



2016  
Standard Option  
**Health**  
Benefit Plan

Enjoy  
Peace of Mind  
When You Choose  
**SAMBA**



# 2016 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; \$200 per confinement copay, 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; \$10,000 per family	
*Out-of-network benefits are available, see the 2016 SAMBA HEALTH BENEFIT PLAN brochure (RI 71-015)		
PRESCRIPTION DRUGS	YOU PAY	
RETAIL (up to a 30-day supply) <sup>1</sup>	\$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 select participating pharmacies at mail order copay		

<sup>1</sup> 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 2016 Federal brochure (RI 71-015).

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

## 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

# 2016 Standard Option Health Plan

## RATES

### 2016 Standard Option

	Biweekly Premium	Monthly Premium
Self Only (code 444)	\$63.44	\$137.45
Self Plus One (code 446)	\$139.57	\$302.40
Self & Family (code 445)	\$145.91	\$316.14

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

Offering the



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Visit [www.SambaHealth.com](http://www.SambaHealth.com)  
to view or download the official  
**2016 SAMBA**  
**Health Benefit Plan Brochure**  
(RI 71-015)





## 2016 Standard Option Health and Wellness Programs

### 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

### 24-HOUR NURSE LINE

A nurse is available to answer your questions any time. With 24/7 Nurseline<sup>SM</sup> 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 Loss<sup>SM</sup> personalized weight loss program.

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



2016  
Standard Option  
Health and  
Wellness  
Programs

## TOBACCO CESSATION PROGRAM

Quitting tobacco isn't easy, that's why SAMBA offers the Cigna Quit Today® Program to help you. When you enroll, you will receive:

- A personal quit plan with a realistic quit date
- Support from a dedicated Wellness 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

We'll Help You **Stay Healthy!**

Visit [www.SambaHealth.com](http://www.SambaHealth.com) to find out about the Health and Wellness Programs available to our members.





## **SELF PLUS ONE ENROLLMENT OPTION**

Effective January 2016 SAMBA will offer Self Only, Self Plus One, and Self and Family enrollment types.

Self Plus One is a new enrollment type that allows you to cover yourself and one eligible family member.

If you want to switch to Self Plus One, you must make that change during Open Season by contacting your agency's HR office. Annuitants must contact OPM.

For more information, visit the U.S. Office of Personnel Management website at [www.opm.gov/selfplusone](http://www.opm.gov/selfplusone).

## **WANT TO KNOW ABOUT SAMBA'S OTHER PLANS?**

### **DENTAL AND VISION PLAN**

Choice of two comprehensive dental plan options and you may enroll at any time - plus children are covered up to age 26

### **GROUP TERM LIFE INSURANCE**

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


### **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 [www.SambaHealth.com](http://www.SambaHealth.com) or call 1.800.638.6589 and get all the information you need today!



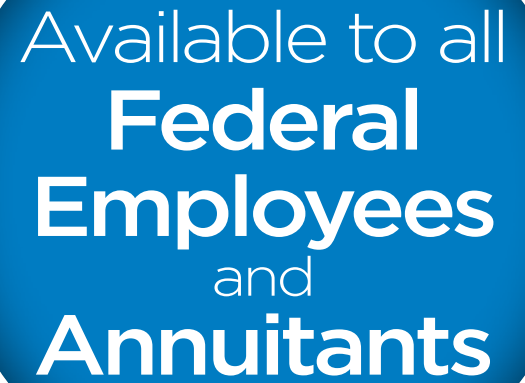
For over 68 years, **SAMBA** has been protecting federal employees, annuitants, and their families.

**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](http://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.



Available to all  
**Federal  
Employees  
and  
Annuitants**



*Enjoy peace of mind when you choose SAMBA*



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