) and [Mental Health](#).

\*Cigna International and Medicare-coordinating plans are excluded from wellness tools and additional benefits. Global Core plans do not have access to Quantum Health or Quantum Health wellness tools. SmartShopper is not available to Blue HPN plans. Teladoc mental health benefits are not available on Secure Health™ plans.



## Take Charge of Your Health

- [Quantum Health](#) gives you a comprehensive set of tools, resources, care management, wellness and member solutions to lead your healthiest possible life. Take advantage of programs like [health coaching](#) and the [Early Steps Maternity program](#).
- [Blue Distinction Centers](#) are high-quality hospitals that can lower your chance for complications and shorten your stay. Blue Distinction is a designation awarded by the [Blue Cross Blue Shield Association](#) to hospitals proven to deliver superior results for complicated, costly procedures.
- [Sword Virtual Physical Care Program](#) pairs you virtually with a sword-licensed physical therapist, who assesses your pain and tailors a program to your unique needs. Sword offers a digital solution for those experiencing pain in the back, neck, shoulder, elbow, wrist, hip, knee, or ankle. Utilizing wearable FDA-listed motion sensors and the sword tablet to guide movement, the physical therapists evaluate real time biofeedback as you go through the exercise sessions. The physical therapist provides ongoing virtual support and guidance throughout the program and is available for questions along your journey. You have access to this benefit at no cost and with no visit limitations. Please review the [Sword Virtual Physical Care Tutorial](#) and [Frequently Asked Questions](#) for additional information. Book your free consultation today at [Join.SwordHealth.com/BCBS](#).
- [Twin Health](#) delivers individualized guidance to help members with Type 2 diabetes. It is a dynamic, digital representation of a person's unique metabolism, built from thousands of data points gathered daily from non-invasive wearable sensors and self-reported preferences. For additional information, please view the [Twin Health – Just for You video](#) and review the [Frequently Asked Questions](#). Start reversing your Type 2 diabetes by signing up for Twin Health at [Partner.TwinHealth.com/GuideStone](#).

Watch the video at [GuideStone.org/TwinHealth](#) to see how Twin Health has helped GuideStone members reverse Type 2 diabetes.



## ADDITIONAL BENEFITS

Your GuideStone medical plan protects **more than your health**. It also provides for your entire well-being with these additional benefits.

Visit [GuideStone.org/AdditionalBenefits](#).

- [BCBS Global Core](#) — Members traveling outside the United States have access to doctors and hospitals in more than 200 countries and territories around the world. Download the [BCBS Global Core app](#) or go to [BCBSGlobalCore.com](#) to help you find doctors, translate medical terms and access emergency care information when you're outside the United States.
- [Blue365](#)® — This member discount program can help you save on products and services that are not part of your medical coverage. To browse all the deals, go to [Blue365Deals.com](#).
- [Experian IdentityWorks](#)™ — Highmark BCBS provides Experian IdentityWorks to help members who are victims of identity theft. Enrollment is required at [ExperianIDWorks.com/Highmark](#). Members must provide their personal information to enroll online or via phone. **Please note:** You will receive an email in December to confirm your coverage for the next year.
- [Vision Benefit](#) — For individuals in the majority of GuideStone's plans, your vision benefit covers one annual eye exam per covered family member. The coverage does not include the cost of glasses or contact lenses. You must use an in-network provider to receive this benefit. The vision benefit is not available in all plans. Please review your plan booklet for details.



GuideStone®

# No matter where in the world you are — WE HAVE YOU COVERED.

Did you know that your GuideStone® medical plan's health care benefits travel around the world with you?

That's right! Your Blue Cross Blue Shield (BCBS) Global® Core and Express Scripts prescription benefits provide you access to doctors, hospitals, prescriptions and other health-related benefits no matter where in the world you are.

Your Global Core benefits offer you the same Blue Cross Blue Shield coverage when traveling outside the United States that you enjoy while you are at home.

## ACCESSING YOUR BENEFITS IS EASY!

### Medical Assistance

- Download the BCBS Global Core app.
- Visit [BCBSGlobalCore.com](https://www.bcbsglobalcore.com).
- Call toll-free at 1-800-810-BLUE (2583).
- Call collect at (804) 673-1177 if you are outside the United States.

### Prescription Drugs

- Contact Express Scripts toll-free at 1-800-555-3432.
- Call toll-free at 1-800-497-4641 or collect at (614) 421-8292 for international claims while you are outside of the United States.

### It's important to have your GuideStone Highmark BCBS card handy when you call!

You will need to provide BCBS Global Core the following:

- Identify yourself as a GuideStone member.
- Tell the representative your member ID number from your GuideStone Highmark BCBS card.
- Share the group number from your GuideStone Highmark BCBS card.
- Tell the representative the date of birth of the person receiving treatment.

## BCBS GLOBAL CORE

### Medical Plan Services

- Find hospitals, health care providers and pharmacies.
- Obtain translation services.
- Access local emergency information.
- Seek out drug equivalents.
- Research destination profiles.
- Explore the travel health center.

## How do I use the BCBS Global Core benefits?

- Call BCBS Global Core at 1-800-810-2583 if you require medical attention overseas.
- If it's an emergency, please go to the nearest hospital first and then contact BCBS Global Core.
- In addition to contacting BCBS Global Core, call Highmark BCBS for precertification or preauthorization at 1-866-472-0924 anytime between 7 a.m. and 6 p.m. U.S. CST. (Please note that this number is different from the BCBS Global Core number.)
- If you need inpatient care, call BCBS Global Core at 1-800-810-2583 to arrange direct billing. In most cases, you should not need to pay up front for inpatient care except for the out-of-pocket expenses (non-covered services, deductible, co-payment and co-insurance) you would normally pay. The hospital should submit the claim on your behalf.
- For outpatient and doctor care – or inpatient care not arranged through BCBS Global Core – you may need to pay up front and then file a claim. You can either do this online at [BCBSGlobalCore.com](https://www.bcbsglobalcore.com); through the BCBS Global Core mobile app by selecting “Claims” and then submitting your paper form; or completing the online wizard. Make sure you also attach all your bills along with your claim form.

## Emergency Evacuation

In the event that a facility does not have the resources to provide the appropriate level of care, transportation will be arranged to take you or your eligible dependent to the nearest facility that can provide the level of care necessary. BCBS Global Core can also help you find cost-effective transportation for family members.

## How does the medical evacuation benefit work?

- 1 The Highmark BCBS member, a family member, the physician or the treating facility MUST notify BCBS Global Core by calling 1-800-810-BLUE (2583) or calling collect (804) 673-1177 – which is available 24 hours a day, seven days a week.
- 2 The Global Core representative will ask the treating medical team to provide clinical details to assess need and urgency. Insufficient diagnostic equipment/services will be a consideration for an evacuation assessment.
- 3 While the clinical condition is assessed, confirmation of eligibility will occur, which can take one to two hours. If the emergency occurs outside BCBS business hours, an emergency phone tree is in place to assure BCBS Global Core can contact GuideStone for after-hours eligibility confirmation.
- 4 BCBS Global Core and the local medical team will determine if transport is necessary based on the appropriateness of local care in relation to the medical need. The team will also determine the type of transport and location based on the medical need.
- 5 In the event a medical evacuation is required, BCBS Global Core will begin arrangement of medical transport details during the assessment by obtaining multiple quotes from available vendors to determine the best fit for the needs of the member.
- 6 For emergency evacuations, location will likely be to the closest facility able to meet the medical needs of the member. For longer-term rehabilitations, repatriation may be considered as determined appropriate by BCBS Global Core.

## Repatriation for Medical Coordination

If treatment for you or your eligible dependent is determined to be extensive, the BCBS medical assistance coordinator might determine it is appropriate to have you near family and friends who can assist you. In this case, the medical assistance coordinator will arrange your transportation and alert the local hospital of the impending patient move and the level of care needed.

## Repatriation of Remains

In the unfortunate event that you or an eligible dependent pass away while outside of the United States, arrangements will be made for the remains to be transported back to the United States.

## EXPRESS SCRIPTS

### Prescription Benefits

If you are planning to be outside the United States for an extended period of time, you can either request a 12-month supply of your prescription medication to be prescribed in advance through Express Scripts or obtain the medication at your local pharmacy and submit a claim for payment to Express Scripts.

### How do I file an international prescription drug claim?

Simply complete the Express Scripts prescription claim form, which can be found at [GuideStone.org/Claims](https://www.guidestone.org/claims), and mail it to the address written on the form. To ensure completion of the claim, tape receipts to the form and provide this important information:

- Date the prescription was filled
- Name and address of the pharmacy
- Doctor name or ID number
- NDC number (drug number)
- Name of drug and strength
- Quantity and days' supply
- Prescription number (Rx number)
- DAW (Dispense as Written)
- Amount paid

If you have any questions, contact Express Scripts directly at 1-800-555-3432. While you are outside of the United States, you can either call toll-free at 1-800-497-4641 or collect at (614) 421-8292.

## TO LEARN MORE ABOUT BCBS GLOBAL CORE:

- Visit [BCBSGlobalCore.com](https://www.bcbsglobalcore.com).
- Use the BCBS Global Core app. (Rates from your wireless provider may apply.)
- Call Highmark BCBS at 1-866-472-0924, available 7 a.m. to 6 p.m. CST.
- Call the Service Center at 1-800-810-2583 or collect at (804) 673-1177, 24 hours a day, seven days a week.

The BCBS Global Core program was formerly known as BlueCard Worldwide®.

Blue Cross, Blue Shield, the Blue Cross and Blue Shield symbols, BlueCard, BlueCard Worldwide and Blue Cross Blue Shield Global are trademarks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield companies.



# Get started with Teladoc Health

It's quick and easy to set up your account online. Simply visit [Teladoc.com/GuideStone](https://Teladoc.com/GuideStone), click "Sign in" and then "Create a new account". Then simply follow the instructions below.

## 1 Confirm benefits

Provide some information about yourself to confirm your eligibility.

### Tell us about you

Enter your information just as it appears on your health insurance card or pay stub.

\* Required

First Name\*

Last Name\*

Email\*

Country\*

ZIP code\*

Sex assigned at birth\*

Month of birth\*   Day\*   Year\*

MM   DD   YYYY

☐ I received a Teladoc code from my employer or insurance company

Next

Note: You will need to use the exact name that is listed on your ID card.

## 2 Find your coverage

You may see one of these two screens, but both will effectively get you started.

### We found a match!

These care options are available with your coverage.

Staged Eil Primary Staged Eil Dependent Card.

- General Medical

Is this incorrect? [Add new coverage](#) or call us at [1-800-835-2362](tel:1-800-835-2362)

Next

Confirm the coverage that has been matched to you. You will then be asked for your member ID located on your ID card.

### Select your health insurance

\* Required

Insurance company\*

No insurance? [You can also pay per visit.](#)

Next

Pick your health plan from the drop-down menu and enter **Highmark Blue Cross Blue Shield**.

### 3 Create account

Enter your contact information, username, password and security questions.

#### Finish creating your account

\* Required

##### Create your username and password\*

Username\*

Password\*

Confirm password\*

##### Enter your information\*

Address\*

Address line 2 (Optional)

City\*

Country\*

State\*

ZIP code\*

#### Secure your account\*

Security question 1\*

Answer 1\*

Security question 2\*

Answer 2\*

Security question 3\*

Answer 3\*

#### Visit preferences\*

Country

Preferred Phone Number\*

Preferred language for visits\*

☐ TTY relay service needed (hard-of-hearing, speech impairment, or similar)

How did you learn about Teladoc?

☐ I accept Teladoc's [Notice of Privacy Practices](#), [Terms of Service](#) and [Notice of Nondiscrimination and Language Assistance](#).

Create account

Once your account is created, eligible dependents under 18 years of age can be added in your account settings under the primary member. Dependents older than 18 should follow the steps above to create their own account.

## Set up your Teladoc Health account today

Visit [Teladoc.com/GuideStone](https://Teladoc.com/GuideStone) | Call 1-800-TELADOC (800-835-2362) | Download the app  

\*Teladoc Health is not available internationally.

© Teladoc Health, Inc. 2 Manhattanville Rd. Ste 203, Purchase, NY 10577. All rights reserved. The marks and logos of Teladoc Health and Teladoc Health wholly owned subsidiaries are trademarks of Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions. Due to COVID-19, some employers have elected to waive member cost sharing. To obtain information about your cost sharing, please contact Highmark member service at the telephone number on the back of your ID Card.



# Hello SmartShopper

Offered by Highmark Blue Cross Blue Shield, SmartShopper saves money and helps you earn rewards when you have routine medical procedures and tests.

## How it works



**1. SHOP**  
by phone or online



**2. GO**  
to a cost-effective,  
in-network location  
you choose



**3. EARN**  
\$25 or more in  
rewards

## Why SmartShopper?

- Prices for the same in-network, high-quality procedure can vary dramatically between locations
- SmartShopper lets you compare convenient, in-network locations and choose the best option
- You save money out-of-pocket and earn a share of the overall savings as a reward
- It's easy to shop online or with a Personal Assistant, who can also schedule your procedure



**98% of SmartShoppers would recommend this program to a friend or co-worker.**

2019 Survey of SmartShopper Users

Call the SmartShopper Personal Assistant Team at 1-866-285-7475.

Call the SmartShopper Personal Assistant Team Monday through Thursday from 8 a.m. to 8 p.m. and Friday from 8 a.m. to 6 p.m. ET.



The SmartShopper program is offered by Sapphire Digital, an independent company. Incentives available for select procedures only. Payments are a taxable form of income. Rewards may be delivered by check or an alternative form of payment. Members with coverage under Medicaid or Medicare are not eligible to receive incentive rewards under the SmartShopper program.

Prices for medical services are provided for illustrative purposes only and may not reflect current/actual pricing in your geographic region.

Insurance or benefit administration may be offered or provided by Highmark Blue Cross Blue Shield or by Highmark Choice Company, both of which are independent licensees of the Blue Cross and Blue Shield Association. Health care plans are subject to the terms of the benefit agreement.

The Claims Administrator complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



# **PREVENTIVE CARE**





# AN OUNCE OF PREVENTION

## SAVES YOU CASH AND KEEPS YOU HEALTHY

Preventive care helps you stay healthy by checking for health problems early when they are easier to manage. Your GuideStone® medical coverage offers a wide array of preventive care services with no out-of-pocket costs to you!

All you have to do is follow your plan's Preventive Care Schedule to receive services such as:

- Annual checkups for adults
- Cancer, diabetes and blood pressure screenings
- Mammograms and well-woman screenings
- Immunizations for children and adults
- Prenatal and fetal screenings
- Routine checkups for infants, children and teens
- Developmental screenings for toddlers
- Special preventive services for at-risk individuals

Find out what's covered in your plan's Preventive Care Schedule by visiting [GuideStone.org/PreventiveSchedule](https://www.GuideStone.org/PreventiveSchedule).

For answers to frequently asked questions about preventive care, go to [Help.GuideStone.org/PreventiveCare](https://www.Help.GuideStone.org/PreventiveCare).

# PLAN YOUR CARE AND SAVE YOUR CASH

Your GuideStone health plan includes a robust schedule of preventive care services.

**Here's a simple five-step plan for accessing them.**

## **1. FOCUS ON THE *PREVENTIVE CARE SCHEDULE***

- Download your Preventive Care Schedule by visiting [GuideStone.org/PreventiveSchedule](https://GuideStone.org/PreventiveSchedule).
- Review the services available to you based on your age and gender.
- Get paid to shop for your preventive care mammograms and colonoscopies.  
Learn About [SmartShopper®](#).

## **2. STAY IN YOUR NETWORK**

- Access provider information at [GuideStoneHealth.org](https://GuideStoneHealth.org).
- Go to My Plan>Care Finder to find in-network health care providers in your neighborhood.

## **3. SCHEDULE AN APPOINTMENT**

- Tell the provider you are coming in for preventive services.
- Bring a copy of your [Preventive Care Schedule](#) with you.

## **4. PLAN FOR FOLLOW-UP**

- Schedule follow-up appointments if necessary.
- Understand that any treatment administered in subsequent appointments will be subject to your standard coverage rules, not the *Preventive Care Schedule*.

## **5. MONITOR YOUR *EXPLANATION OF BENEFITS* (EOB) STATEMENTS**

- Review your statements when they arrive.
- If there are any issues, work with your provider or contact Highmark to assure the procedures were submitted with the accurate information.

### **What's the difference between preventive care and diagnostic visits?**

A Highmark BCBS customer advocate explains how the codes on your claims determine how your benefits are paid at [GuideStone.org/PreventiveClaims](https://GuideStone.org/PreventiveClaims).



# **DENTAL PLAN BENEFITS**



## For Group Plans

# DENTAL PLANS

Offering a dental plan to your employees can make dental care more affordable, help them budget for their families' dental care and allow them to make better health choices.

Effective January 1, 2024

Monthly Rates	Premier Dental Care Plan <sup>1</sup>	Cigna Dental Care DHMO Plan
Employee	\$39.93	\$22.80
Employee + Spouse	\$79.86	\$38.53
Employee + Child(ren)	\$99.83	\$53.81
Employee + Family	\$139.76	\$63.38

Dental Plan Comparison Chart	Premier Dental Care Plan <sup>1</sup>	Cigna Dental Care DHMO Plan
Providers	May use any provider or save with network providers	May use only providers in the network
Deductible (per person per year) <sup>2</sup>	\$50	No deductible
Annual maximum benefit (per person)	\$1,500	No annual maximum
Preventive services	0%	\$5 office visit co-pay + applicable fee (if any) <sup>3</sup>
Basic restorative care	20%	\$5 office visit co-pay + applicable fee (if any) <sup>3</sup>
Major restorative care	50%	\$5 office visit co-pay + applicable fee (if any) <sup>3</sup>
Orthodontia	50% with a lifetime maximum benefit of \$1,000	\$5 office visit co-pay + applicable fee (if any) <sup>3</sup>

<sup>1</sup>Coverage percentages based on reasonable and customary charges.

<sup>2</sup>Deductibles apply to basic and major services for the Premier Dental Care and Choice Dental Care plans.

<sup>3</sup>The Cigna DHMO is not available in the following states: AK, ME, MT, NH, NM, ND, SD, VT and WY.

## HELPFUL PLAN TIPS:

### Premier Dental Care Plans

- The Premier Dental Care Plan allows you to use any provider and receive benefits. However, the plans also allow you to take advantage of cost savings through Cigna's Dental PPO network.
- An annual maximum in-network benefit is \$1,500. The out-of-network annual maximum benefit is \$1,200. Once the plan has paid the annual maximum for the year, you will be responsible for 100 percent of the costs for your dental care for the rest of that year. This maximum benefit is for each family member covered by the plan

### Cigna Dental Care DHMO Plan

- With the Cigna Dental Care DHMO Plan (not available in all areas), you must select a primary care provider or dental office in the Cigna Dental Care Access Plus network to receive benefits.
- One of every five dentists is in both the Cigna DPPO and Cigna Dental Care Plus networks. There are more than 31,000 dentists in 40+ states and growing. It has a lower monthly premium with predictable costs based on the Patient Charge Schedule.

To find a PPO or HMO dental network provider in your area, visit [Cigna.com](https://www.cigna.com) or call **1-800-CIGNA24**.

These dental products are administered by Cigna Health and Life Insurance Company through GuideStone Financial Resources' benefits program.



# GUIDESTONE GIVES YOU DENTAL PLANS TO SMILE ABOUT!

## *My.Cigna.com*

Everything you need to know about accessing and managing your dental benefits is just a click away.

[my.Cigna.com](https://my.cigna.com)

## Find A Dentist

Use providers in the Cigna Dental PPO network (Premier Dental Care and Choice Dental Care) to receive services at a discounted rate.

[my.Cigna.com](https://my.cigna.com)

## Cigna Healthy Rewards®

Access discounts on health and wellness products and programs.

[my.Cigna.com](https://my.cigna.com) | 1-800-Cigna24

## Oral Health Integration Program®

These enhanced benefits are available to pregnant women and those diagnosed with certain health conditions.

[GuideStone.org/AdditionalBenefits](https://GuideStone.org/AdditionalBenefits)

1-800-Cigna24

## Dental Plan Schedules

See what's included in your dental plan benefits.

[GuideStone.org/MemberResources](https://GuideStone.org/MemberResources)

## Dental FAQs

Here's where you can find answers to all your dental plan questions.

[GuideStone.org/DentalFAQs](https://GuideStone.org/DentalFAQs)

Explore all your additional dental benefits at:

[\*\*GuideStone.org/AdditionalBenefits.\*\*](https://GuideStone.org/AdditionalBenefits)

# DENTAL COVERAGE



To find a dentist near you, or view dental plans, call **1-800-244-6224** visit [my.Cigna.com](https://my.Cigna.com) or download the myCigna app.

## myCigna Mobile App

Search for myCigna in your app store. Log in and register with your ID number to [manage your profile and your health plan](#).



### Health Care Professional Directory

Easily search for an in-network dentist and access instant driving directions.



### ID Cards

Quickly view ID cards and print, email or scan plan information from your smartphone.



### Claims

View recent and past claims and bookmark group claims for convenient reference.



### Claims

Instantly review coverage and out-of-pocket costs.

## YOUR DENTAL ID CARD IS AVAILABLE VIRTUALLY

Cigna dental plan information for your reference.

### PLAN INFORMATION

GuideStone Group Number — **3172000**

GuideStone HMO Group Number — **10112922**

Subscriber ID — Your Social Security number

Benefit questions — **1-800-CIGNA24** (1-800-244-6224)





# **TERM LIFE AND ACCIDENT PLAN BENEFITS**



# The Evangelical Alliance Mission

## Domestic Term Life and Accident Plans

### Term Life and Accident Plans – Long Term Global Workers

Employee & Affiliated Spouse Term Life and AD&D	
<i>Employer Paid</i>	
<b>Term Life Coverage Amount</b>	<b>\$10,000</b>
<b>AD&amp;D Coverage Amount</b>	<b>\$10,000</b>

Employee & Affiliated Spouse Optional Term Life	
<i>Employee Paid</i>	
<b>Available Coverage Amounts</b>	<b>\$25,000, \$50,000, \$75,000, \$100,000, \$150,000, \$200,000</b>
<b>See Monthly Optional Term Life rates below.</b>	
Guaranteed issue is available at initial eligibility for up to \$150,000 in coverage. Coverage amount of \$200,000 requires <a href="#">Evidence of Good Health Application</a> .	
Benefit reduction at age 65	Reduces to 65% of current amount but not to reduce below \$20,000 of coverage.

Non-Affiliated Spouse Term Life	
<i>Employee Paid</i> – No Evidence of Good Health is required.	
<b>Coverage Amount</b>	<b>\$5,000</b>
<b>Rate: \$0.95 per month</b>	

Non-Affiliated Spouse Optional Term Life	
<i>Employee Paid</i>	
<b>Coverage Amount</b>	<b>May select up to 50% of the employee's total life coverage. Must be in a \$5,000 increment.</b>
<b>See Monthly Optional Term Life rates below.</b>	
<a href="#">Evidence of Good Health Application</a> is required.	

Monthly Optional Term Life Rates	
Age	Rate per \$1,000
29 & Under	\$0.056
30-34	\$0.068
35-39	\$0.08
40-44	\$0.11
45-49	\$0.18
50-54	\$0.28
55-59	\$0.47
60-64	\$0.72
65-69	\$1.20
70-74	\$2.24
75+	\$3.45



### Child Life

*Employee Paid*

<b>Coverage Amount</b>	<b>\$10,000 per child</b>
------------------------	---------------------------

Rate: \$0.75 per month per family unit

Guaranteed issue is available at initial eligibility; coverage continues to age 26. Application after initial eligibility requires [Evidence of Good Health Application](#).

### Employee & Affiliated Spouse Supplemental AD&D

*Employee Paid*

Pays you or your beneficiary if you die or suffer a specified loss (eyesight, speech, hearing, hand or foot) in an accident

<b>Available Coverage Amounts</b>	<b>\$25,000, \$50,000, \$75,000, \$100,000, \$150,000, \$200,000</b>
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**Rate: \$0.025 per \$1,000 per month**

Participation in the Employee Term Life Plan is not required. Evidence of Good Health is not required for accident plans.

### Non-Affiliated Spouse Supplemental AD&D

*Employee Paid*

Pays you or your beneficiary if you die or suffer a specified loss (eyesight, speech, hearing, hand or foot) in an accident

**Non-Affiliated Spouse will be covered at 50% of the employee's supplemental AD&D coverage.**

**Rate: \$0.025 per \$1,000 per month**

Participation in the Employee Term Life Plan is not required but participation in Supplemental AD&D is required. Evidence of Good Health is not required for accident plans.

The above amounts of coverage are not available for Term life and accident coverage to participants working in the following countries: Afghanistan, Algeria, Central African Republic, Chad, Congo, East Timor, Eritrea, Iran, Iraq, Kenya, Lebanon, Pakistan, Somalia, South Sudan, Sudan, Syria, Tanzania, Uganda, Uzbekistan or Yemen.

**PLEASE NOTE: Members traveling in an Unum-restricted country for work or work-related travel will be subject to the maximum payout for Unum-restricted countries. The maximum payout for Unum-restricted countries includes 1) \$10,000 of employer provided Term Life for an Employee and an Affiliated Spouse and 2) a maximum benefit of \$20,000 for Employee and Affiliated Spouse Optional Term Life. Full benefits will be paid out for non-work-related travel.**

## Term Life and Accident Plans – Mid Term Global Workers

### Employee Life & Affiliated Spouse Term Life and AD&D

*Employer Paid*

<b>Term Life Coverage Amount</b>	<b>\$10,000</b>
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<b>AD&amp;D Coverage Amount</b>	<b>\$10,000</b>
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## Term Life and Accident Plans – Staff

Employee Term Life and AD&D	
<i>Employer Paid</i>	
<b>Term Life Coverage Amount</b>	<b>\$10,000</b>
<b>AD&amp;D Coverage Amount</b>	<b>\$10,000</b>

Employee Optional Term Life	
<i>Employee Paid</i>	
<b>Available Coverage Amounts</b>	<b>\$25,000, \$50,000, \$75,000, \$100,000, \$150,000, \$200,000</b>
Guaranteed issue is available at initial eligibility for up to \$150,000 in coverage. Coverage amount of \$200,000 requires <a href="#">Evidence of Good Health Application</a> .	
Benefit reduction at age 65	Reduces to 65% of current amount but not to reduce below \$20,000 of coverage.

Spouse Term Life	
<i>Employee Paid</i>	
<b>Coverage Amount</b>	<b>\$5,000</b>
<b>Rate: \$0.95 per month</b>	
No Evidence of Good Health is required.	

Spouse Optional Term Life	
<i>Employee Paid</i>	
<b>Coverage Amount</b>	<b>May select up to 50% of the employee's total life coverage. Must be in a \$5,000 increment.</b>
<b>See Monthly Optional Term Life rates below.</b>	
<a href="#">Evidence of Good Health Application</a> is required.	

Monthly Optional Term Life Rates	
Age	Rate per \$1,000
29 & Under	\$0.056
30-34	\$0.068
35-39	\$0.08
40-44	\$0.11
45-49	\$0.18
50-54	\$0.28
55-59	\$0.47
60-64	\$0.72
65-69	\$1.20
70-74	\$2.24
75+	\$3.45

Child Life	
<i>Employee Paid</i>	
<b>Coverage Amount</b>	<b>\$10,000 per child</b>
<b>Rate: \$0.75 per month per family unit</b>	
Guaranteed issue is available at initial eligibility; coverage continues to age 26. Application after initial eligibility requires <a href="#">Evidence of Good Health Application</a> .	

Employee Supplemental AD&D	
<i>Employee Paid</i>	
Pays you or your beneficiary if you die or suffer a specified loss (eyesight, speech, hearing, hand or foot) in an accident	
<b>Available Coverage Amounts</b>	<b>\$25,000, \$50,000, \$75,000, \$100,000, \$150,000, \$200,000</b>
<b>Rate: \$0.025 per \$1,000 per month</b>	
Participation in the Employee Term Life Plan is not required. Evidence of Good Health is not required for accident plans.	

Spouse Supplemental AD&D	
<i>Employee Paid</i>	
Pays you or your beneficiary if you die or suffer a specified loss (eyesight, speech, hearing, hand or foot) in an accident	
<b>The spouse will be covered at 50% of the employee's supplemental AD&amp;D coverage.</b>	
<b>Rate: \$0.025 per \$1,000 per month</b>	
Participation in the Employee Term Life Plan is not required but participation in Supplemental AD&D is required. Evidence of Good Health is not required for accident plans.	

The above amounts of coverage are not available for Term life and accident coverage to participants working in the following countries: Afghanistan, Algeria, Central African Republic, Chad, Congo, East Timor, Eritrea, Iran, Iraq, Kenya, Lebanon, Pakistan, Somalia, South Sudan, Sudan, Syria, Tanzania, Uganda, Uzbekistan or Yemen.

**PLEASE NOTE:** Members traveling in an Unum-restricted country for work or work-related travel will be subject to the maximum payout for Unum-restricted countries. The maximum payout for Unum-restricted countries includes 1) \$10,000 of employer provided Term Life for an Employee and an Affiliated Spouse and 2) a maximum benefit of \$20,000 for Employee and Affiliated Spouse Optional Term Life. Full benefits will be paid out for non-work-related travel.

## ADDITIONAL BENEFITS

### Life Planning Financial & Legal Resources

Financial, legal and grief support in the event of a death or diagnosis of a terminal illness.

**Assist America®**

24-hour network of emergency medical and legal resources offering worldwide emergency assistance to active employees and their families who are traveling.

**Accelerated Benefits**

Allows terminally ill participants with a life expectancy of 12 months or less to receive up to 50 percent of the death benefit (\$250,000 maximum) prior to death.

**Portability or Conversion of Coverage**

Employees and their dependents can continue coverage if employment is terminated, or they otherwise lose eligibility.

**Add Children Without Underwriting**

No underwriting is required to add a dependent child within 60 days of the child's birth, adoption, or placement for adoption.

**Additional AD&D Benefits**

AD&D plan pays additional death benefits if you die traveling more than 100 miles from home while properly wearing a seatbelt or when protected by an airbag. The plan also pays an additional education benefit to each of your qualified, college-age dependents if you die.

# GUIDESTONE GIVES YOU THE HELP TO DEAL WITH THE CHALLENGES AND TRIUMPHS OF TOMORROW.

## Designate a Beneficiary

Choosing a primary and secondary beneficiary assures that your benefits are inherited according to your wishes. Be sure to update your beneficiary designations in your MyGuideStone account.

[MyGuideStone.org](https://www.myguidestone.org)

## Life Planning

When a loved one is terminally ill, or passes away, you may need help with the personal, financial and legal decisions that need to be made.

[GuideStone.org/LifePlanning](https://www.guidestone.org/LifePlanning)

## Assist America

A 24-hour network of emergency medical and legal resources offering worldwide emergency assistance to active employees and their families who are traveling.

[GuideStone.org/AssistAmerica](https://www.guidestone.org/AssistAmerica)

## Accelerated Death Benefit

Allows terminally ill participants with a life expectancy of 12 months or less to receive up to 50% of the death benefit prior to death.

[GuideStone.org/TermLifeFAQs](https://www.guidestone.org/TermLifeFAQs)

## Portability and Conversion

You and your dependents can continue coverage by converting to a policy directly through Unum if you leave your employer or otherwise lose eligibility.

[GuideStone.org/TermLifeFAQs](https://www.guidestone.org/TermLifeFAQs)

## Education Benefit

For qualified dependents, your GuideStone AD&D coverage includes an additional education benefit of 6% of the full amount of the AD&D benefit, up to \$6,000 a year for up to four years.

[GuideStone.org/TermLifeFAQs](https://www.guidestone.org/TermLifeFAQs)

Explore all your additional term life benefits at:

[GuideStone.org/AdditionalBenefits](https://www.guidestone.org/AdditionalBenefits).



# **VISION BENEFITS – VSP**

The bottom of the page features two overlapping geometric shapes: a large dark green triangle on the left and a light blue triangle on the right, both pointing towards the bottom right corner.



Life is  
better in  
focus.™

## Get access to the best in eye care and eyewear with TEAM and VSP® Vision Care.



Why enroll in VSP? As a member, you'll receive access to care from great eye doctors, quality eyewear, and the affordability you deserve, all at low out-of-pocket costs.

### You'll like what you see with VSP.

- **Value and Savings.** You'll enjoy more value and low out-of-pocket costs.
- **High Quality Vision Care.** You'll get great care from a VSP network doctor, including a WellVision Exam®—a comprehensive exam designed to detect eye and health conditions.
- **Choice of Providers.** The decision is yours to make—with the largest national network of private-practice doctors, plus participating retail chains, it's easy to find the in-network doctor who's right for you.
- **Great Eyewear.** It's easy to find the perfect frame at a price that fits your budget.

### Using your VSP benefit is easy.

- **Create an account at [vsp.com](https://vsp.com).** Once your plan is effective, review your benefit information.
- **Find an eye doctor who's right for you.** Visit [vsp.com](https://vsp.com) or call 800.877.7195.
- **At your appointment, tell them you have VSP.** There's no ID card necessary. If you'd like a card as a reference, you can print one on [vsp.com](https://vsp.com).

**That's it! We'll handle the rest**—there are no claim forms to complete when you see a VSP provider.

### Choice in Eyewear

From classic styles to the latest designer frames, you'll find hundreds of options. Choose from featured frame brands like bebe, CALVIN KLEIN, Cole Haan, Flexon®, Lacoste, Nike, Nine West, and more.<sup>1</sup> Visit [vsp.com](https://vsp.com) to find a Premier Program location that carries these brands. Plus, save up to 40% on popular lens enhancements.<sup>2</sup> Prefer to shop online? Check out all of the brands at [eyeconic.com](https://eyeconic.com)®, VSP's preferred online eyewear store.

# Your VSP Vision Benefits Summary



TEAM and VSP provide you with an affordable eyecare plan.

VSP Coverage Effective Date: 01/01/2024		VSP Provider Network: VSP Choice	
Benefit	Description	Copay	Frequency
Your Coverage with a VSP Provider			
WellVision Exam	<ul style="list-style-type: none"><li>Focuses on your eyes and overall wellness</li></ul>	\$10	Every calendar year
Prescription Glasses		\$25	See frame and lenses
Frame	<ul style="list-style-type: none"><li>\$130 allowance for a wide selection of frames</li><li>\$150 allowance for featured frame brands</li><li>20% savings on the amount over your allowance</li><li>\$70 Costco® frame allowance</li></ul>	Included in Prescription Glasses	Every other calendar year
Lenses	<ul style="list-style-type: none"><li>Single vision, lined bifocal, and lined trifocal lenses</li><li>Polycarbonate lenses for dependent children</li></ul>	Included in Prescription Glasses	Every calendar year
Lens Enhancements	<ul style="list-style-type: none"><li>Progressive lenses</li><li>Average savings of 20-25% on other lens enhancements</li></ul>	\$0	Every calendar year
Contacts (instead of glasses)	<ul style="list-style-type: none"><li>\$130 allowance for contacts; copay does not apply</li><li>Contact lens exam (fitting and evaluation)</li></ul>	Up to \$60	Every calendar year
Extra Savings	<b>Glasses and Sunglasses</b> <ul style="list-style-type: none"><li>Extra \$20 to spend on featured frame brands. Go to <a href="http://vsp.com/specialoffers">vsp.com/specialoffers</a> for details.</li><li>20% savings on additional glasses and sunglasses, including lens enhancements, from any VSP provider within 12 months of your last WellVision Exam.</li></ul>		
	<b>Retinal Screening</b> <ul style="list-style-type: none"><li>No more than a \$39 copay on routine retinal screening as an enhancement to a WellVision Exam</li></ul>		
	<b>Laser Vision Correction</b> <ul style="list-style-type: none"><li>Average 15% off the regular price or 5% off the promotional price; discounts only available from contracted facilities</li></ul>		
Your Coverage with Out-of-Network Providers			
Get the most out of your benefits and greater savings with a VSP network doctor. Call Member Services for out-of-network plan details.			
Exam .....	up to \$45	Lined Bifocal Lenses .....	up to \$50
Frame .....	up to \$70	Lined Trifocal Lenses .....	up to \$65
Single Vision Lenses .....	up to \$30	Progressive Lenses .....	up to \$50
		Contacts .....	up to \$105
Coverage with a participating retail chain may be different. Once your benefit is effective, visit <a href="http://vsp.com">vsp.com</a> for details. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. Based on applicable laws, benefits may vary by location. In the state of Washington, VSP Vision Care, Inc., is the legal name of the corporation through which VSP does business.			

Contact us. 800.877.7195 | [vsp.com](http://vsp.com)

1. Brands/Promotion subject to change.  
2. Savings based on network doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. Available only through VSP network doctors to VSP members with applicable plan benefits. Ask your VSP network doctor for details.

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