



GUIDESTONE SECURE HEALTH™ 8000

2022 SECURE HEALTH 8000 PRODUCT GUIDE FOR PERSONAL PLANS

True medical coverage from a company
you trust and a network you know.



COMMITTED TO YOUR MISSION

You deserve an advocate — someone who understands your ministry's mission, benefit requirements and budget constraints.

And that is what you get with GuideStone®.



With Secure Health 8000, you get true medical coverage that includes access to the nationwide Blue Cross Blue Shield network. This plan also comes with a robust selection of additional benefits, including telemedicine through Teladoc® and use of SmartShopper®, which pays you cash rewards for choosing the most cost-effective care. Secure Health even includes tools to help you make the most of the benefits included in your plan.

Secure Health 8000 is our lowest monthly cost plan but protects you from the full effects of catastrophic claims.

Review your health coverage needs to see if Secure Health is the lower-cost answer you've been searching for. This product guide can help you discover if this plan's unique benefit design is a good fit for you.



Have Questions?

Call us toll-free at **1-844-INS-GUIDE**
(1-844-467-4843) Monday through Friday
between 7 a.m. and 6 p.m. CT.



Ready to Get a Quote?

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

GuideStone Insurance Plans
Medical | Dental | Life | Accident | Disability

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

SECURE HEALTH 8000



Secure Health 8000 may be best for:

- People who primarily see their doctor for preventive care
- Families looking for protection from the full cost of a catastrophic claim
- Individuals who need a lower-cost option but are unwilling to accept the risk of a medical sharing arrangement

Secure Health 8000 may not be right for:

- Those with chronic health conditions
- Someone who requires high cost prescriptions
- People who need regular, more extensive health care

Secure Health 8000 is GuideStone's **lowest-cost health plan**. The well-rounded coverage offers benefits designed to keep you healthy and give you protection against high-cost claims.



98% of physicians in the U.S. are part of the Highmark Blue Cross Blue Shield network.

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SECURE HEALTH 8000 OVERVIEW

Secure Health 8000 is true medical coverage offering a full range of preventive services to keep you healthy and maximum out-of-pocket limits to protect you from catastrophic claims. Benefits include \$0 co-pays for wellness, preventive care, Teladoc and routine doctor visits. The benefits are applicable only to providers within the Blue Cross Blue Shield network, which helps keep plan costs low. To enjoy maximum benefits, stay within your network.

Effective January 1, 2022

Medical Benefits	In-network
Annual deductible	\$8,000 per person
Plan pays/individual pays (co-insurance) (after deductible)	100%/0%
Maximum out-of-pocket: individual/family (includes deductible, co-pays and co-insurance) (in network, services only)	\$8,700/\$17,400
Wellness and preventive care visit, per <i>Preventive Care Schedule</i> (no co-pay)	100%
Primary care or retail clinic visit co-pay	\$0 co-pay ¹
Teladoc® co-pay	\$0 co-pay
Specialist office visit	100% after deductible
Urgent care	100% after deductible
Outpatient surgery/outpatient services (CT scan, MRI, diagnostic)	100% after deductible
Hospital inpatient (including maternity)	100% after deductible
Emergency room services	100% after deductible
Mental health/substance abuse	Not covered
Chiropractic services	Not covered
Comprehensive routine eye exam	Not covered
Prescription Benefits	In-network
Affordable Care Act (ACA)-mandated preventive medications	100%
Non-ACA-mandated medications	Not covered

¹Labs and imaging services are subject to deductible and co-insurance.

Note: This plan does not constitute "creditable coverage" for Massachusetts residents.

This plan is not considered "creditable coverage" under Medicare Part D for active participants age 65 and older. Participants in this plan could incur late enrollment penalties from Medicare. To view the Secure Health 8000 overview, go to [GuideStone.org/SH8000](https://www.guidestone.org/SH8000).

Summary of Benefits and Coverage

To help you make informed choices about your medical plan, Summaries of Benefits and Coverage (Summaries) provide important information about health coverage in a standard format. This helps you compare plan benefits side-by-side. Summaries are available for Secure Health 8000 at [GuideStone.org/SH8000Summary](https://www.guidestone.org/SH8000Summary). Summaries for other GuideStone plans can be found at [GuideStone.org/Summaries](https://www.guidestone.org/Summaries).

Coverage for Women's Preventive Health Services

GuideStone provides coverage for women's preventive health services — including, but not limited to, approved contraceptives, gestational diabetes screening and breastfeeding support — under the Preventive Care Schedule, available online at [GuideStone.org/PreventiveSchedule](https://www.guidestone.org/PreventiveSchedule). GuideStone does not provide coverage for services that violate our biblical convictions regarding the sanctity of life, including abortion services or abortion-inducing devices or drugs such as Ella or Plan B.

Secure Health and the Affordable Care Act (ACA)

Secure Health meets the ACA requirements for minimum essential coverage (MEC) but does not meet minimum value or provide all the ACA essential health benefits.



PREVENTIVE CARE

Your GuideStone medical coverage helps you prevent health problems before they start — with no out-of-pocket costs to you!

Find out what's covered by visiting [GuideStone.org/PreventiveSchedule](https://www.guidestone.org/PreventiveSchedule).

All you have to do is take advantage of your plan's *Preventive Care Schedule*.

Your plan covers many preventive care services, provided by in-network providers, 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

Preventive or routine care helps you stay healthy by checking for health problems early when they are easier to manage. Some services and how often you have them performed may depend on your doctor's advice. That's why it's important to talk with your doctor about what's right for you and your health.

Plan your care and save some cash.

Your GuideStone health plan includes a robust schedule of preventive care services. Review a simple five-step plan for accessing them at [GuideStone.org/Preventive5StepPlan](https://www.guidestone.org/Preventive5StepPlan).



Preventive Care

Your GuideStone health plan includes a robust schedule of preventive care services at no cost to you.

Learn more:

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

DOCTOR VISITS



Secure Health gives you access to no-cost routine doctor visits, either through your primary care physician or via our telemedicine provider, Teladoc.

Advanced Imaging

If your doctor orders outpatient advanced imaging services (CT scan, MRI, etc.), these are subject to your deductible and co-insurance, and you will need to receive a prior authorization. It is the patient's responsibility to provide the physician with the prior authorization. You can call the MyQHealth phone number at 1-855-497-1230 to initiate your prior authorization.

See more information about advanced imaging on page 9 under Outpatient Services.

Therapy

If your physician orders outpatient physical therapy, speech therapy and/or occupational therapy, you will also need a prior authorization. You can call the MyQHealth phone number at 1-855-497-1230 to initiate your prior authorization. These services are also subject to your deductible and co-insurance.

See more information about therapy on page 9 under Outpatient Services.

Telemedicine

Teladoc is our telemedicine provider, offering you access to U.S. board-certified doctors, including pediatricians, all day, every day – even holidays – at a \$0 co-pay. Teladoc is a great alternative to expensive urgent care and emergency room visits. For additional information, go to [GuideStone.org/Teladoc](https://www.GuideStone.org/Teladoc).

SmartShopper

The cost for a procedure can vary widely, depending on the provider you choose. SmartShopper allows you to shop for lower-cost health care, and you can earn cash rewards* from \$25 to \$1,000 and lower your out-of-pocket cost. For a list of qualifying procedures and additional information, go to [GuideStone.org/SmartShopper](https://www.GuideStone.org/SmartShopper).

*Reward payment may be taxable.



Doctor Visits and Telemedicine

With Secure Health 8000 you get \$0 co-pays
for doctor visits and Teladoc.

Learn more:
[GuideStone.org/Teladoc](https://www.GuideStone.org/Teladoc)

Exclusions

To keep plan costs low, some services and procedures are not covered¹ in your Secure Health 8000 benefits, including:

- All out-of-network services (excluding emergency care)
- Autism services/treatments and therapy
- Chiropractic care
- Vision, including eyeglasses/lenses after cataract surgery
- Infertility testing and counseling
- Allergy testing and immunotherapy
- Hearing and speech exams other than required ACA preventive care
- Durable medical equipment purchases and rentals

¹For a full list of all exclusions, please refer to the Secure Health 8000 plan document. Plan documents can be found at [GuideStone.org/PlanBooklets](https://www.GuideStone.org/PlanBooklets).



PRESCRIPTION DRUGS

Secure Health does not offer any prescription drug benefits for medications not required as preventive by the ACA.

Secure Health gives you no-cost ACA-required preventive drug benefits through the Express Scripts prescription drug plan. You will use your GuideStone ID card for your ACA preventive medications and immunizations.

ACA Preventive Prescription Drug Benefit

Below is a list of ACA preventive medications that are covered by Secure Health. To determine if a specific medication is covered under the wellness benefit, call Express Scripts at 1-800-555-3432. Please refer to your Preventive Care Schedule at [GuideStone.org/PreventiveSchedule](https://www.guidestone.org/PreventiveSchedule) for details along with a list of commonly denied services.

Medication	Coverage
Aspirin	Coverage to persons age 45 years old for men (55 years old for women) through age 79 years old
Flouride	Coverage to persons through the age of 5 years old
Folic acid	Coverage to females through the age of 50 years old
Iron	Coverage to persons less than 1 year of age
Smoking cessation	Coverage to persons age 18 years old and older
Raloxifene and Tamoxifen	Coverage for women without a cancer diagnosis who are determined to be at risk for breast cancer by their physician and meet criteria

Immunizations

GuideStone provides immunizations to you at zero cost either through Highmark Blue Cross Blue Shield or Express Scripts. Highmark covers vaccines administered by network providers at your preventive care visit. If you are obtaining your vaccines at a participating pharmacy, use the GuideStone ID card to obtain coverage.

Please refer to your Preventive Care Schedule at [GuideStone.org/PreventiveSchedule](https://www.guidestone.org/PreventiveSchedule) for details about immunizations.

Pharmacy Discount Programs

Secure Health 8000 covers only ACA-mandated pharmacy benefits. Therefore, we encourage you to consider participating in a pharmacy discount program to supplement your plan.

Below are a few programs* to consider:

- GoodRx ([GoodRx.com](https://www.goodrx.com))
- Blink Health ([BlinkHealth.com](https://www.blinkhealth.com))
- RetailMeNot™ RxSaver ([LowestMed.com](https://www.lowestmed.com))



Preventive Care

Secure Health 8000 offers zero-cost ACA-mandated preventive medications and immunizations

Learn more:

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

*This information is provided for education only and should not be considered an endorsement by GuideStone. Each of these providers offers a different product and none of them is affiliated or receives any form of financial compensation from GuideStone, nor does GuideStone receive any compensation from them. You should always review the details before determining if a discount program is right for you.

OUTPATIENT SERVICES



Outpatient services, including surgery and advanced imaging, are subject to your deductible and co-insurance.

Prior Authorization

If your doctor orders outpatient services, these are subject to your deductible and co-insurance, and you are required to receive a prior authorization. It is the patient's responsibility to provide the physician with the prior authorization. Call the MyQHealth phone number at 1-855-497-1230 to initiate your prior authorization. Procedures and services **requiring prior authorization** include:

- Inpatient hospital admissions
- Surgery (inpatient or outpatient)
- Home Health and Hospice Care
- Skilled Nursing facility (SNF) admissions
- Transplants
- MRI, MRA, and PET scans
- Durable Medical Equipment (DME) over \$1500
- Oncology Care and Services
- Office Surgeries (ex. Colonoscopy)
- Dialysis
- Partial Hospitalizations and Intensive Outpatient Care for Mental Health/Substance Abuse
- Genetic testing
- Specialty Medical Drugs administered by Healthcare Providers

Imaging procedures **not requiring prior authorization** include:

- Hospital inpatient
- Observation
- Emergency room
- Urgent care
- Surgery center

You can call for your prior authorization or it can be initiated through your physician. However, you are ultimately responsible for obtaining the prior authorization.

Therapy

If your physician orders outpatient physical therapy, speech therapy and/or occupational therapy, you are required to obtain prior authorization. Call the MyQHealth phone number at 1-855-497-1230 to initiate your prior authorization. These services are also subject to your deductible and co-insurance.

Exclusions

To keep plan costs low, some services and procedures are not covered¹ in your Secure Health 8000 benefits, including:

- All out-of-network services (excluding emergency care)
- Autism services/treatment and therapy
- Infertility testing and counseling
- Allergy testing and immunotherapy
- Durable medical equipment purchases or rentals
- Bariatric (inpatient and outpatient)



Personalized Care Coordinator

You have access to MyQHealth care coordinator to obtain prior authorization for advanced imaging.

Call 1-855-497-1230

¹For a full list of all exclusions, please refer to the Secure Health 8000 plan document. Plan documents can be found at [GuideStone.org/PlanBooklets](https://www.GuideStone.org/PlanBooklets).

HOSPITAL SERVICES



Emergency Care

Secure Health 8000 emergency room care is subject to your deductible and co-insurance. If you aren't near an in-network hospital and you need emergency care, please seek care at the closest hospital, and your benefits will be payable at in-network rates.

Inpatient Care

Inpatient care is subject to your deductible and co-insurance.

Surgery

All surgical procedures are subject to your deductible and co-insurance. If you are facing a serious medical procedure, find the nearest Blue Distinction®/Blue Distinction + Centers in your area.

The Blue Cross and Blue Shield Association awards the Blue Distinction designation to hospitals and other facilities proven to deliver superior results for performing complicated, costly procedures. Blue Distinction Centers have been evaluated to meet strict criteria set by expert doctors and medical certifying organizations.

Blue Distinction Centers focus on seven specialty areas:

- | | | |
|----------------------------|------------------|----------------------|
| 1 Cardiac care | 4 Maternity care | 7 Bariatric surgery* |
| 2 Complex and rare cancers | 5 Spine surgery | |
| 3 Knee and hip replacement | 6 Spine surgery | |

*Secure Health 8000 does not include bariatric surgery as a covered benefit.

Exclusions

To keep plan costs low, some services and procedures are not covered¹ in your Secure Health 8000 benefits, including:

- All out-of-network services (excluding emergency care)
- Durable medical equipment purchases or rentals
- Bariatric procedures (inpatient and outpatient)
- Transplant travel benefit

¹For a full list of all exclusions, please refer to the Secure Health 8000 plan document. Plan documents can be found at [GuideStone.org/ProductDocuments](https://www.guidestone.org/ProductDocuments).



Blue Distinction Center

Blue Distinction is a designation awarded by the Blue Cross and Blue Shield Association to hospitals proven to deliver superior results for complicated, costly procedures.

Learn more:
[Blue Distinction Centers](https://www.guidestone.org/ProductDocuments)



MENTAL HEALTH

Mental health and substance abuse services and treatment are not covered benefits in the Secure Health 8000 plan. GuideStone knows that this is an important part of your overall well-being, so we have identified several mental health resources for you to explore.

Focus on the Family's Christian Counselors Network

Focus on the Family's Christian Counselors Network provides you with a directory of approved clinically licensed Christian counselors and therapists. All counselors are state-licensed clinicians with biblical values that reflect the views of Focus on the Family. Review [FocusOnTheFamily.com](https://www.FocusOnTheFamily.com) for counselors in your area.

Christian Association for Psychological Studies

Christian Association for Psychological Studies provides you with a directory of approved clinically licensed Christian counselors and therapists. Their directory can be found at Caps.net/Online-Directory.

Association of Certified Biblical Counselors (ACBC)

Association of Certified Biblical Counselors (ACBC) is the oldest and largest biblical counseling organization in the world. The training and certification of ACBC counselors is recognized worldwide, with more than 1,600 counselors in 30 countries and who speak 30 languages, and these numbers are growing yearly. Go to BiblicalCounseling.com for a list of certified biblical counselors in your area.

This information is provided for education only and should not be considered an endorsement by GuideStone. Each of these providers offers a different product, and none of them is affiliated or receives any form of financial compensation from GuideStone, nor does GuideStone receive any compensation from them. You should always review the details before determining if a resource is right for you.



Mental Health Resources

Your total well-being is important to GuideStone.
These resources are available to help you
manage your mental health.

Learn more:

GuideStone.org/MentalHealth



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).

Access MyQHealth by Quantum Health

Think of MyQHealth 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 is your one resource to contact whenever you need help with your medical, wellness or pharmacy benefits.



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

MyQHealth - Care Coordinator app | [GuideStoneHealth.org](https://www.GuideStoneHealth.org) | 1-855-497-1230

Learn more: [MyQHealth](#)

Save on Health Care

- [MyQHealth Care Finder](#) 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. Register today at [Teladoc.com/GuideStone](https://www.Teladoc.com/GuideStone).

Manage Your Health Condition

MyQHealth 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](#).

Choose a [Blue Distinction® Center](#) for a high-quality hospital that can lower your chance for complications and shorten your stay. Blue Distinction is a designation awarded by the Blue Cross and Blue Shield Association to hospitals proven to deliver superior results for complicated, costly procedures.

Take Charge of Your Health

[Health coaching](#) with MyQHealth can help you with:

- Healthy eating
- Physical activity
- Personalized weight-loss plan
- Stress management
- Sleep issues
- And more!

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](https://www.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](https://www.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](https://www.Blue365Deals.com).
- **Experian IdentityWorksSM** — Highmark BCBS provides Experian IdentityWorks to help members who are victims of identity theft. Enrollment is required at [ExperianIDWorks.com/Highmark](https://www.ExperianIDWorks.com/Highmark). Members must provide their personal information to enroll online or via phone.



Blue365

You can use Blue365 to receive discounts on eye exams, glasses, Lasik and other vision benefits.

Learn more:

[GuideStone.org/Blue365](https://www.GuideStone.org/Blue365)



ELIGIBILITY AND ENROLLMENT GUIDELINES

You are eligible to participate in GuideStone's Personal Plans if you:

- Are a paid employee of an eligible church, agency or institution affiliated with or that shares common religious bonds with the Southern Baptist Convention.
- Work 20 or more hours per week.

Medical Plans

You may apply without providing evidence of good health if you experience one of the following events:

- **New employment:** New employees are eligible to enroll in a plan within the first 60 days at an eligible employer. Coverage will be effective the first day that the employee reports to work.
- **Work schedule increases to 20 or more hours per week:** Current employees who transition from working fewer than 20 hours per week to working 20 or more hours per week become eligible to enroll within 60 days of their hours increasing. Coverage will be effective on the date hours increase to 20 or more per week.
- **Certain special enrollment events:** Current employees (or eligible dependents) who experience a special enrollment event — such as marriage, birth or placement for adoption — become eligible to enroll within the first 60 days of the special enrollment event.

You may also apply by providing evidence of good health at any time or if you experience the special enrollment event of loss of coverage.

This plan may not be offered in conjunction with a Health Reimbursement Arrangement or Health Savings Account.

Please note: Employees of employers with more than 10 employees are not eligible:

- For loss of coverage changes
- To apply for enrollment at any time

If you have questions about Secure Health 8000, call us toll-free at **1-844-INS-GUIDE** (1-844-467-4843) Monday through Friday between 7 a.m. and 6 p.m. CT.

You can also find our Secure Health frequently asked questions at [GuideStone.org/SecureHealthFAQs](https://www.guidestone.org/SecureHealthFAQs).



Have Questions?

Call us toll-free at **1-844-INS-GUIDE** (1-844-467-4843)
Monday through Friday between 7 a.m. and 6 p.m. CT.

RE-ENROLLMENT CONSIDERATIONS



If, after enrolling in Secure Health, you realize the need for more extensive coverage, you have options.

Enrolled members may move from Secure Health 8000 to Secure Health 3000 or Value Health 5000 if they experience a qualifying special enrollment event during the plan year or during re-enrollment.

Once a member has enrolled in the Value Health 5000 plan, he or she can choose to enroll in a higher-benefit plan, such as a GuideStone Health Saver plan or Health Choice plan, if there is a qualifying special enrollment event during the plan year or during the next annual re-enrollment.



Ready to Get a Quote?

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

