

# Aetna High Deductible Health Plan

(for Aetna Choice® POS II network)

## Department of Defense Nonappropriated Fund Health Benefits Program

### Summary of Benefits effective January 1, 2021

Plan Provisions	Preferred (In Network)	Non-Preferred (Out of Network)*
<b>Calendar-Year Deductible<sup>1</sup></b> (includes pharmacy)		
Employee only	\$1,500	\$4,500
Family (employee + one or more dependents)	\$4,500	\$9,000
<b>Out-of-Pocket Maximum</b>		
This is the maximum amount you pay for your share of covered expenses in a calendar year. It includes deductibles and coinsurance. <sup>2</sup> It does not include prescription eyewear, Choose Generics penalties, expenses covered at 50% and non-covered expenses.		
Employee only	\$6,000	\$12,000
Family (employee + one or more dependents)	\$12,000 <sup>3</sup>	\$16,000
Lifetime maximum	Unlimited	Unlimited
<b>Health Incentives</b>		
Earn incentive monies in your Health Savings Account (HSA) by completing certain healthy actions. Employees can earn up to \$300 each year. For those employees who cover dependents, an additional \$300 can be earned by those dependents, for a total of up to \$600 a year. For more details, visit <a href="http://nafhealthplans.com">nafhealthplans.com</a> > Wellness > Health Incentives Program.		
<b>Hospital Precertification</b>		
Certain services require precertification. Please see your Summary Plan Description (SPD) for details.	Network physician handles	You handle; \$500 penalty for failure to precertify
<b>Preventive Care</b> (Deductible is waived for preventive care services.)		
<b>Plan pays</b>	<b>Plan pays</b>	<b>Plan pays</b>
Routine physical exam (one per calendar year) and immunizations	100%, no deductible	Not covered
Well-child care and immunizations (Birth to age 7. Please see your SPD for age and frequency schedule.)	100%, no deductible	Not covered
Routine gynecological exam, including Pap test and related lab fees (one per calendar year)	100%, no deductible	Not covered
Routine mammogram (one per calendar year for women age 35 and over)	100%, no deductible	Not covered
Routine colonoscopy (one every 10 years, age 45 and over)	100%, no deductible	Not covered
Routine prostate screening exam (one per calendar year for men age 40 and over)	100%, no deductible	Not covered
Routine eye exam and/or contact lenses fitting (one each per calendar year)	100%, no deductible	Not covered
Prescription eyewear – lenses, frames and contacts. You are also eligible to use Aetna® vision discounts.	100%, no deductible, up to a \$150 maximum benefit per person per calendar year	100%, no deductible, up to a \$150 maximum benefit per person per calendar year
Pediatric vision (dependent children up to age 22), one pair of basic frames and lenses per calendar year <sup>4</sup>	100%, no deductible	100%, no deductible
Routine hearing exam (one per calendar year)	100%, no deductible	Not covered
Hearing aids (\$3,000 maximum every 3 years). You are also eligible to use the Amplifon Hearing Health Care Discount Program.	75% after deductible	60% after deductible

<sup>1</sup> In-network expenses and out-of-network expenses accumulate separately. In-network expenses are applied to the in-network deductible only; out-of-network expenses are applied to the out-of-network deductible only.

<sup>2</sup> Coinsurance is the percentage of your covered expenses you pay after you meet the calendar-year deductible.

<sup>3</sup> In compliance with the Affordable Care Act, if one individual under family coverage has \$8,550 applied toward the in-network out-of-pocket maximum, this individual will have the plan pay 100% for covered services for the remainder of the plan year.

<sup>4</sup> Covered codes are: V2020, V2100-2199, V2200-2299, V2300-2399, V2121, V2221, V2321

UPDATE

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<b>Physician Services</b>	<b>Plan pays</b>	<b>Plan pays</b>
Office visits for treatment of illness or injury	75% after deductible	60% after deductible
Walk-in clinic visit	75% after deductible	60% after deductible
Diagnostic lab and X-ray		
• When part of an office visit (When not billed separately or provided by an independent lab that may be located in your doctor's office)	75% after deductible	60% after deductible
• Separate office visit	75% after deductible	60% after deductible
• Independent facility (When not affiliated with a doctor's office that may be located in the same location)	75% after deductible	60% after deductible
Maternity care office visits	75% after deductible	60% after deductible
In-office surgery	75% after deductible	60% after deductible
Physician hospital visits	75% after deductible	60% after deductible
Anesthesia	75% after deductible	60% after deductible
Allergy testing, serum and injections	75% after deductible	60% after deductible
Second surgical opinion	100% after deductible	100% after deductible
<b>Teladoc<sup>®5</sup></b>		
General medicine	100% after deductible	N/A
Behavioral health	75% after deductible	N/A
Dermatology	75% after deductible	N/A
<b>Hospital Services</b>		
Inpatient hospital room and board and ancillary services	75% after deductible	60% after deductible plus \$400 per-confinement fee <sup>6</sup>
Inpatient and outpatient surgery	75% after deductible	60% after deductible
Outpatient services	75% after deductible	60% after deductible
Pre-operative testing	75% after deductible	60% after deductible
Other hospital services	75% after deductible	60% after deductible
<b>Urgent and Emergency Care</b>		
Hospital emergency room	75% after deductible	75% after deductible
Hospital emergency room for non-emergency care	50% after deductible	50% after deductible
Urgent care facility	75% after deductible	60% after deductible
Ambulance	75% after deductible	75% after deductible

<sup>5</sup> Teladoc may not be available in all states and is not available overseas.

<sup>6</sup> Hospital confinement fee is waived for newborns and for subsequent hospital confinements for the same condition within the same calendar year.

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<b>Other Health Care</b>	<b>Plan pays</b>	<b>Plan pays</b>
Convalescent facility (up to 90 days per calendar year)	75% after deductible	60% after deductible
Home health care (up to 90 visits per calendar year)	75% after deductible	60% after deductible
Private duty nursing (up to 70 eight-hour shifts per calendar year)	75% after deductible	60% after deductible
Hospice (inpatient and outpatient)	100% after deductible	100% after deductible
Independent lab and X-ray facilities	75% after deductible	60% after deductible
Voluntary sterilization	75% after deductible	60% after deductible
Outpatient short-term rehabilitation (60-visit maximum per course of treatment)	75% after deductible	60% after deductible
Habilitative physical therapy	75% after deductible	60% after deductible
Habilitative occupational therapy	75% after deductible	60% after deductible
Habilitative speech therapy	75% after deductible	60% after deductible
Autism behavioral therapy (combined with outpatient mental health visits)	75% after deductible	60% after deductible
Autism applied behavior analysis (covered same as any other outpatient mental health – all other)	75% after deductible	60% after deductible
Autism physical therapy	75% after deductible	60% after deductible
Autism occupational therapy	75% after deductible	60% after deductible
Autism speech therapy	75% after deductible	60% after deductible
Durable medical equipment	75% after deductible	75% after deductible
Spinal disorder (chiropractic) (20-visit maximum per calendar year)	75% after deductible	60% after deductible
Bariatric surgery	75% after deductible	Not covered
<b>Mental Health Care</b>		
Inpatient (no maximum number of days)	75% after deductible	60% after deductible plus \$400 inpatient per-confinement fee
Outpatient (no maximum number of visits)	75% after deductible	60% after deductible
Outpatient – all other <sup>7</sup> (no maximum number of visits)	75% after deductible	60% after deductible
<b>Substance Abuse Treatment</b>		
Inpatient (no maximum number of days)	75% after deductible	60% after deductible plus \$400 inpatient per confinement fee
Outpatient (no maximum number of visits)	75% after deductible	60% after deductible

<sup>7</sup> Includes transcranial magnetic stimulation (TMS), psychological/neuropsychological testing (PTS), psychiatric & substance use disorder (SUD) home care services, psychiatric & SUD partial hospitalization (PHP), psychiatric & SUD intensive outpatient (IOP), outpatient detox (OPD) and applied behavior analysis (ABA).

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Plan Provisions	Preferred (In Network)	Non-Preferred (Out of Network)*
<b>Prescription Drug Benefits (Aetna Standard Plan Formulary)</b>	<b>You pay</b>	<b>You pay</b>
Participating Retail Pharmacy Program (up to a 30-day supply) <sup>8</sup>		
• Tier One – Generic drugs	0% after deductible	Not covered
• Tier Two – Preferred brand-name drugs	35% after deductible; \$75 maximum	Not covered
• Tier Three – Non-preferred brand-name drugs <sup>9</sup>	50% after deductible; \$125 maximum	Not covered
• Tier Four – Specialty drugs	50% after deductible; \$125 maximum	Not covered
Maintenance Choice®: CVS Caremark® Mail Service Pharmacy or CVS Pharmacy® (a 31- to 90-day supply) <sup>8</sup>		
• Tier One – Generic drugs	0% after deductible	Not covered
• Tier Two – Preferred brand-name drugs	35% after deductible; \$150 maximum	Not covered
• Tier Three – Non-preferred brand-name drugs <sup>9</sup>	50% after deductible; \$250 maximum	Not covered
Preventive Drug List (up to a 30-day supply)		
• Tier One – Generic drugs	Deductible waived; 0%	Not covered
• Tier Two – Preferred brand-name drugs	Deductible waived; 35% with \$75 maximum	Not covered
• Tier Three – Non-preferred brand-name drugs <sup>9</sup>	Deductible waived; 50% with \$125 maximum	Not covered
Prescriptions purchased overseas		
• Generic drugs	Not applicable	0% after deductible
• Brand-name drugs <sup>9</sup>	Not applicable	20% after deductible
Smoking-cessation medications <sup>10</sup>		
• Tier One – Generic drugs	0% after deductible	Not covered
• Tier Two – Preferred brand-name drugs	35% after deductible; \$75 maximum	Not covered
• Tier Three – Non-preferred brand-name drugs <sup>9</sup>	50% after deductible; \$125 maximum	Not covered
Anti-obesity medications (up to a 30-day supply) <sup>11</sup>		
• Tier One – Generic drugs	0% after deductible	Not covered
• Tier Two – Preferred brand-name drugs	35% after deductible; \$75 maximum	Not covered
• Tier Three – Non-preferred brand-name drugs <sup>9</sup>	50% after deductible; \$175 maximum	Not covered

<sup>8</sup> With Maintenance Choice, it is **mandatory** that you get a 90-day supply of certain maintenance medications, such as drugs that treat conditions like arthritis, asthma, diabetes or high cholesterol, by using either CVS Caremark Mail Service Pharmacy or a CVS Pharmacy near you. **After two 30-day fills, the plan will no longer cover 30-day fills. You will be responsible for paying the full cost of the drug, and it will not count toward your out-of-pocket maximum.** View the Maintenance Choice drug list at [nafhealthplans.com](http://nafhealthplans.com) > Health Benefits > Pharmacy Program.

<sup>9</sup> With the Choose Generics program, your pharmacy will automatically fill your prescription with a generic drug, if one is available. If you choose the brand name instead, you will pay the difference in actual cost between the brand name and generic equivalent plus the Tier Three coinsurance. If you choose a brand drug, the amount that is the difference between the actual brand cost and actual generic cost does NOT go toward your plan's calendar-year out-of-pocket maximum.

<sup>10</sup> Covers a 180-day supply of the following FDA-approved medications with a valid prescription: Bupropion SR, nicotine gum, nicotine inhaler, nicotine lozenge, nicotine nasal spray, nicotine patch and varenicline. Includes eight counseling sessions per calendar year.

<sup>11</sup> Learn more at [aetna.com/products/rxnonmedicare/data/2014/MISC/antiobesity.html](http://aetna.com/products/rxnonmedicare/data/2014/MISC/antiobesity.html).

\* Non-preferred benefits are subject to recognized charges. Covered dependents who live outside the Aetna Choice POS II network area will receive the Traditional Choice® indemnity plan level of benefits. Please see your Human Resources representative for details.

# Aetna Passive PPO Dental Plan

## Department of Defense Nonappropriated Fund Health Benefits Program

### Summary of Benefits effective January 1, 2021

Plan Provisions	Preferred (In Network)	Non-Preferred (Out of Network)
<b>Calendar-Year Deductible</b>		
Individual	\$100	\$100
Family of 2	\$200 (2 times individual)	\$200 (2 times individual)
Family of 3 or more	\$300 (3 times individual)	\$300 (3 times individual)
Calendar-year benefits maximum	\$2,500 per person	\$2,500 per person
<b>Preventive Care</b>		
	<b>Plan pays</b>	<b>Plan pays</b>
Routine oral exams and cleanings – two per calendar year <sup>1</sup>	100%, no deductible <sup>2</sup>	100%, no deductible <sup>3</sup>
Problem-focused exams – two per calendar year	100%, no deductible <sup>2</sup>	100%, no deductible <sup>3</sup>
X-rays (frequency limits apply), fluoride (no age limit) and sealants to age 18	100%, no deductible <sup>2</sup>	100%, no deductible <sup>3</sup>
<b>Basic Care</b>		
Fillings, root canal therapy, extractions, general anesthesia, space maintainers to age 19, palliative treatments	80% after deductible <sup>2</sup>	80% after deductible <sup>3</sup>
<b>Restorative Care</b>		
Inlays, crowns, fixed bridgework, gold fillings (alternative treatment rule may apply. See Summary Plan Description for details.)	50% after deductible <sup>2</sup>	50% after deductible <sup>3</sup>
<b>Oral Surgery</b>		
Services that are dental in nature	100% of first \$1,000; then 80% thereafter, not subject to the deductible and calendar-year maximum <sup>2</sup>	100% of first \$1,000; then 80% thereafter, not subject to the deductible and calendar-year maximum <sup>3</sup>
<b>TMJ Treatment</b>		
Temporomandibular joint dysfunction	50%, no deductible <sup>2</sup> \$750 lifetime maximum per person	50%, no deductible <sup>3</sup> \$750 lifetime maximum per person
<b>Orthodontia for Adults and Children</b>		
Includes TMJ appliances	50%, no deductible <sup>2</sup> \$2,000 lifetime maximum per person	50%, no deductible <sup>3</sup> \$2,000 lifetime maximum per person

#### Network savings and convenience

When you receive care from a dentist who participates in the Aetna® dental network, you pay less for your share of the dental expense because network dentists have agreed to accept Aetna's contracted rates. A network dentist will file your claim.

When you use a non-participating dentist, your coverage is subject to recognized charges. You may be responsible for filing claims when care is provided by a non-participating dentist.

<sup>1</sup> A third cleaning will be covered for those who qualify due to certain medical conditions, such as pregnancy, diabetes or heart disease. Contact Member Services for details.

<sup>2</sup> Based on contracted rates.

<sup>3</sup> Subject to recognized charges.

*These charts display only a general description of your benefits under the DoD NAF HBP. Should there be a conflict between the benefits shown on the chart and those in the Summary Plan Description (SPD), the terms of the SPD will be used to determine coverages and benefits.*