



BlueCross BlueShield
of Oklahoma



Health Care Coverage You Need.
A Company You Know.

**Call 1-866-303-2583 or contact an independent,
authorized agent to get a quote today.**

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



When It's Time to Get Health Care Coverage, We're Here for You.

Choosing the right health care coverage to protect you and your family starts with a company you know and trust.

Stability

Blue Cross and Blue Shield of Oklahoma has been serving the people of Oklahoma since 1940. Our members are our neighbors, and we're here for you now and in the future.

Coverage

BCBSOK has provided coverage in all 77 counties in Oklahoma since the Marketplace began. You can count on us to be here.

Trust

As a customer-owned health company, our focus is on our members. We want to help our members live their healthiest lives.

Service

Our team is committed to serving our members and supporting our communities — just as BCBSOK has done for over 85 years.

How can you sign up?



Contact your independent,
authorized agent.

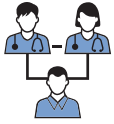


Call us toll-free at
1-866-303-2583.

More to Support Your Health

The road to good health is not always a straight path. That is why BCBSOK offers you more choices, so you can more easily get where you want to go.

When you choose BCBSOK, you get all of the following with each of our plans:



Choice of doctors and hospitals

No matter where you live in the state, we have you covered. Choosing an in-network provider for preventive care, like annual checkups and screenings, means you'll have lower out-of-pocket costs.



Prescription drug coverage¹

Our plans include prescription drug coverage, with access to hundreds of pharmacies throughout the state and a mail-order program.



Coverage for preventive care services²

Many preventive care services, like screenings, vaccines and wellness programs, are covered under your plan. When you get this care in network, you usually won't pay out-of-pocket costs.



Coverage for Essential Health Benefits

Your plan will cover medically necessary services from in-network providers in the following categories of care: maternity, newborn/pediatric care, ambulance transport, emergency, hospitalization, lab services, prescription drugs, disease management, and rehabilitative services.



Mental health and substance use disorder benefits and services

Mental health is an important part of our overall well-being. Services such as behavior therapy, treatment of substance use disorder, and more are covered.



Health and wellness programs

Your plan from BCBSOK includes programs that help you make the most of your health.



Member account with tools to help you manage your coverage

You can easily manage your account either online or with our BCBSOK App.



Built for the
community.

Backed by
members.

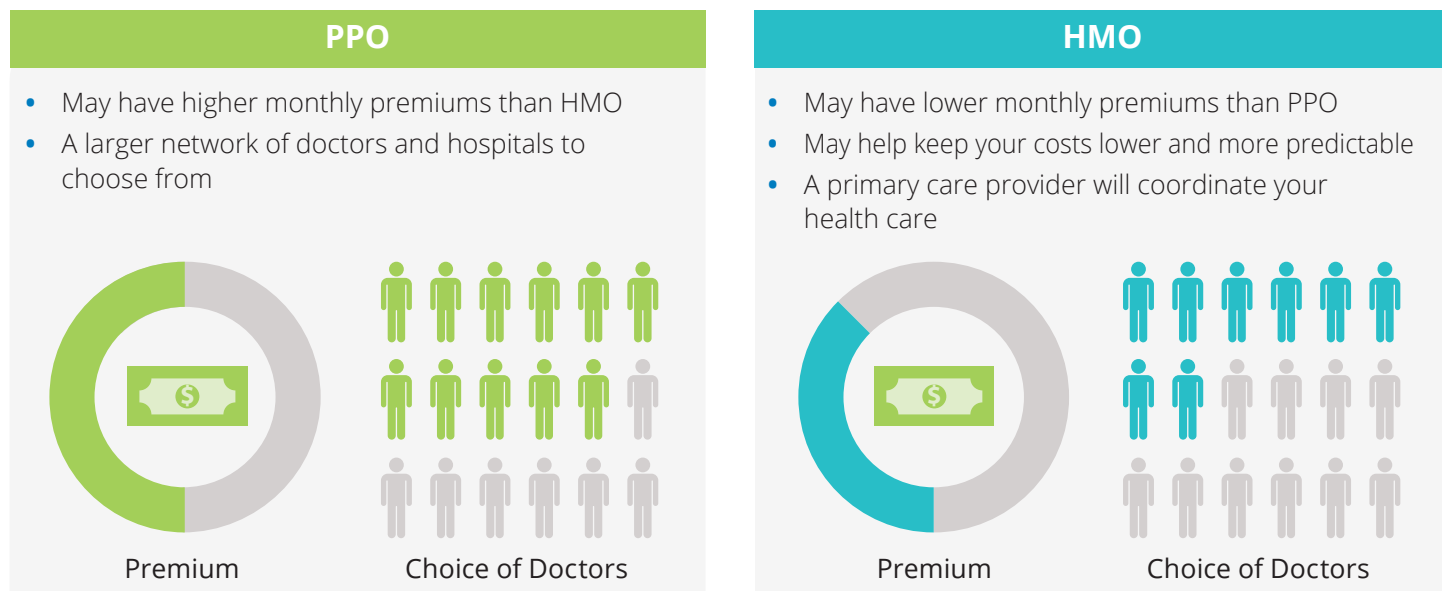
BCBSOK is
proud to be a
customer-owned
health insurer.

¹ Learn more about prescription drug coverage on page 6.

² Many in-network preventive services are covered at 100%. See your plan's Summary of Benefits and Coverage for more information.

Understanding Your Options

BCBSOK provides two different kinds of health plans — PPO and HMO. Here's an overview of how these plans work.



Networks vary and may not include every doctor or hospital in your area, so it is important to research your plan's network before you buy. Also, depending on where you live, some plans may not be available to you. Please visit bcbsok.com or call 1-866-303-2583 for more information.

Life is unpredictable. Your health care shouldn't be.

Find the coverage that meets your needs with BCBSOK.



Get Help Paying for Your Plan

Some people may be able to get help paying for their health coverage, from assistance with premiums to lower out-of-pocket costs when they get care.

How much you pay each month can depend on your family size and income as well as other factors. This amount may change each year. You can learn more at bcbsok.com.



Dental Plans Available

BCBSOK offers BlueCare DentalSM to provide you and your family with coverage for cleanings, preventive services and much more.

Which Level is Best for You?

BCBSOK offers three levels of plans — Gold, Silver and Bronze. Which is best for you?



- Higher monthly premiums
- Lower deductibles and copays



- Higher premium costs than Bronze plans
- Lower out-of-pocket costs than Bronze plans



- Lowest monthly premiums
- Highest out-of-pocket costs

Get Care When You Need It

Most plans from BCBSOK offer tools to allow you to access a doctor or nurse from your phone or computer.



Telehealth

Some primary care and other doctors may offer phone and online services which are covered at the same member share as a regular office visit.



Virtual Visits powered by MDLIVE®

- Get non-emergency care by phone, interactive video or mobile app from almost anywhere.
- Available 24/7.
- Board-certified doctors and therapists can treat more than 80 health conditions and send e-prescriptions to your local pharmacy.
- Get help with a variety of concerns such as behavioral health, dermatology and urgent care for non-emergency conditions.

Virtual Visits may be limited by plan and are not available with HMO plans. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Oklahoma. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission.

Prescription Drug Coverage is Included in All Our Plans

Your health plan’s prescription drug list has either four or six payment level tiers. Most often, the lower the tier, the lower your out-of-pocket costs will be for the drug.

Six-Tier Plans Drug Type		Four-Tier Plans Drug Type		Your Cost
6	Non-Preferred Specialty	4	Specialty	\$\$\$
5	Preferred Specialty			↑
4	Non-Preferred Brand	3	Non-Preferred Brand	
3	Preferred Brand	2	Preferred Brand	
2	Non-Preferred Generic	1	Generic	
1	Preferred Generic			\$

BCBSOK also offers ways for you to save time and money on your prescriptions. Learn more by visiting [BluePharmacyOK.com](https://www.bcbsok.com/bluepharmacyok).

Cost savings

You may pay less when you choose generic medicines from our drug list. You also may save when you get up to a 30-day supply of a covered prescription drug from an in-network pharmacy.

Time savings

Maintenance medications are those drugs you take on a regular basis. You can have up to a 90-day supply of these medications delivered directly to you through the mail order program or at a retail preferred pharmacy participating in the Preferred Pharmacy Network.³

Online resources

You can search the drug list, find a pharmacy, see your claims, and get an estimate of your costs for a medication 24/7 through your member account at Blue Access for MembersSM.

³ The Preferred Pharmacy Network does not apply to 100% cost-sharing plans.

Is a Health Savings Account Right for You?

An HSA is a special savings account that you may use to cover a wide range of qualified medical expenses. An HSA helps you take charge of your health and be responsible for how you spend your health care dollars. For many people, using an HSA is an effective way to help manage the costs of health care. Not all plans are HSA compatible. Visit [bcbsok.com](https://www.bcbsok.com) or speak with an agent to learn more.

As a reminder, a Health Savings Account has tax and legal ramifications. Blue Cross and Blue Shield of Oklahoma does not provide legal or tax advice and nothing herein should be construed as legal or tax advice. These materials, and any tax-related statements in them, are not intended or written to be used, and cannot be used or relied on for the purpose of avoiding tax penalties. Tax-related statements, if any, may have been written in connection with the promotion or marketing of the transaction(s) or matter(s) addressed by these materials. You should seek advice based on your particular circumstances from an independent tax adviser regarding the tax consequences of specific health insurance plans or products.

Get the Most From Your Membership

At Blue Cross and Blue Shield of Oklahoma, our goal is to help you live a healthier life. Members have access to these programs and services:



Member Connection

Get the BCBSOK App by texting BCBSOKAPP to 33633⁴ or searching for BCBSOK in the Apple StoreSM or Google PlayTM Store. Register for Blue Access for Members⁵ on your mobile device to:

- See your claims coverage and deductible information.
- Find an in-network doctor, hospital, urgent care facility or pharmacy.
- Access a temporary digital member ID card.
- Chat live with Customer Service.

Blue Access for Members is also available online at bcbso.com/member.



Learn to Live

- Learn to Live includes confidential online resources to help you manage your mental well-being and successfully confront life's challenges. Log in to bcbso.com and click on the "Wellness" option.



Member Discount Programs

- Our member discount program, Blue365[®], lets you save on exercise equipment, weight loss programs, stop smoking programs and more.
- Get access to top gyms and studios for as low as \$28/month.



Find Care

- Use our online Provider Finder[®] at FindADoctorOK.com.
- Quickly find your nearest network doctor, hospital or clinic.
- Search by specialty, research providers and read reviews. You can also look up costs for some health visits and procedures.



Earn Points with Health and Wellness Tools

- BCBSOK provides tools and resources like Well onTarget[®] to help guide you toward your health and wellness goals.
- You can earn Blue PointsSM by completing wellness activities and signing up for auto bill pay and paperless communication. Use your points to get gift cards from major retailers.

Get a health care coverage plan with access to leading doctors, hospitals and specialists. You can also access virtual visits, for those unexpected moments.

⁴ Message and data rates may apply. Terms and conditions and privacy policy at bcbso.com/mobile/text-messaging.

⁵ BCBSOK makes no representation or warranty with respect to the accuracy or completeness of information on BAM. The information on BAM is based on information provided by you and claims received by BCBSOK. This information has not been independently verified.

Learn to Live is not available with HMO plans. Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Oklahoma.

Blue365 is a discount program only for Blue Cross and Blue Shield of Oklahoma members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. You should check your benefit booklet or call the number on your ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSOK does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSOK reserves the right to stop or change this program at any time without notice.

The Well onTarget program is offered to you as a part of your benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit wellontarget.com for complete details and terms and conditions.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

BCBSOK makes no endorsement, representations or warranties regarding third-party vendors. Members should contact the vendor directly with questions about the products or services offered by third parties.

Depend on a company with over 85 years of experience in Oklahoma.

Enroll today.

Health Care Services That Work for You

To help our members get care in their communities when they need it, we provide case management and utilization management services. We can help you find a new doctor when your child turns 18 and moves from the care of a pediatrician to an adult level of care with a non-pediatrician primary care provider. We can also help members locate an OB-GYN for specialty care without referrals. You can find out about services that need prior authorization and how to get prior authorization by calling Customer Service at the number on your member ID card.



Contact your independent,
authorized agent.



Call us toll-free at
1-866-303-2583.

Privacy Practices

Please visit the website at **bcbsok.com** to view a copy of our policies and procedures regarding collection, use and disclosure of Protected Health Information.

Notice About Your Benefits

To get information about covered and non-covered benefits, go to **bcbsok.com**, contact your agent or call a Health Plan Specialist toll-free at 1-866-303-2583.

Each policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, call BCBSOK at 1-866-303-2583 or contact your agent.



Non-Discrimination Notice

Health Care Coverage Is Important For Everyone

We do not discriminate on the basis of race, color, national origin (including limited English knowledge and first language), age, disability, or sex (as understood in the applicable regulation). We provide people with disabilities with reasonable modifications and free communication aids to allow for effective communication with us. We also provide free language assistance services to people whose first language is not English.

To receive reasonable modifications, communication aids or language assistance free of charge, please call us at 855-710-6984.

If you believe we have failed to provide a service, or think we have discriminated in another way, you can file a grievance with:

Office of Civil Rights Coordinator
Attn: Office of Civil Rights Coordinator
300 E. Randolph St., 35th Floor
Chicago, IL 60601

Phone: 855-664-7270 (voicemail)
TTY/TDD: 855-661-6965
Fax: 855-661-6960
Email: civilrightscoordinator@bcbsil.com

You can file a grievance by mail, fax or email. If you need help filing a grievance, please call the toll-free phone number listed on the back of your ID card (TTY: 711).

You may file a civil rights complaint with the US Department of Health and Human Services, Office for Civil Rights, at:

US Dept of Health & Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, DC 20201

Phone: 800-368-1019
TTY/TDD: 800-537-7697
Complaint Portal:
ocrportal.hhs.gov/ocr/smartscreen/main.jsf
Complaint Forms:
hhs.gov/civil-rights/filing-a-complaint/index.html

This notice is available on our website at bcbsok.com/legal-and-privacy/non-discrimination-notice

ATTENTION: If you speak another language, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 855-710-6984 (TTY: 711) or speak to your provider.

Español Spanish	ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 855-710-6984 (TTY: 711) o hable con su proveedor.
العربية Arabic	تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم 855-710-6984 (TTY: 711) أو تحدث إلى مقدم الخدمة.



中文 Chinese	注意：如果您说中文，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 855-710-6984（文本电话：711）或咨询您的服务提供商。
Français French	ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 855-710-6984 (TTY : 711) ou parlez à votre fournisseur.
Deutsch German	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistentendienste zur Verfügung. Entsprechende Hilfsmittel und Dienste zur Bereitstellung von Informationen in barrierefreien Formaten stehen ebenfalls kostenlos zur Verfügung. Rufen Sie 855-710-6984 (TTY: 711) an oder sprechen Sie mit Ihrem Provider.
ગુજરાતી Gujarati	ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. યોગ્ય ઓક્સિલરી સહાય અને એક્સેસિબલ ફોર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 855-710-6984 (TTY: 711) પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.
हिंदी Hindi	ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवाएं उपलब्ध होती हैं। सुलभ प्रारूपों में जानकारी प्रदान करने के लिए उपयुक्त सहायक साधन और सेवाएँ भी निःशुल्क उपलब्ध हैं। 855-710-6984 (TTY: 711) पर कॉल करें या अपने प्रदाता से बात करें।
Italiano Italian	ATTENZIONE: se parli Italiano, sono disponibili servizi di assistenza linguistica gratuiti. Sono inoltre disponibili gratuitamente ausili e servizi ausiliari adeguati per fornire informazioni in formati accessibili. Chiama l'855-710-6984 (tty: 711) o parla con il tuo fornitore.
한국어 Korean	주의: 한국어 를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 855-710-6984(TTY: 711)번으로 전화하거나 서비스 제공업체에 문의하십시오.
Diné Navajo	SHOOH: Diné bee yáníłt'ígogo, saad bee aná'awo' bee áka'anída'awo'ít'áá jiik'eh ná hólq. Bee ahił hane'go bee nida'anishí t'áá ákodaat'éhígíí dóó bee áka'anída'wo'í áko bee baa hane'í bee hadadilyaa bich'í' ahoot'í'ígíí éí t'áá jiik'eh hólq. Kohji' 855-710-6984 (TTY: 711) hodiłlnih doodago nika'análwo'í bich'í' hanidzihi.
فارسی Farsi	توجه: اگر فارسی صحبت می کنید، خدمات پشتیبانی زبانی رایگان در دسترس شما قرار دارد. همچنین کمک ها و خدمات پشتیبانی مناسب برای ارائه اطلاعات در قالب های قابل دسترس، به طور رایگان موجود می باشند. با شماره 855-710-6984 (تله تاپ: 711) تماس بگیرید یا با ارائه دهنده خود صحبت کنید.
Polski Polish	UWAGA: Osoby mówiące po polsku mogą skorzystać z bezpłatnej pomocy językowej. Dodatkowe pomoce i usługi zapewniające informacje w dostępnych formatach są również dostępne bezpłatnie. Zadzwoń pod numer 855-710-6984 (TTY: 711) lub porozmawiaj ze swoim dostawcą.
РУССКИЙ Russian	ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 855-710-6984 (TTY: 711) или обратитесь к своему поставщику услуг.
Tagalog Tagalog	PAALALA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga libreng serbisyong tulong sa wika. Magagamit din nang libre ang mga naaangkop na auxiliary na tulong at serbisyo upang magbigay ng impormasyon sa mga naa-access na format. Tumawag sa 855-710-6984 (TTY: 711) o makipag-usap sa iyong provider.
اردو Urdu	توجه دیں: اگر آپ اردو بولتے ہیں، تو آپ کے لیے زبان کی مفت مدد کی خدمات دستیاب ہیں۔ قابل رسائی فارمیٹس میں معلومات فراہم کرنے کے لیے مناسب معاون امداد اور خدمات بھی مفت دستیاب ہیں۔ 855-710-6984 (TTY: 711) پر کال کریں یا اپنے فراہم کنندہ سے بات کریں۔
Việt Vietnamese	LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 855-710-6984 (Người khuyết tật: 711) hoặc trao đổi với người cung cấp dịch vụ của bạn.