



HEALTH BENEFIT PLAN
and
DENTAL & VISION PLAN



*enjoy peace of
mind when you
choose SAMBA*



2014

AVAILABLE TO ALL FEDERAL EMPLOYEES AND ANNUITANTS

For over 65 years, **SAMBA** has been protecting federal employees, annuitants, and their families. **SAMBA** is a not-for-profit employee benefit association that offers Health, Life and Dental/Vision plans to meet your needs.

All federal employees and annuitants, regardless of employing agency, are eligible to enroll in any of our plans.

Want to know more about **SAMBA**? Check out our website, www.SambaHealth.com, for details or give us a call at **1.800.638.6589**. Our friendly staff is available to answer your questions.

Let **SAMBA** help you protect yourself, your family and your future. With “service to our members” as our guiding principle, we strive to provide prompt, efficient and courteous service.



Enjoy peace of mind when you choose SAMBA



2014 STANDARD OPTION BENEFITS

Medical Benefits	In-Network* You Pay	With Medicare A&B You Pay
Physician Care		
Family Physicians	\$20 per office visit	Nothing
Specialists	\$20 per office visit	Nothing
Well-Child Visits	Nothing	Nothing
Annual Physicals	Nothing	Nothing
Adult/Child Immunizations	Nothing	Nothing
Hospital Care		
Inpatient	Nothing for room & board; \$150 per day copay, max. \$450; 15% for other services	Nothing
Outpatient	15%	Nothing
Maternity		
Hospital	Nothing	Nothing
Obstetrical Care	Nothing	Nothing
Other Benefits		
Cancer Screenings	Nothing	Nothing
Surgery	15%	Nothing
Laboratory Services	Nothing at LabCorp or Quest Diagnostics	Nothing
Accidental Injury Care	Nothing (within 72 hours)	Nothing
Calendar Year Deductible	\$350 per person	
Catastrophic Benefits	\$5,000 per person; \$7,000 per family	

*Out-of-network benefits are available, see the **2014 SAMBA Health Benefit Plan** brochure (RI 71-015)

Prescription Drugs	You Pay
Retail (up to a 30-day supply) ¹	\$8 generic 30% preferred name brand (\$40 minimum, \$70 maximum) 40% non-preferred name brand (\$60 minimum, \$110 maximum)
Mail Order (up to a 90-day supply)	\$15 generic 30% preferred name brand (\$80 minimum, \$150 maximum) 40% non-preferred name brand (\$120 minimum, \$275 maximum)

A 90-day prescription can also be filled at a CVS retail pharmacy at mail order copay

¹ Limited to the initial fill and one refill per prescription

This is a summary of the *SAMBA Health Benefit Plan*. For complete information on benefits, see the Plan's 2014 Federal brochure (RI 71-015).

All benefits are subject to definitions, limitations, and exclusions set forth in the Federal brochure.

2014 STANDARD OPTION

Includes:

- Cigna's Nationwide Provider Network
- Choose any provider
- No referrals needed
- World-wide coverage
- Retail and mail order Rx benefits
- 24-hour nurse line
- Health & Wellness Programs

No cost for:

- Annual physicals
- Maternity care
- Well-child care
- Cancer screenings
- Quest Diagnostics and LabCorp
- Women's preventive services

RATES		
2014 Standard Option		
	Biweekly Premium	Monthly Premium
Self Only (code 444)	\$60.79	\$131.71
Self & Family (code 445)	\$138.84	\$300.81

These rates do not apply to all enrollees. If you are in a special enrollment category, (such as postal employees) please refer to your special FEHB Guide or contact the agency which maintains your health benefits enrollment.



Visit www.SambaHealth.com
to view or download the official
2014 SAMBA Health Benefit
Plan brochure (RI 71-015)



Offering the Cigna
Network nationwide

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2014 STANDARD OPTION HEALTH AND WELLNESS PROGRAMS

We'll help you
STAY HEALTHY.



Your Health First Program

Access to professional support or online tools for lifestyle, wellness and medical treatment decisions.

- Manage a chronic health condition
- Create a personal care plan
- Identify health risks
- Make educated decisions on your treatment options
- Know what to expect if you need to be hospitalized
- Take a Personal Health Assessment

Improve your lifestyle.

HEALTH AND WELLNESS PROGRAMS

24-Hour Nurse Line

SAMBA members have access to 24/7 NurselineSM. With 24/7 NurselineSM you get:

- Practical health information
- Advice on how to treat a minor injury or illness, including over-the-counter or home remedies
- Help in making smart health decisions

Weight Loss Program

Lose weight and improve your health through the Healthy Steps to Weight LossSM personalized weight loss program.

- One-on-one health coach
- Customized diet and exercise plan
- Practical tips, nutrition guides and more

Tobacco Cessation Program

Quitting tobacco isn't easy, but SAMBA's Quit For Life[®] Program can help. When you enroll, you will receive:

- Support from an expert Quit Coach[®]
- Free nicotine replacement therapy (patch, gum) if part of your Quitting Plan

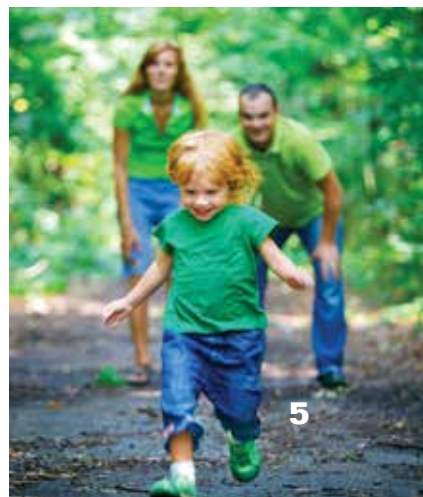
Discount Programs

The Healthy Rewards Program provides access to discounts on treatments and items not covered under the Health plan.

Examples include:

- Over 15,000 fitness facilities
- Alternative medicine network
- Online store with discounts on vitamins & supplements, natural products, and much more

Visit www.SambaHealth.com to find out about the Health and Wellness Programs available to our members.





2014 DENTAL AND VISION PLAN BENEFITS

Options	DMO Plan Option 1	PPO Plan Option 2	
Coverage Type	Primary Care Dentist Plan Pays	In-Network Plan Pays	Out-of-Network Plan Pays
Preventive (A) Exams, X-rays, Teeth Cleanings	100%	100%	70%
Intermediate (B) Fillings, Root Canals, Tooth Extraction	100%	75%	60%
Major (C) Crowns, Dentures, Inlays/Onlays	60%	50% 6-month waiting period	
Orthodontics (D)	50% No maximum No waiting period	50% \$1,500 maximum per person 12-month waiting period	
Annual Deductible	None	\$50 per person, \$150 per family (applies to B&C services only)	
Annual Maximum	None	\$2,000 per person, per year	
Vision	Included with both options		

ENROLL AT ANY TIME - plus children are covered up to age 26!

Option 1 - DMO

For economical coverage

- Choose an Aetna Primary Care DMO Dentist
- No deductible or claim forms
- Free preventive care, fillings, root canals, and extractions
- Braces (orthodontia) - including adults with no waiting period

Option 2 - PPO

For more freedom

- Visit any dentist without referrals
- Pay less with an Aetna PPO dentist
- Free In-Network preventive care
- Coverage for braces (orthodontia)- including adults (waiting period applies)



Visit www.SambaHealth.com to locate DMO and PPO dentists in your area.

This is a summary of the SAMBA Dental and Vision Plan. All benefits are subject to the definitions, limitations, and exclusions set forth in the Plan's Summary Plan Description.

DENTAL AND VISION PLAN

ENROLL TODAY – It’s Fast & Easy!

- Complete our online Dental and Vision Plan Enrollment Form
- Select your payment method
- Mail or fax completed forms to **SAMBA**

RATES		
2014 Dental & Vision		
Same low rates for either option		
	Biweekly Premium	Monthly Premium
Self	\$19.38	\$42.00
Self + One	\$38.76	\$84.00
Self & Family	\$58.15	\$126.00

This is a non-FEDVIP



Vision Benefits:

Regardless of the dental option you choose, vision benefits are included.

Vision Benefits – included in both dental options		
Calendar Year Benefits	EyeMed In-Network Provider*	Out-of-Network Provider
Eye Exam for glasses (with dilation as necessary)	Covered in full – after \$10 copay	Up to \$30 reimbursement
Eyeglasses (frames and lenses)	Covered in full – up to \$140 (20% off balance over \$140)	Up to \$75 reimbursement
Contact Lenses (in lieu of eyeglasses)	Covered in full – up to \$100	Up to \$75 reimbursement

* To locate an **EyeMed** provider in your area, go to www.eyemedvisioncare.com and choose the “Select” network from the list in the **Locate a Provider** box.





ONLINE WEB TOOLS AT SAMBA...

Our Web Tools provide you with a wealth of information:

- Find In-Network hospitals, doctors, and dentists
- Take a personal health assessment
- Review your claim history
- Refill prescriptions
- Estimate medical costs
- Compare hospital quality ratings
- Access medical information



Visit www.SambaHealth.com
and get all the information you need today!



SAMBA ONLINE

SAMBA's Health Plan

Network Provider Directory: Find a Cigna doctor, hospital, and other providers.

Online History: Members can view their medical claims and prescription drug history.

Prescription Services: Determine your prescription copays and refill your mail order prescriptions.

Health and Wellness Programs: Weight management; tobacco cessation; personal health assessment; discount programs; and more.

SAMBA's Dental & Vision Plan

Network Provider Directory: Find a dentist who participates in Aetna's DMO or PPO nationwide dental network. You can also locate a participating EyeMed provider.

View Claims History: Members have online access to view their dental and vision claims history.



View and download
official *SAMBA Plan*
brochures online at
www.SambaHealth.com

WANT TO KNOW ABOUT SAMBA'S OTHER PLANS?

Group Term Life Insurance

Coverage up to \$600,000 for members and spouses,
plus \$20,000 for children up to age 26

10-Year and 20-Year Level Term Insurance

Available to members and spouses from \$200,000 to \$1,000,000

Personal Accident Insurance

Valuable protection for your entire family

Disability Income Protection

Guard against loss of income due to a disabling condition on or off the job

Visit **SAMBA** online at www.SambaHealth.com
or call **1.800.638.6589**



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Use your favorite
scanning app to view
www.SambaHealth.com
on your smartphone.

