



# 2022-2023

## Benefit Summary



---

**APPLE TREE DENTAL**

---

## Table of Contents

Benefits Overview .....	3
Eligibility & Enrollment .....	3
Contact Information .....	3
Medical .....	4
BlueCross BlueShield Value-Added Services.....	6
Kavira .....	7
Dental .....	11
Vision .....	12
Health Savings Account (HSA) .....	13
Flexible Spending Account (FSA) .....	15
Life and Accidental Death & Dismemberment Insurance .....	16
Voluntary Life and AD&D Insurance .....	16
Short-Term Disability .....	18
Long-Term Disability .....	18
Employee Assistance Program (EAP) .....	19
Retirement Plan .....	20
Paid Time Off (PTO) & Holidays.....	21
Apple Tree Dental Benefits Center.....	21
Gallagher Perks and Marketplace .....	22
Legal Notices .....	24

This document is an outline of the coverage proposed by the carrier(s), based on information provided by your company. It does not include all of the terms, coverage, exclusions, limitations, and conditions of the actual contract language. The policies and contracts themselves must be read for those details. Policy forms for your reference will be made available upon request.

The intent of this document is to provide you with general information regarding the status of, and/or potential concerns related to, your current employee benefits environment. It does not necessarily fully address all of your specific issues. It should not be construed as, nor is it intended to provide, legal advice. Questions regarding specific issues should be addressed by your general counsel or an attorney who specializes in this practice area.

## Benefits Overview

Apple Tree Dental is proud to offer a comprehensive benefits package briefly summarized in this booklet.

You share the costs of some benefits and Apple Tree Dental provides other benefits at no cost to you. In addition, there are voluntary benefits that you can purchase at competitive rates through Apple Tree Dental.

### Apple Tree Dental's Benefits Package Includes...

- Medical
- Health Savings Account (HSA)
- Dental
- Vision
- Flexible Spending Account (FSA)
- Life Insurance and Accidental Death & Dismemberment (AD&D) Insurance
- Disability Insurance
- Voluntary Life and AD&D
- 401(k)
- Paid Time off (PTO) and Holidays

## Eligibility & Enrollment

### Who is Eligible?

Full-time employees working 36 hours or more (30 hours for Medical) are eligible to enroll in the benefits listed within this booklet. You may also enroll your spouse and/or dependent child(ren) to age 26.

### When can I Enroll in Benefits?

As a new hire, you are eligible for benefits the 1st of the month following 60 days continuous active employment. If you do not enroll when first eligible, or **within 30 days** of a Qualified Life Event (QLE), you will have to wait until the next Open Enrollment period.

**Qualified Life Event (QLE)** - If you experience a "Life Event" such as marriage, divorce, birth or adoption, or a change in your spouse's employment status that affects benefits eligibility anytime during the year, you can make changes to your benefit elections. You will be required to show official documentation as proof of the QLE such as a marriage license, birth certificate or court papers.

### What Information do you Need to Enroll?

When enrolling yourself, you will need to have your address and social security number readily available. When enrolling your spouse and/or child(ren), you will need to have their name, address, date of birth, and social security number readily available for each dependent.

## Contact Information

Benefit	Administrator	Phone	Website
Medical	Blue Cross Blue Shield of Minnesota	1.866.870.0348	www.bluecrossmnonline.com
Health Savings Account (HSA)	Bremer Bank	1.800.992.2651	www.bremer.com
Dental	HealthPartners	1.800.883.2177	www.healthpartners.com
Vision	EyeMed	1.866.939.3633	www.eyemedvisioncare.com
Flexible Spending Account (FSA)	WageWorks/Health Equity	1.877.924.3967	www.wageworks.com
Employee Assistance Program (EAP)	ComPsych	1.888.628.4824	www.compsych.com
Disability Insurance	Lincoln Financial Group	1.877.275.5462	www.lfg.com
Voluntary Life AD&D	Lincoln Financial Group	1.877.275.5462	www.lfg.com
HR Director - Chad Engstrom	Apple Tree Dental	763.600.6830	cengstrom@appletreedental.org
HR Coordinator - Connie Knutson	Apple Tree Dental	763.600.6832	cknutson@appletreedental.org

## Medical Benefits

Administered by Blue Cross Blue Shield of Minnesota

### Plan Information

Group number: 232541

Effective Date: October 1, 2022

Comprehensive and preventive healthcare coverage is important in protecting you and your family from the financial risks of unexpected illness and injury. A little prevention usually goes a long way—especially in healthcare. Routine exams and regular preventive care provide an inexpensive review of your health. Small problems can potentially develop into large expenses. By identifying the problems early, often they can be treated at little cost.

### Step 1: Select Your Plan

Apple Tree Dental provides three medical plans through BCBS of Minnesota: the \$2,000-40-70% Copay plan, the \$3,000-100% HSA plan, and the \$4,500-100% HSA plan. This page shows you the three different plan designs available to you. You may choose between the Aware Network or the High Value Network regardless of which plan design you choose on this page. The next page covers the difference between the two network options.

In-Network Coverage	\$2,000-40-70%	\$3,000-100% HSA	\$4,500-100% HSA
Benefit	Aware Network or High Value Network	Aware Network or High Value Network	Aware Network or High Value Network
Lifetime Benefit Maximum	Unlimited	Unlimited	Unlimited
Deductible—Calendar Year	\$2,000 per person \$6,000 per family	\$3,000 per person \$6,000 per family	\$4,500 per person \$9,000 per family
Coinsurance	You pay 30% after deductible	You pay 0% after deductible	You pay 0% after deductible
Medical Out-of-Pocket Maximum	\$4,500 per person \$9,000 per family	\$3,000 per person \$6,000 per family	\$4,500 per person \$9,000 per family
<b>Preventive Care—Deductible does not apply</b>			
Routine Physical	No charge, deductible does not apply	No charge, deductible does not apply	No charge, deductible does not apply
Immunizations, Well Child Care and Cancer Screenings	No charge, deductible does not apply	No charge, deductible does not apply	No charge, deductible does not apply
<b>Office Visits</b>			
Illness or Injury	\$40 copay	No charge after deductible	No charge after deductible
Specialist Visit	\$40 copay	No charge after deductible	No charge after deductible
Diagnostic Test X-Ray, Blood Work	30% after deductible	No charge after deductible	No charge after deductible
Imaging CT / PET Scan, MRIs	30% after deductible	No charge after deductible	No charge after deductible
<b>Prescription Drugs (Rx)</b>			
Preventive Rx Coverage*	Not included	Included	Included
Retail—up to a 31-day supply			
Tier 1	\$15 copay	No charge after deductible	No charge after deductible
Tier 2	\$50 copay	No charge after deductible	No charge after deductible
Tier 3	\$70 copay	No charge after deductible	No charge after deductible
Tier 4	\$120 copay	No charge after deductible	No charge after deductible
Mail Order—up to a 90-day supply			
Tier 1	\$ 45 copay	No charge after deductible	No charge after deductible
Tier 2	\$150 copay	No charge after deductible	No charge after deductible
Tier 3	\$210 copay	No charge after deductible	No charge after deductible
Tier 4	\$360 copay	No charge after deductible	No charge after deductible
<b>Urgent or Emergency Care</b>			
Urgent Care	\$ 40 copay	No charge after deductible	No charge after deductible
Hospital Emergency Room	30% after deductible	No charge after deductible	No charge after deductible
Emergency Ambulance	30% after deductible	No charge after deductible	No charge after deductible
Durable Medical Equipment and Prosthetics	30% after deductible	No charge after deductible	No charge after deductible
Home Healthcare	30% after deductible	No charge after deductible	No charge after deductible
<b>Out-of-Network</b>			
Deductible	\$ 5,000 per person \$10,000 per family	\$ 5,000 per person \$10,000 per family	\$ 7,500 per person \$15,000 per family
Out-of-Pocket Maximum	\$10,000 per person \$20,000 per family	\$10,000 per person \$20,000 per family	\$12,500 per person \$25,000 per family
Coinsurance	You pay 50% after deductible	You pay 50% after deductible	You pay 50% after deductible

\*For the Preventive Rx List, please go to Apple Tree Dental Benefit Center at [Apple Tree Dental \(ajg.com\)](http://Apple Tree Dental (ajg.com))

This is a summary of benefits only and does not guarantee coverage. For a complete list of covered services and limitations/exclusions, please refer to the Plan Document.

**Step 2: Select Your Network**

You have access to two comprehensive networks of providers—the Aware Network or the High Value Network. You can choose either of these networks, regardless of which plan design you choose in Step 1. Once you have chosen the plan design that is right for you, you should take some time to consider the differences between the two networks described below. You will receive the most benefit from visiting a provider in your network, and will pay more for care when visiting a provider outside of your network. To receive the best care, it is important to understand the network that you enroll in and the providers in that network.

**Aware Network**

The Aware Network is one of BlueCross BlueShield’s largest networks. This open-access network offers you extensive access to providers and hospitals without needing a referral.

**High Value Network**

The High Value Network (HVN) is a narrower network than the Aware Network; includes over 5,000 primary care providers and over 16,000 specialty care providers; and offers you access to major care systems, including Fairview Health Services, Ridgeview, University of Minnesota Physicians, Centracare, and St. Luke’s Health Care System.

**Find a Physician or Facility**

Make sure your provider is in your network. To search for a provider in your network, go online to [www.bluecrossmnonline.com](http://www.bluecrossmnonline.com) and click on the “Find-a-Doctor” feature to search by location, provider name, specialty, product or procedure.

**Premiums—Semi-Monthly Employee Cost (24 pay-periods)**

	\$2,000-40-70% Plan	\$2,000-40-70% Plan	\$3,000-100% HSA Plan	\$3,000-100% HSA Plan	\$4,500-100% HSA Plan	\$4,500-100% HSA Plan
	Aware Network	High Value Network	Aware Network	High Value Network	Aware Network	High Value Network
Employee Only	\$131.22	\$95.56	\$118.28	\$81.57	\$83.18	\$50.06
EE + Child(ren)	\$254.96	\$195.04	\$232.92	\$171.21	\$173.75	\$118.11
EE + Spouse	\$450.20	\$369.71	\$432.89	\$350.12	\$352.90	\$278.39
Family	\$578.20	\$484.23	\$564.00	\$467.41	\$470.35	\$383.48



## BlueCross BlueShield Value-Added Services

The following programs are offered at no additional cost by BlueCross BlueShield of Minnesota.

BlueCross BlueShield responds to your needs with tailor-made services and resources that support you in improving your health and making the most of your benefits. Best of all, these are all a part of your benefit plan once you become a member. We're ready when you are. Call Customer Service for any of the resources listed below.

### Fitness Incentive Program with Sharecare

*Get Motivated. Get Fit. Get Rewarded.*

Health and wellbeing engagement is achieved a variety of ways, and BCBS of Minnesota and Sharecare partner to transform your health and fitness program to meet your needs. You will receive a \$20 incentive for achieving a specific number of steps the required number of days per month. This program is paired with an extensive health and wellness program through Sharecare. The first step of your Sharecare journey is to take the RealAge assessment, which provides you with a simple and intuitive understanding of your health based on your genetics and lifestyle habits versus your chronological age. Once you complete your RealAge assessment, you will receive recommendations on how to lower your real age. This program features a mobile app that you can use to access your profile and track daily progress towards your health goals anytime, anywhere. Use the mobile app to explore personalized health and wellbeing content, incentives, AskMD, health topics, challenges, and more.

Get started at: [bluecrossmn.sharecare.com](http://bluecrossmn.sharecare.com) and select "Create My Account."

### Doctor on Demand

*Access to your provider at home or on-the-go!*

Doctor On Demand keeps you healthy at home by connecting you immediately to a board-certified doctor through live video on your smartphone or iPad. We can treat the most common non-emergency medical issues and can write prescriptions if needed. Set up your account by visiting [DoctorOnDemand.com/bluecrossmn](http://DoctorOnDemand.com/bluecrossmn).

### Case Management

*Get help creating a care plan for your complex health needs today!*

If you have a complex health issue, a case manager can help. A licensed health care professional will work with you and your family to: understand your health needs and medicines, work with you and your doctor to create the best care plan, connect you with health management programs, and move you through the health care system effectively by managing your care among many doctors and specialists.



### Maternity Management

*Are you having trouble seeing your toes yet? Time to call!*

Maternity Management is available to all expectant mothers, and gives you access to online tools and resources to support a healthy pregnancy. Members can contact the health plan to be connected to a health coach any time. Expectant mothers identified as high risk will receive telephonic outreach by the maternity health coach.

### Quitting Tobacco Support

*Whether you are quitting cold turkey or taking it slow, let us help!*

Quitting tobacco support provides professional support by a wellness coach through a series of calls to help you achieve your goals. The support includes up to five calls from a wellness coach, a comprehensive workbook, 30- and 90-day follow-up calls, unlimited use of a toll-free support line, and other ongoing support as needed. Call [1.888.662.2583](tel:18886622583) today!

### Learn to Live

*Online Behavioral Health Programs*

Over 114 million Americans with treatable conditions never seek therapy due to social stigma, accessibility and cost. Learn to Live provides online programs and assessments for members (age 13 or older) living with stress, depression or social anxiety. Programs are based on principals of cognitive behavioral therapy.

### Wellness Discount Marketplace

*Healthy Choices at Great Prices*

Blue365 offers healthy choices to you at great prices. Weekly deals from leading national brands on a wide network of:

- Gyms
- Fitness gear
- Healthy eating options
- Personal care

Blue365 offers discounts from top brands, including: Beltone, Garmin, Reebok, EyeMed, TruHearing, Skechers and more.

### Omada

*Diabetes and Heart Disease Prevention*

Omada is an online program that can help you lose weight, feel great and lower your risk for type 2 diabetes and heart disease. Omada combines science and support to help you develop healthy habits that last. You get personal support and interactive tools to get and keep you motivated:

- One-on-one guidance from a professional health coach
- A welcome kit with a wireless smart scale and other tools to track your progress
- An online peer group for motivation from people who get it
- Interactive weekly lessons on nutrition, fitness, sleep and stress
- On-the-go convenience with a mobile app

*New in 2022!* ALL employees will be enrolled 10/01/2022 regardless of FTE status. It is a totally company-paid benefit.

# kavira.

## Healthcare, delivered.



### Mobile App

Secure, HIPAA-compliant messaging and videochats with expert providers



### House Visits

When in-person care is needed, our clinicians come to you



### Free Care\*

Individuals & family members get unlimited, free care\*. No copays, no insurance hassles, no surprise bills



### Rx Refills & Delivery

Prescription management and Rx delivery



### How to Get Care

Call or Text: (763) 373-3856

Reach us on the app: [www.kavirahealth.com/download](http://www.kavirahealth.com/download)

*\* Note: Individuals on an HSA-eligible HDHP health insurance plan may be charged a patient visit fee for regulatory reasons*

# What's Included in the Membership

## What's Included

---

- Free visits for employees and dependents
- Unlimited chat, video, and home visits
- Annual physicals & blood testing
- Prescriptions:
  - Refills through the app
  - All Rx's can be delivered
- Labs:
  - 31 free labs; 2,500+ discounted labs
- Chronic disease management
- Referrals to specialists
- Behavioral health
- Well-being & pregnancy support

## What's Not

---

- Care that can't wait 1-2 hours
- Emergency services
- Specialty care
- Vaccines
- Controlled substance prescriptions
- Pelvic physicals

### Clinic Hours:

**Chat & Video:** Weekdays 8am-7pm & Weekends 12pm-4pm

**House Visits:** Weekdays 9am-7pm



# Services List

## Acute Conditions We Treat:

---

- 1st degree burns
- Athlete's foot
- Bug bite
- Cold sore
- Cough, cold, flu, bronchitis
- Diarrhea (short-term, mild to moderate)
- Ear concerns (pain, drainage, wax)
- Hand, foot, mouth
- Headache
- Minor asthma flare
- Mononucleosis and other viral illnesses
- Muscle or joint pain / sprains and strains
- Pink eye
- Rashes
- Sinus infection
- Sore throat
- Stitches or staples
- Suture removal
- UTI
- Vaginitis (yeast or BV infection)
- Wart evaluation
- Many More

## Chronic Conditions We Treat:

---

- Acne (no Accutane)
- Anemia (mild)
- Anxiety (mild-moderate/no controlled substances)
- Asthma (mild to moderate)
- Constipation
- COPD (mild)
- Depression (mild-moderate)
- Diabetes Type 2 (non-insulin dependent, A1C <10)
- Eczema
- Epi-Pen refills
- GERD/Reflux
- Gout
- High Cholesterol
- Hypothyroidism
- Menopause
- Obesity
- Osteoarthritis
- Osteoporosis (non IV or injectable treatments)
- Seasonal Allergies/Allergic Rhinitis

## Wellness / Preventive:

---

- Adult physicals
- Contraception
- Sports physicals
- Tobacco / Nicotine Cessation
- Well child / baby checks (no vaccines)
- Wellness Goals

# Included Labs

Lab Test	Reason	Lab Test	Reason
Fasting Lipid Panel	Annual Physical	Wet Prep	Women's Health
CBC w/ Differential / Platelet	Annual Physical	Prostate Level	Men's Health
Complete Metabolic Panel	Annual Physical, Diabetes	Uric Acid Level	Gout
Basic Metabolic Panel	Annual Physical, Diabetes	CBC, No Differential / Platelet	Anemia
Hemoglobin A1c	Diabetes	Folate Level	Anemia
Fasting Glucose	Diabetes	Ferritin Level	Anemia
Triiodothyronine (T3)	Thyroid	Amylase	Pancreas
Thyroxine + T4	Thyroid	Lipase	Pancreas
Thyroid Stimulating Hormone (TSH)	Thyroid	ANA	Autoimmune
Thyroid Panel	Thyroid	Mononucleosis Test	Other
Urinalysis	Genitourinary	Magnesium	Other
Urine Culture	Genitourinary	Vitamin B12	Other
Prolactin Level	Women's Health	Fe+Total Iron-Binding Capacity (TIBC)	Other
Follicle-Stimulating Hormone (FSH)	Women's Health	Vitamin D, 25-hydroxy	Other
Pregnancy Test (hCG)	Women's Health	STD (Chlamydia and gonrhea)	Other
FSH & Luteinizing Hormone (LH)	Women's Health		

## Dental Benefits

Administered by HealthPartners

### Plan Information

Group number: 0966

Effective Date: October 1, 2022

Good oral care enhances overall physical health, appearance, and mental well-being. Keep your teeth healthy and your smile bright with Apple Tree Dental’s dental benefit plan through HealthPartners.

When you enroll in dental coverage, you may see any dentist. However, when you select a dentist in-network, you are guaranteed the highest benefits from your dental program. If you seek dental care from a provider out-of-network, you will be responsible for paying any remaining balance above HealthPartner’s contracted rate.

	In-Network PPO	Out-of-Network PPO
Annual Deductible	None	None
Annual Benefit Maximum	\$1,500	\$1,500
Preventive Dental Services <i>(cleanings, exams, x-rays)</i>	No charge	No charge
Basic Dental Services I <i>Fillings (amalgam and anterior composite)</i>	You pay 0%	You pay 0%
<i>Posterior composite (white fillings), root canal therapy, non-surgical periodontics, and simple extractions</i>	You pay 20%	You pay 20%
Basic Dental Services II <i>Surgical periodontics, complex oral surgery</i>	You pay 20%	You pay 20%
Special Care <i>Restorative crowns &amp; onlays</i>	You pay 50%	You pay 50%
Prosthetics <i>Bridges, dentures &amp; partial dentures, dental implants</i>	You pay 50%	You pay 50%

\*Balance billing applies should you seek services from out-of-network providers. If an out-of-network provider charges more than HealthPartner’s contracted rate, you will be responsible for paying the remainder of the bill out-of-pocket. You will pay less when you see in-network providers.

*This is a summary of benefits only and does not guarantee coverage. For a complete list of covered services and limitations/exclusions, please refer to the Plan Document.*

### Premiums—Semi-Monthly Cost (24 pay-periods)

	Employee Cost
Single	\$ 0.00
Family	\$26.25



## Vision Insurance

Administered by EyeMed

### Plan Information

Group Number: VC-19

Effective Date: October 1, 2022

Your eye examination and caring for your eyes is important to your overall health. Eye examinations diagnose much more than the need for corrective lenses. When enrolled in this plan, you have access to EyeMed’s network of providers. Though you can go to any vision provider, you will receive the highest benefit from the plan when you visit an in-network provider. When seeing an in-network provider, you will pay copays for services and materials, however, when you see an out-of-network provider, you may submit a receipt to be reimbursed up to the plan’s out-of-network allowance.

Vision Care Specialist	In-Network Cost	Out-of-Network Reimbursement
<b>Frequency</b>		
Examination		Once every 12 months
Lenses or Contact Lenses		Once every 12 months
Frame		Once every 24 months
<b>Exams and Services</b>		
Exam with Dilation as Necessary	\$10 copay	Up to \$30
Contact Lens Fit & Follow-Up		
Standard	Up to \$40	N/A
Premium	10% off retail price	N/A
Retinal Imaging	Up to \$39	N/A
<b>Frames and Plastic Lenses</b>		
Frames	\$0 copay, \$130 allowance, 20% off balance over \$130	Up to \$65
Standard Plastic Lenses		
Single Vision	\$25 copay	Up to \$25
Bifocal	\$25 copay	Up to \$40
Trifocal	\$25 copay	Up to \$60
Lenticular	\$25 copay	Up to \$60
Lens Options		
UV Treatment	\$15	N/A
Tint (Solid & Gradient)	\$15	N/A
Standard Plastic Scratch Coating	\$15	N/A
Standard Polycarbonate—Adults	\$33 copay	Up to \$5
Standard Polycarbonate—Kids under 19	\$0 copay	Up to \$25
Standard Anti-Reflective Coating	\$45	N/A
Polarized	20% off retail price	N/A
<b>Contact Lenses— contact lens allowance includes materials only</b>		
Conventional	\$0 copay, \$130 allowance, 15% off balance over \$130	Up to \$104
Disposable	\$0 copay, \$130 allowance, plus balance over \$130	Up to \$104
Medically Necessary	\$0 copay, paid in full	Up to \$200
<b>Laser Vision Correction</b>		
LASIK or PRK from U.S. Laser Network	15% off the retail price or 5% off the promotional price	N/A
<b>Additional Pairs</b>		
Additional Pair of Prescription Eyeglasses <i>eligible for discount limited to in-network providers</i>	Members also receive a 40% discount off complete pair eyeglass purchase and 15% off conventional contact lenses once the funded benefit has been used.	

This is a summary of benefits only and does not guarantee coverage. For a complete list of covered services and limitations/exclusions, please refer to the Plan Document.

### Premium—Semi-Monthly Cost (24 pay-periods)

	Employee Cost
Employee	\$3.59
EE + 1	\$7.17
Family	\$10.28

## Health Savings Account (HSA)

Administered by Bremer Bank

**Your are eligible to open a Health Savings Account if you enroll in the \$3,000-100% HSA or the \$4,500-100% HSA Plans offered by Apple Tree Dental. Administrative costs are 100% employer-paid.**

### What is a Health Savings Account (HSA)?

A Health Savings Account (HSA) is an account that can be funded with your tax-exempt dollars, by you, your employer, or both, to help pay for eligible medical expenses not covered by an insurance plan, including the deductible, coinsurance, and even in some cases, health insurance premiums.

**IMPORTANT:** If you have a FSA Health Reimbursement account, your balance must be exhausted prior to establishing/ contributing to a HSA. This means you should allow enough time for your last FSA reimbursements to be processed and the account to reflect a \$0 balance.

### When and how often can I contribute to my Health Savings Account (HSA)?

You are encouraged to contribute (voluntary) to your HSA account through payroll deduction(s) or as a lump sum deposit. You can contribute as often as you like, provided the annual contributions do not exceed the IRS annual limits.

In 2022, the IRS annual limits on contributions are as follows:

- \$3,650 for Employee-Only coverage
- \$7,300 for Employee+1 and Family coverage

In 2023, the IRS annual limits on contributions are as follows:

- \$3,850 for Employee-Only coverage
- \$7,750 for Employee+1 and Family coverage

Individuals that are age 55 or older by the end of the tax year are eligible to make an additional contribution up to \$1,000.

### How does the plan work?

**Use your HSA to help pay these expenses**

**DEDUCTIBLE**  
**\$3,000 Individual**  
**\$6,000 Family**

You pay 100% of medical and prescription drug costs until you meet your deductible. You may make contributions to your HSA pre-tax up to the IRS maximum. You can withdraw these funds tax-free and put them towards meeting your deductible or save them to help offset future expenses.

**Out-of-Pocket Maximum**  
**\$3,000 Individual**  
**\$6,000 Family**

Due to the structure of Apple Tree Dental's HSA plan, by virtue of reaching your deductible, you have satisfied your out-of-pocket max. The plan will now pay 100% for the remainder of the calendar year.

**In-Network Preventive Care**

In-network preventive care such as annual check-ups, cancer screenings, well-child care and immunizations are covered at 100% and some preventive prescriptions.



## Frequently Asked Questions about HSAs

### ***How do I manage my HSA?***

The HSA account is your account; the HSA dollars are your dollars. Since you are the account holder or HSA beneficiary, you manage your HSA account. You may choose when to use your HSA dollars or when not to use your HSA dollars. HSA dollars pay for any eligible expense. Most commonly, the HSA account holder will pay their out-of-pocket expenses (i.e. deductible and coinsurance) associated with their high deductible health plan with their HSA dollars.

### ***What expenses are eligible for reimbursement from my HSA?***

HSA dollars may be used for qualified medical expenses incurred by the account holder and his or her spouse and dependents. Qualified medical expenses are expenses for medical care and are outlined within IRS Section 213(d). In summary, the IRS Section 213(d) states that “the expense has to be primarily for the prevention or alleviation of a physical or mental defect or illness.”

In addition to qualified medical expenses, the following insurance premiums may be reimbursed from an HSA:

- COBRA premiums;
- Health insurance premiums while receiving unemployment benefits;
- Qualified long-term care premiums; and
- Any health insurance premiums paid, other than for a Medicare supplemental policy, by individuals ages 65 and over (assuming premiums are not collected through payroll on a pre-tax basis).

### ***What if I have HSA dollars left in my account at year-end?***

The money is yours to keep. It will continue to earn interest and will be available for you and your healthcare costs next year. Any dollars left in your HSA account at year-end will automatically roll over into next year's HSA account.

### ***Can I use the money in my account to pay for my dependents' medical expenses?***

You can use the money in the account to pay for medical expenses of yourself, your spouse, or your dependent children. You can pay for expenses of your spouse and dependent children even if they are not covered by Apple Tree Dental's \$3,000-100% HSA or the \$4,500-100% HSA plans.

### ***What happens to my HSA dollars if I leave my employer?***

The funds are yours to keep. You may elect one of the following options:

- Leave your funds in the current HSA account;
- Transfer your funds to an HSA with your new employer (check to make sure there are no fees associated with the transfer); or
- Transfer your funds to another qualifying account within 60 days.



## Flexible Spending Accounts (FSA)

Administered by WageWorks/Health Equity

Effective Date: October 1, 2022

### **Administrative costs are 100% employer-paid.**

Easy and convenient, a Flexible Spending Account (FSA) allows you and your family to save money on medical and/or dependent care expenses. You have the opportunity to set aside funds each pay period on a pre-tax basis. Per paycheck contributions, which are determined by you and can only be changed one time per year during annual enrollment (or for a qualifying event), will be deposited into your FSA account.

You do not have to be enrolled in the company medical, dental or vision to enroll in an in FSA. You manage your FSA funds; you may not use money from your Health Care FSA to pay for dependent care expenses, or vice versa. You must re-enroll every year during Annual Enrollment in order to participate in the FSA benefit plan.

**Please Note: The IRS does not allow you to have both an FSA Health Account and an HSA.**

### **Here's How a FSA Works**

- You decide the annual amount you want to contribute to either or both FSA's based on your expected healthcare and/or dependent childcare/elder care expenses.
- Your contributions are deducted from each paycheck before income and Social Security taxes, and deposited into your FSA.
- You can pay with the Healthcare FSA debit card for eligible healthcare expenses. For dependent care, you pay for eligible expenses when incurred, and then submit a reimbursement claim form or file the claim online.
- You are reimbursed from your FSA. So, you actually pay your expenses with tax-free dollars.

\*Remember, the Flexible Spending Account accumulates on a calendar year basis. The elections you make will be for 2023.

### **How much can I contribute to my FSA Account?**

In 2022, the IRS annual limits on contributions to an FSA Account are as follows:

- Health Account and Limited Purpose - \$2,750
- Dependent Day Care - \$5,000 if filing jointly, \$2,500 if filing single

In 2023, the IRS annual limits on contributions to an FSA Account are as follows:

- Health Account and Limited Purpose - \$2,850
- Dependent Day Care - \$5,000 if filing jointly, \$2,500 if filing single

Any remaining balance in your FSA at the end of the plan year will be forfeited and not carried over into the next year or converted into cash.

### **What an eligible expense?**

To find information on eligible expenses for your dependent care FSA, go to [www.irs.gov](http://www.irs.gov) and search for [Publication 502 and 503 \[Section 213\(d\)\]](#).



## Basic Life and Accidental Death & Dismemberment (AD&D)

Administered by Lincoln Financial Group

Effective Date: October 1, 2022

100% Paid by Apple Tree Dental

### Life and Accidental Death & Dismemberment (AD&D)

This benefit is 100% paid by Apple Tree Dental, and provides you with Life and Accidental Death and Dismemberment (AD&D) insurance of 1 times your annual salary (not including bonuses, overtime, or extra compensation) to a maximum amount of \$100,000. The benefit will be reduced to 65% when you reach age 65 and 50% when you reach age 70. Death benefits are doubled if death is the result of an Accident. This coverage is portable, and you will have the option to take this coverage with you at group rates if you leave Apple Tree Dental. If you are totally disabled, premiums are waived (subject to the elimination period).

### Choosing your Beneficiaries

When enrolling in Life and AD&D insurance, you have the opportunity to name both “primary” and “contingent” beneficiaries. In the event of your death, the designated primary beneficiary receives the death benefit. A contingent beneficiary would receive the death benefit if the primary beneficiary cannot be found. The best way to make sure that your death benefit is paid out correctly is to include your beneficiaries’ birth dates and social security numbers when designating your beneficiaries.

## Voluntary Life and AD&D Insurance

Administered by Lincoln Financial Group

Effective Date: October 1, 2022

You may purchase Voluntary Life and AD&D insurance in addition to the company-provided coverage for yourself on a payroll deduction basis. If you elect coverage for yourself, you may also elect coverage for your spouse and dependent child(ren) as well. Please note that Voluntary AD&D is not bundled with the Voluntary Life and is considered a separate election.

### Employee Supplemental Life

You may purchase in increments of:	\$10,000
Guarantee Issue Amount:	\$150,000
Maximum amount you can purchase:	5 x annual salary to a maximum of \$500,000

For amounts over Guarantee Issue Amount of \$150,000, you must complete an Evidence of Insurability form and be approved for the coverage. If the additional amount over \$150,000 is declined, you will still receive the guaranteed amount of \$150,00.

### Spouse Supplemental Life

You may purchase in increments of:	\$5,000
Guarantee Issue Amount:	\$30,000
Maximum amount you can purchase:	50% of employee amount to a maximum of \$250,000

For amounts over Guarantee Issue Amount of \$30,000, your spouse must complete an Evidence of Insurability form and be approved for the coverage. If the additional amount over \$30,000 is declined, your spouse will still receive the guaranteed amount of \$30,000.

### Child(ren) Supplemental Life

Maximum amount you can purchase:	\$10,000
----------------------------------	----------

The benefit available for children from live birth to 6 months old is limited to \$250. Dependent children are eligible for coverage until age 26. All amounts of coverage applied for (max of \$10,000) are Guaranteed Issue without needing to provide Evidence of Insurability.

### Supplemental AD&D

You may purchase Voluntary AD&D coverage for you, your spouse, and your dependent child(ren). Please note, that Voluntary AD&D is not bundled with your Voluntary Life election, and requires a separate enrollment. The same benefit increments and maximums, Guarantee Issue amounts, and limitations on the Voluntary Life coverage apply to the Voluntary AD&D coverage (see above).

### Benefit Reductions

The employee and spouse benefit will be reduced to 65% when you reach age 65 and 50% when you reach age 70, and will terminate upon retirement.

### Guarantee Issue Amounts

When you first become eligible, you can purchase up to the Guarantee Issue Amounts shown above without answering medical questions. Evidence of Insurability must be submitted when:

1. Voluntary Life and AD&D amounts elected exceed the Guarantee Issue amounts listed above during your Initial Eligibility period;
2. Any benefit option increase or new election is requested during Open Enrollment which exceeds the amount more than 2 increment levels (\$20,000 for employee coverage; \$10,000 for spousal coverage);
3. Initial coverage is elected more than 31 days after your Initial Eligibility period begins.





**Rates**

Supplemental Life and AD&D Rates per \$1,000		
Age	Employee Life	Spousal Life*
< 25	\$0.057	\$0.037
25 - 29	\$0.057	\$0.037
30 - 34	\$0.057	\$0.037
35 - 39	\$0.086	\$0.066
40 - 44	\$0.143	\$0.123
45 - 49	\$0.200	\$0.180
50 - 54	\$0.372	\$0.352
55 - 59	\$0.744	\$0.724
60 - 64	\$1.144	\$1.124
65 - 69	\$2.032	\$2.012
70 - 74	\$3.662	\$3.642
75 +	\$3.662	\$3.642
Employee AD&D	\$0.020	
Spousal AD&D	\$0.020	
Child Life / AD&D (Per \$10,000)	\$1.460 / \$0.360	



\*Spouse rate based on employee's age.

**What will it cost you each month?**

*Example Monthly Rate Calculated*

A **38-year-old employee** elects **\$50,000** of Doctor **Voluntary Supplemental Life without Voluntary AD&D** coverage.

	Life Amount Selected	Divided by 1,000	Multiplied by Rate from Table (equals your monthly cost)
Employee Supplemental Life	\$50,000	/ 1,000 = 50	X \$0.086 = \$4.30

*Monthly Rate Calculation Tool*

	Life Amount Selected	Divided by 1,000	Multiplied by Rate from Table (equals your monthly cost)
Employee Supplemental Life	\$ _____	/ 1,000 = _____	x _____ = _____
Employee Supplemental AD&D	\$ _____	/ 1,000 = _____	x \$0.020 = _____
Spouse Supplemental Life	\$ _____	/ 1,000 = _____	x _____ = _____
Spouse Supplemental AD&D	\$ _____	/ 1,000 = _____	x \$0.020 = _____
Child Supplemental Life	\$10,000**	n/a**	= \$1.460**
Child Supplemental AD&D	\$10,000**	n/a**	= \$0.360**

\*The monthly cost of Voluntary Life and AD&D coverage for your child(ren), is not calculated in the same way as the Voluntary Life and AD&D coverage for you or your spouse, because rates given are per \$10,000 of benefit and the benefit increment and maximum for children is at \$10,000.

## Short-Term Disability

Administered by Lincoln Financial Group

100% Paid by Apple Tree Dental

If you become disabled, you may be unable to work and, therefore, your income may be reduced. Unfortunately, your expenses and bills always continue. At no cost to you, Apple Tree Dental provides Short-Term Disability coverage for qualified accident or illness/ pregnancy.

Benefit Summary	
Waiting Period	For Accident: beginning on the 1st day For Illness / Pregnancy: beginning on the 8th day
Percent of Income Replacement	60% to a maximum of \$500
Maximum Benefit Period	13 weeks
Maternity Benefit	Covered at 6 weeks less than the elimination period
Partial Disability	Included—total disability not required to be eligible for benefits

*This is a summary of benefits only and does not guarantee coverage. For a complete list of covered services and limitations/exclusions, please refer to the Plan Document.*

## Long-Term Disability

Administered by Lincoln Financial Group

100% Paid by Apple Tree Dental

Monthly expenses add up quickly. Ask yourself how you would cover these expenses if you are unable to work and earn a paycheck. The Lincoln Financial Group's Disability Income Protection insurance can help you meet expenses by replacing a portion of your monthly income if you become disabled.

Benefit Summary	
Waiting Period	90 days—period of time before LTD benefits begin. No gap in coverage between STD and LTD Disability benefit payment period
Percent of Income Replacement	60% to a maximum of \$5,000
Maximum Benefit Period	2 Years / to SSNRA
Pre-Existing Condition Limitation	3/12
Definition of Disability	Own occupation for 2 years; any occupation thereafter
Partial Disability	Included—total disability not required to be eligible for benefits
Additional Payments	If you have a loss of 2 of 6 activities of daily living, benefits pay an additional 20% to a maximum of \$5,000

*This is a summary of benefits only and does not guarantee coverage. For a complete list of covered services and limitations/exclusions, please refer to the Plan Document.*

*\*Dentists, please see HR for more Long-Term Disability information.*



## Employee Assistance Program (EAP)

*Administered by Lincoln Financial Group*

Life has its share of ups and downs — and sometimes you may need a little guidance through the “downs.” EmployeeConnectSM services included with your long-term disability insurance offer an array of confidential services to help you and your loved ones meet the challenges that life, work, and relationships can bring.

### Your EmployeeConnectSM Benefits

#### Unlimited 24/7 Assistance

You can access the following services anytime online or with a toll-free call:

- Information resources, and referrals on family matters, such as child and elder care; kennels and pet care; event and vacation planning moving and relocation; car buying; college planning; and more
- Legal information and referrals for situations requiring expertise in family law, estate planning, landlord/tenant relations consumer and civil law, and more
- Guidance with financial matters, including household budgeting, and short- and long-term planning

#### In-Person Guidance

Some matters are best resolved by meeting with a professional in person. With EmployeeConnectSM, you get:

- In-person help for short-term issues (up to four\* sessions with a counselor per person, per issue, per year)
- In-person consultations with network lawyers, including one free 30-minute in-person consultation per legal issue, and subsequent meetings at a reduced fee

#### Online Resources

EmployeeConnectSM offers a wide range of information and resources that you can research and access on your own just by visiting GuidanceResources.com. You'll find:

- Articles and tutorials
- Streaming videos
- Interactive e-tools -- including financial calculators, budgeting spreadsheets, and a language translator

### ***This card is your connection to real support for real-life issues.***

Cut out and keep it with you at all times.

**EmployeeConnect<sup>SM</sup>**

<p><b>Employee Assistance Program Services</b> Confidential help 24 hours a day, 7 days a week for employees and family members</p> <p><b>COMP<sub>PSYCH</sub><sup>®</sup></b> <small>GuidanceResources® Worldwide</small></p> <p>Visit <a href="http://www.Lincoln4Benefits.com">www.Lincoln4Benefits.com</a> or <a href="http://www.GuidanceResources.com">www.GuidanceResources.com</a> (user name = LFGsupport; password = LFGsupport1). Or talk with a specialist at 888-628-4824.</p>	<ul style="list-style-type: none"> <li>▶ Family</li> <li>▶ Parenting</li> <li>▶ Addictions</li> <li>▶ Emotional</li> <li>▶ Legal</li> <li>▶ Financial</li> <li>▶ Relationships</li> <li>▶ Stress</li> </ul>
---	---



## Retirement Plan

Administered by ADP

Plan Year: October 1 through September 30

### 401(k) Retirement Plan

The future offers the potential for a longer life and the need for more income in retirement. You may need 70%-90% of your current annual income to replace your salary and live comfortably once you stop working or change your lifestyle in retirement. We all want the financial security to afford to spend retirement as we choose. And while Social Security may help, it probably won't be enough. It's up to you to make up the difference — and your plan can help.

Apple Tree Dental 401(k) Plan can help you reach your future financial goals, and it's easy to get started. The sooner you enroll, the sooner you can take advantage of these great benefits:

- Tax-advantaged saving through pretax contributions and the Roth 401(k) option
- Employer contributions
- Convenient, automatic payroll deductions
- Investments that make saving easy
- Plan features that simplify planning
- An account you can take with you

### Your Contributions

How much you save will have a big impact on how much money you will have when you retire. You can contribute from 1% to 80% of your pretax salary to the plan each year. Your plan also allows you to contribute on an after tax basis through Roth 401(k) contributions.

The IRS limit on your total annual contributions for 2022 is as follows:

- \$20,500/annually
- If you are 50 or older, you can make an additional annual "catch-up" contribution of \$6,500/annually

The IRS limit on your total annual contributions for 2023 is as follows:

- \$20,500/annually
- If you are 50 or older, you can make an additional annual "catch-up" contribution of \$6,500/annually

Try to save as much as you can to meet your retirement goals and take full advantage of the employer match and tax savings your plan offers.

### Your Employer Helps

When you participate in the plan, your employer will match 75% up to the first 4% of your eligible compensation. You decide how to invest this contribution.

Pretax Savings (It costs less than you think to save for your retirement)			
Annual Salary \$30,000/Tax Bracket 15%			
Pretax Contribution Rate	2%	4%	6%
Weekly Plan Contribution	\$11.54	\$23.08	\$34.62
Weekly Tax Savings	\$1.73	\$3.46	\$5.19
Weekly Out-of-Pocket Amount	\$9.81	\$19.62	\$29.43
Annual Contribution	\$600	\$1,200	\$1,800
Account Balance After 30 Years	\$75,015	\$150,030	\$225,044

*This chart is for illustrative purposes only. This example assumes contributions made at the beginning of the month and an 8% annual effective rate of return compounded monthly. Results are not meant to represent past or future performance of any specific investment vehicle. Investment return and principal value will fluctuate and when redeemed, the investment may be worth more or less than its original cost. Taxes are due upon withdrawal. Withdrawals taken prior to age 59½ may be subject to a 10% tax penalty.*

*This is a summary of benefits only and does not guarantee coverage. For a complete list of covered services and limitations/exclusions, please refer to the Plan Document.*

## Paid Time Off (PTO) and Holidays

Administered by Apple Tree Dental

Plan Year October 1, 2022 through September 30, 2023

### PTO Accrual

During your employment, you will accrue paid time off as follows for use in accordance with Apple Tree policy and practice:

Length of Service	PTO Accrued	Maximum Balance
At hire	.0385 hours/hour worked/pay period	80 hours
Over 1 but less than 5 years	.0577 hours/hour worked/pay period	120 hours
Over 5 years	.0769 hours/hour worked/pay period	160 hours

### Holidays

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

Please see employee handbook for more information.

## Apple Tree Dental Benefits Center

Your Benefits and Company Information Are At Your Fingertips—visit online today!

**New in 2022!** You will access your Benefit Center through a new website URL this year during Open Enrollment. If you've bookmarked the old Benefit Hub site, please update your bookmarks.

### Here's What You Can Find

- Benefit Plan Summaries and Details
- Benefit Plan Forms, Documents, and Carrier Resources & Links
- The BRANCH Newsletters
- Employment Policy Handbook
- Wellness Information, Including Links to HealthPartners and EyeMed
- Live Well Work Well Monthly Newsletters and Tip Sheets
- Enrollment Information and Links
- Specific Documents and Disclosures
- Life Event Checklists
- Health Care Reform Information
- Benefit/Financial Calculators
- Information on State and Federal Programs
- Benefits Glossary From A- Z
- And much more

You can access Apple Tree Dental Benefits Center anytime by going to:

[Apple Tree Dental \(ajg.com\)](http://ajg.com)

As a client of Arthur J. Gallagher & Co. your exclusive savings go beyond just an insurance policy. We've partnered with some of today's best companies to provide you great discounts on goods and services!

## Office DEPOT OfficeMax®

### OFFICE SUPPLIES

Save up to 80% off on over 93,000 products. Great for your printing and office needs. Enjoy FREE next-day delivery on online orders.



### FREE PRESCRIPTION SAVINGS CARD

Receive a FREE card to start saving up to 55% on prescription drugs! This card has no fees and it will never expire. One card covers entire household, including pets. Accepted at 9/10 pharmacies.



### EMAIL MARKETING

Constant Contact Inc.'s email marketing and online survey tools help small businesses and organizations connect to clients quickly, easily, and affordably! Discount of 10%.



### EMPLOYMENT BACKGROUND CHECKS & DRUG TESTING

Universal Background Screening offers comprehensive employment background checks and drug testing, improving the efficiency of your screening process. AJG clients receive a 40% discount on top of waived account set up fees and no monthly or annual premiums.



### SHIPPING SERVICES

Gallagher Perks and UPS took the guesswork out, and put the easy in. You now have access to new and improved flat rate pricing with savings of 45% on Domestic Next Day/Deferred, 25% on Ground Commercial / Residential and up to 50% on additional services. In addition, you can take advantage of UPS Smart Pickup® service for free.

## TRAVEL DISCOUNTS



Get everyday savings of up to 25% off when reserving with your organization's CDP# for either business and leisure travel.



With HotelEngine, your members can save an average of 26% off public rates at 100,000+ hotels both domestically and internationally.



Scan here to check out Gallagher Marketplace

Giving you year-round access to additional benefits that could save you money with Gallagher Marketplace.

**Auto Insurance**



**Homeowners Insurance**



**Extended Vehicle Warranties**



**Program Overview**

Gallagher Marketplace offers non-traditional benefits to every employee, like home and auto insurance, renters insurance, extended vehicle warranties, as well as boat, ATV and RV coverage. Because your employer partners with Gallagher, you have access to the best benefits available.

**The Value of Gallagher Marketplace**

- Whether full-time, part-time or contract workers, all employees are eligible for this dynamic solution.
- View multiple quotes side-by-side from top carriers offering flexible payment plans and licensed agents to help guide.
- Get access to top benefits with the potential to save money on benefits you may need and want.

Insurance is subject to availability and individual eligibility.

**How It Works**

- 1** Go to [ajg.com/GallagherMarketplace](https://ajg.com/GallagherMarketplace), see the benefits available, and select a product to view more details.
- 2** Enter preliminary details and receive a no-obligation quote.
- 3** Connect with an agent who will answer your questions, and assist you with the application process.

## Legal Notices

1. HIPAA Special Enrollment Rights
2. Women's Health and Cancer Rights Act
3. HIPAA Notice of Privacy Practices Reminder
4. Premium Assistance Under Medicaid and the Children's Health Insurance Program (CHIP)
5. COBRA General Notice
6. Newborn's and Mother's Health Protection Act
7. Notice of Creditable Coverage

***Please take time to familiarize yourself with this information. If you have dependents that are enrolled in Apple Tree Dental plan(s), please make sure they also have the opportunity to review this information.***

### HIPAA Special Enrollment Rights

#### Apple Tree Dental Health Plan Notice of Your HIPAA Special Enrollment Rights

Our records show that you are eligible to participate in the Apple Tree Dental Health Plan (to actually participate, you must complete an enrollment form and pay part of the premium through payroll deduction).

A federal law called HIPAA requires that we notify you about an important provision in the plan - your right to enroll in the plan under its "special enrollment provision" if you acquire a new dependent, or if you decline coverage under this plan for yourself or an eligible dependent while other coverage is in effect and later lose that other coverage for certain qualifying reasons.

**Loss of Other Coverage (Excluding Medicaid or a State Children's Health Insurance Program).** If you decline enrollment for yourself or for an eligible dependent (including your spouse) while other health insurance or group health plan coverage is in effect, you may be able to enroll yourself and your dependents in this plan if you or your dependents lose eligibility for that other coverage (or if the employer stops contributing toward your or your dependents' other coverage). However, you must request enrollment within 31 days after your or your dependents' other coverage ends (or after the employer stops contributing toward the other coverage).

**Loss of Coverage for Medicaid or a State Children's Health Insurance Program.** If you decline enrollment for yourself or for an eligible dependent (including your spouse) while Medicaid coverage or coverage under a state children's health insurance program is in effect, you may be able to enroll yourself and your dependents in this plan if you or your dependents lose eligibility for that other coverage. However, you must request enrollment within 60 days after your or your dependents' coverage ends under Medicaid or a state children's health insurance program.

**New Dependent by Marriage, Birth, Adoption, or Placement for Adoption.** If you have a new dependent as a result of marriage, birth, adoption, or placement for adoption, you may be able to enroll yourself and your new dependents. However, you must request enrollment within 31 days after the marriage, birth, adoption, or placement for adoption.

**Eligibility for Premium Assistance Under Medicaid or a State Children's Health Insurance Program** – If you or your dependents (including your spouse) become eligible for a state premium assistance subsidy from Medicaid or through a state children's health insurance program with respect to coverage under this plan, you may be able to enroll yourself and your dependents in this plan. However, you must request enrollment within 60 days after your or your dependents' determination of eligibility for such assistance.

To request special enrollment or to obtain more information about the plan's special enrollment provisions, contact Chad Engstrom - HR Director at 763-600-6830 or [cengstrom@appletreedental.org](mailto:cengstrom@appletreedental.org).

#### Important Warning

If you decline enrollment for yourself or for an eligible dependent, you must complete our form to decline coverage. On the form, you are required to state that coverage under another group health plan or other health insurance coverage (including Medicaid or a state children's health insurance program) is the reason for declining enrollment, and you are asked to identify that coverage. If you do not complete the form, you and your dependents will not be entitled to special enrollment rights upon a loss of other coverage as described above, but you will still have special enrollment rights when you have a new dependent by marriage, birth, adoption, or placement for adoption, or by virtue of gaining eligibility for a state premium assistance subsidy from Medicaid or through a state children's health insurance program with respect to coverage under this plan, as described above. If you do not gain special enrollment rights upon a loss of other coverage, you cannot enroll yourself or your dependents in the plan at any time other than the plan's annual open enrollment period, unless special enrollment rights apply because of a new dependent by marriage, birth, adoption, or placement for adoption, or by virtue of gaining eligibility for a state premium assistance subsidy from Medicaid or through a state children's health insurance program with respect to coverage under this plan.



## Women's Health & Cancer Rights Act

If you have had or are going to have a mastectomy, you may be entitled to certain benefits under the Women's Health and Cancer Rights Act of 1998 ("WHCRA"). For individuals receiving mastectomy-related benefits, coverage will be provided in a manner determined in consultation with the attending physician and the patient, for:

- All stages of reconstruction of the breast on which the mastectomy was performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance;
- Prostheses; and
- Treatment of physical complications of the mastectomy, including lymphedema.

These benefits will be provided subject to the same deductibles and coinsurance applicable to other medical and surgical benefits provided under the plan. Therefore, the following deductibles and coinsurance apply:

Plan 1: \$2,000-40-70% Aware Network or High Value Network (Individual: 30% coinsurance and \$2,000 deductible; Family: 30% coinsurance and \$6,000 deductible)

Plan 2: \$3,000-100% HSA Aware Network or High Value Network (Individual: 0% coinsurance and \$3,000 deductible; Family: 0% coinsurance and \$6,000 deductible)

Plan 3: \$4,500-100% HSA Aware Network or High Value Network (Individual: 0% coinsurance and \$4,500 deductible; Family: 0% coinsurance and \$9,000 deductible)

If you would like more information on WHCRA benefits, please call your Plan Administrator at 763-600-6830 or at [cengstrom@appletreedental.org](mailto:cengstrom@appletreedental.org).

## HIPAA Notice of Privacy Practices Reminder

### Protecting Your Health Information Privacy Rights

Apple Tree Dental is committed to the privacy of your health information. The administrators of the Apple Tree Dental Health Plan (the "Plan") use strict privacy standards to protect your health information from unauthorized use or disclosure.

The Plan's policies protecting your privacy rights and your rights under the law are described in the Plan's Notice of Privacy Practices. You may receive a copy of the Notice of Privacy Practices by contacting Chad Engstrom - HR Director at 763-600-6830 or [cengstrom@appletreedental.org](mailto:cengstrom@appletreedental.org).

## Premium Assistance Under Medicaid and the Children’s Health Insurance Program (CHIP)

If you or your children are eligible for Medicaid or CHIP and you’re eligible for health coverage from your employer, your state may have a premium assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren’t eligible for Medicaid or CHIP, you won’t be eligible for these premium assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit [www.healthcare.gov](http://www.healthcare.gov).

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial **1-877-KIDS NOW** or [www.insurekidsnow.gov](http://www.insurekidsnow.gov) to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer-sponsored plan.

If you or your dependents are eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you aren’t already enrolled. This is called a “special enrollment” opportunity, and **you must request coverage within 60 days of being determined eligible for premium assistance**. If you have questions about enrolling in your employer plan, contact the Department of Labor at [www.askebsa.dol.gov](http://www.askebsa.dol.gov) or call **1-866-444-EBSA (3272)**.

**If you live in one of the following states, you may be eligible for assistance paying your employer health plan premiums. The following list of states is current as of January 31, 2022. Contact your State for more information on eligibility –**

<b>ALABAMA – Medicaid</b>	<b>CALIFORNIA – Medicaid</b>
Website: <a href="http://myalhipp.com/">http://myalhipp.com/</a> Phone: 1-855-692-5447	Website: Health Insurance Premium Payment (HIPP) Program <a href="http://dhcs.ca.gov/hipp">http://dhcs.ca.gov/hipp</a> Phone: 916-445-8322 Fax: 916-440-5676 Email: <a href="mailto:hipp@dhcs.ca.gov">hipp@dhcs.ca.gov</a>
<b>ALASKA – Medicaid</b>	<b>COLORADO – Health First Colorado (Colorado’s Medicaid Program) &amp; Child Health Plan Plus (CHP+)</b>
The AK Health Insurance Premium Payment Program Website: <a href="http://myakhipp.com/">http://myakhipp.com/</a> Phone: 1-866-251-4861 Email: <a href="mailto:CustomerService@MyAKHIPP.com">CustomerService@MyAKHIPP.com</a> Medicaid Eligibility: <a href="http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx">http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx</a>	Health First Colorado Website: <a href="https://www.healthfirstcolorado.com/">https://www.healthfirstcolorado.com/</a> Health First Colorado Member Contact Center: 1-800-221-3943/ State Relay 711 CHP+: <a href="https://www.colorado.gov/pacific/hcpf/child-health-plan-plus">https://www.colorado.gov/pacific/hcpf/child-health-plan-plus</a> CHP+ Customer Service: 1-800-359-1991/ State Relay 711 Health Insurance Buy-In Program (HIBI): <a href="https://www.colorado.gov/pacific/hcpf/health-insurance-buy-program">https://www.colorado.gov/pacific/hcpf/health-insurance-buy-program</a> HIBI Customer Service: 1-855-692-6442
<b>ARKANSAS – Medicaid</b>	<b>FLORIDA – Medicaid</b>
Website: <a href="http://myarhipp.com/">http://myarhipp.com/</a> Phone: 1-855-MyARHIPP (855-692-7447)	Website: <a href="https://www.flmedicaidprecovery.com/flmedicaidprecovery.com/hipp/index.html">https://www.flmedicaidprecovery.com/flmedicaidprecovery.com/hipp/index.html</a> Phone: 1-877-357-3268
<b>GEORGIA – Medicaid</b>	<b>MAINE – Medicaid</b>
A HIPP Website: <a href="https://medicaid.georgia.gov/health-insurance-premium-payment-program-hipp">https://medicaid.georgia.gov/health-insurance-premium-payment-program-hipp</a> Phone: 678-564-1162, Press 1 GA CHIPRA Website: <a href="https://medicaid.georgia.gov/programs/third-party-liability/childrens-health-insurance-program-reauthorization-act-2009-chipra">https://medicaid.georgia.gov/programs/third-party-liability/childrens-health-insurance-program-reauthorization-act-2009-chipra</a> Phone: (678) 564-1162, Press 2	Enrollment Website: <a href="https://www.maine.gov/dhhs/ofi/applications-forms">https://www.maine.gov/dhhs/ofi/applications-forms</a> Phone: 1-800-442-6003 TTY: Maine relay 711  Private Health Insurance Premium Webpage: <a href="https://www.maine.gov/dhhs/ofi/applications-forms">https://www.maine.gov/dhhs/ofi/applications-forms</a> Phone: -800-977-6740. TTY: Maine relay 711

<p><b>INDIANA – Medicaid</b></p> <p>Healthy Indiana Plan for low-income adults 19-64            Website: <a href="http://www.in.gov/fssa/hip/">http://www.in.gov/fssa/hip/</a>            Phone: 1-877-438-4479            All other Medicaid            Website: <a href="https://www.in.gov/medicaid/">https://www.in.gov/medicaid/</a>            Phone 1-800-457-4584</p>	<p><b>MASSACHUSETTS – Medicaid and CHIP</b></p> <p>Website: <a href="https://www.mass.gov/masshealth/pa">https://www.mass.gov/masshealth/pa</a>            Phone: 1-800-862-4840</p>
<p><b>IOWA – Medicaid and CHIP (Hawki)</b></p> <p>Medicaid Website:  <a href="https://dhs.iowa.gov/ime/members">https://dhs.iowa.gov/ime/members</a>            Medicaid Phone: 1-800-338-8366            Hawki Website: <a href="http://dhs.iowa.gov/Hawki">http://dhs.iowa.gov/Hawki</a>            Hawki Phone: 1-800-257-8563            HIPP Website:  <a href="https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp">https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp</a>            HIPP Phone: 1-888-346-9562</p>	<p><b>MINNESOTA – Medicaid</b></p> <p>Website:  <a href="https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/programs-and-services/other-insurance.jsp">https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/programs-and-services/other-insurance.jsp</a>            Phone: 1-800-657-3739</p>
<p><b>KANSAS – Medicaid</b></p> <p>Website: <a href="https://www.kancare.ks.gov/">https://www.kancare.ks.gov/</a>            Phone: 1-800-792-4884</p>	<p><b>MISSOURI – Medicaid</b></p> <p>Website:  <a href="http://www.dss.mo.gov/mhd/participants/pages/hipp.htm">http://www.dss.mo.gov/mhd/participants/pages/hipp.htm</a>            Phone: 573-751-2005</p>
<p><b>KENTUCKY – Medicaid</b></p> <p>Kentucky Integrated Health Insurance Premium Payment Program (KI-HIPP) Website:  <a href="https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx">https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx</a>            Phone: 1-855-459-6328            Email: <a href="mailto:KIHIP.PPROGRAM@ky.gov">KIHIP.PPROGRAM@ky.gov</a></p> <p>KCHIP Website: <a href="https://kidshealth.ky.gov/Pages/index.aspx">https://kidshealth.ky.gov/Pages/index.aspx</a>            Phone: 1-877-524-4718</p> <p>Kentucky Medicaid Website: <a href="https://chfs.ky.gov">https://chfs.ky.gov</a></p>	<p><b>MONTANA – Medicaid</b></p> <p>Website:  <a href="http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP">http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP</a>            Phone: 1-800-694-3084</p>
<p><b>LOUISIANA – Medicaid</b></p> <p>Website: <a href="http://www.medicaid.la.gov">www.medicaid.la.gov</a> or <a href="http://www.ldh.la.gov/lahipp">www.ldh.la.gov/lahipp</a>            Phone: 1-888-342-6207 (Medicaid hotline) or            1-855-618-5488 (LaHIPP)</p>	<p><b>NEBRASKA – Medicaid</b></p> <p>Website: <a href="http://www.ACCESSNebraska.ne.gov">http://www.ACCESSNebraska.ne.gov</a>            Phone: 1-855-632-7633            Lincoln: 402-473-7000            Omaha: 402-595-1178</p>
<p><b>NEVADA – Medicaid</b></p> <p>Medicaid Website: <a href="http://dhcfp.nv.gov">http://dhcfp.nv.gov</a>            Medicaid Phone: 1-800-992-0900</p>	<p><b>SOUTH CAROLINA – Medicaid</b></p> <p>Website: <a href="https://www.scdhhs.gov">https://www.scdhhs.gov</a>            Phone: 1-888-549-0820</p>
<p><b>NEW HAMPSHIRE – Medicaid</b></p> <p>Website: <a href="https://www.dhhs.nh.gov/oii/hipp.htm">https://www.dhhs.nh.gov/oii/hipp.htm</a>            Phone: 603-271-5218            Toll free number for the HIPP program: 1-800-852-3345, ext 5218</p>	<p><b>SOUTH DAKOTA – Medicaid</b></p> <p>Website: <a href="http://dss.sd.gov">http://dss.sd.gov</a>            Phone: 1-888-828-0059</p>
<p><b>NEW JERSEY – Medicaid and CHIP</b></p> <p>Medicaid Website:  <a href="http://www.state.nj.us/humanservices/dmahs/clients/medicaid/">http://www.state.nj.us/humanservices/dmahs/clients/medicaid/</a>            Medicaid Phone: 609-631-2392            CHIP Website: <a href="http://www.njfamilycare.org/index.html">http://www.njfamilycare.org/index.html</a>            CHIP Phone: 1-800-701-0710</p>	<p><b>TEXAS – Medicaid</b></p> <p>Website: <a href="http://gethipptexas.com/">http://gethipptexas.com/</a>            Phone: 1-800-440-0493</p>

<p><b>NEW YORK – Medicaid</b></p> <p>Website: <a href="https://www.health.ny.gov/health_care/medicaid/">https://www.health.ny.gov/health_care/medicaid/</a>            Phone: 1-800-541-2831</p>	<p><b>UTAH – Medicaid and CHIP</b></p> <p>Medicaid Website: <a href="https://medicaid.utah.gov/">https://medicaid.utah.gov/</a>            CHIP Website: <a href="http://health.utah.gov/chip">http://health.utah.gov/chip</a>            Phone: 1-877-543-7669</p>
<p><b>NORTH CAROLINA – Medicaid</b></p> <p>Website: <a href="https://medicaid.ncdhhs.gov/">https://medicaid.ncdhhs.gov/</a>            Phone: 919-855-4100</p>	<p><b>VERMONT– Medicaid</b></p> <p>Website: <a href="http://www.greenmountaincare.org/">http://www.greenmountaincare.org/</a>            Phone: 1-800-250-8427</p>
<p><b>NORTH DAKOTA – Medicaid</b></p> <p>Website: <a href="http://www.nd.gov/dhs/services/medicalserv/medicaid/">http://www.nd.gov/dhs/services/medicalserv/medicaid/</a>            Phone: 1-844-854-4825</p>	<p><b>VIRGINIA – Medicaid and CHIP</b></p> <p>Website: <a href="https://www.coverva.org/en/famis-selecthttps://www.coverva.org/en/hipp">https://www.coverva.org/en/famis-selecthttps://www.coverva.org/en/hipp</a>            Medicaid Phone: 1-800-432-5924            CHIP Phone: 1-800-432-5924</p>
<p><b>OKLAHOMA – Medicaid and CHIP</b></p> <p>Website: <a href="http://www.insureoklahoma.org">http://www.insureoklahoma.org</a>            Phone: 1-888-365-3742</p>	<p><b>WASHINGTON – Medicaid</b></p> <p>Website: <a href="https://www.hca.wa.gov/">https://www.hca.wa.gov/</a>            Phone: 1-800-562-3022</p>
<p><b>OREGON – Medicaid</b></p> <p>Website: <a href="http://healthcare.oregon.gov/Pages/index.aspx">http://healthcare.oregon.gov/Pages/index.aspx</a>  <a href="http://www.oregonhealthcare.gov/index-es.html">http://www.oregonhealthcare.gov/index-es.html</a>            Phone: 1-800-699-9075</p>	<p><b>WEST VIRGINIA – Medicaid and CHIP</b></p> <p>Website: <a href="https://dhhr.wv.gov/bms/">https://dhhr.wv.gov/bms/</a>  <a href="http://mywvhipp.com/">http://mywvhipp.com/</a>            Medicaid Phone: 304-558-1700            CHIP Toll-free phone: 1-855-MyWVHIPP (1-855-699-8447)</p>
<p><b>PENNSYLVANIA – Medicaid</b></p> <p>Website: <a href="https://www.dhs.pa.gov/Services/Assistance/Pages/HIPP-Program.aspx">https://www.dhs.pa.gov/Services/Assistance/Pages/HIPP-Program.aspx</a>            Phone: 1-800-692-7462</p>	<p><b>WISCONSIN – Medicaid and CHIP</b></p> <p>Website: <a href="https://www.dhs.wisconsin.gov/badgercareplus/p-10095.htm">https://www.dhs.wisconsin.gov/badgercareplus/p-10095.htm</a>            Phone: 1-800-362-3002</p>
<p><b>RHODE ISLAND – Medicaid and CHIP</b></p> <p>Website: <a href="http://www.eohhs.ri.gov/">http://www.eohhs.ri.gov/</a>            Phone: 1-855-697-4347, or 401-462-0311 (Direct Rlte Share Line)</p>	<p><b>WYOMING – Medicaid</b></p> <p>Website: <a href="https://health.wyo.gov/healthcarefin/medicaid/programs-and-eligibility/">https://health.wyo.gov/healthcarefin/medicaid/programs-and-eligibility/</a>            Phone: 1-800-251-1269</p>

To see if any other states have added a premium assistance program since January 31, 2022, or for more information on special enrollment rights, contact either:

U.S. Department of Labor  
 Employee Benefits Security Administration  
[www.dol.gov/agencies/ebsa](http://www.dol.gov/agencies/ebsa)  
 1-866-444-EBSA (3272)

U.S. Department of Health and Human Services  
 Centers for Medicare & Medicaid Services  
[www.cms.hhs.gov](http://www.cms.hhs.gov)  
 1-877-267-2323, Menu Option 4, Ext. 61565

## COBRA General Notice

### Model General Notice of COBRA Continuation Coverage Rights (For use by single-employer group health plans)

#### **\*\* Continuation Coverage Rights Under COBRA \*\***

#### Introduction

You're getting this notice because you recently gained coverage under a group health plan (the Plan). This notice has important information about your right to COBRA continuation coverage, which is a temporary extension of coverage under the Plan. **This notice explains COBRA continuation coverage, when it may become available to you and your family, and what you need to do to protect your right to get it.** When you become eligible for COBRA, you may also become eligible for other coverage options that may cost less than COBRA continuation coverage.

The right to COBRA continuation coverage was created by a federal law, the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA). COBRA continuation coverage can become available to you and other members of your family when group health coverage would otherwise end. For more information about your rights and obligations under the Plan and under federal law, you should review the Plan's Summary Plan Description or contact the Plan Administrator.

**You may have other options available to you when you lose group health coverage.** For example, you may be eligible to buy an individual plan through the Health Insurance Marketplace. By enrolling in coverage through the Marketplace, you may qualify for lower costs on your monthly premiums and lower out-of-pocket costs. Additionally, you may qualify for a 30-day special enrollment period for another group health plan for which you are eligible (such as a spouse's plan), even if that plan generally doesn't accept late enrollees.

#### What is COBRA continuation coverage?

COBRA continuation coverage is a continuation of Plan coverage when it would otherwise end because of a life event. This is also called a "qualifying event." Specific qualifying events are listed later in this notice. After a qualifying event, COBRA continuation coverage must be offered to each person who is a "qualified beneficiary." You, your spouse, and your dependent children could become qualified beneficiaries if coverage under the Plan is lost because of the qualifying event. Under the Plan, qualified beneficiaries who elect COBRA continuation coverage must pay for COBRA continuation coverage.

If you're an employee, you'll become a qualified beneficiary if you lose your coverage under the Plan because of the following qualifying events:

- Your hours of employment are reduced, or
- Your employment ends for any reason other than your gross misconduct.

If you're the spouse of an employee, you'll become a qualified beneficiary if you lose your coverage under the Plan because of the following qualifying events:

- Your spouse dies;
- Your spouse's hours of employment are reduced;
- Your spouse's employment ends for any reason other than his or her gross misconduct;
- Your spouse becomes entitled to Medicare benefits (under Part A, Part B, or both); or
- You become divorced or legally separated from your spouse.

Your dependent children will become qualified beneficiaries if they lose coverage under the Plan because of the following qualifying events:

- The parent-employee dies;
- The parent-employee's hours of employment are reduced;
- The parent-employee's employment ends for any reason other than his or her gross misconduct;
- The parent-employee becomes entitled to Medicare benefits (Part A, Part B, or both);
- The parents become divorced or legally separated; or
- The child stops being eligible for coverage under the Plan as a "dependent child."

### When is COBRA continuation coverage available?

The Plan will offer COBRA continuation coverage to qualified beneficiaries only after the Plan Administrator has been notified that a qualifying event has occurred. The employer must notify the Plan Administrator of the following qualifying events:

- The end of employment or reduction of hours of employment;
- Death of the employee; or
- The employee's becoming entitled to Medicare benefits (under Part A, Part B, or both).

**For all other qualifying events (divorce or legal separation of the employee and spouse or a dependent child's losing eligibility for coverage as a dependent child), you must notify the Plan Administrator within 60 days after the qualifying event occurs. You must provide this notice to: Chad Engstrom.**

### How is COBRA continuation coverage provided?

Once the Plan Administrator receives notice that a qualifying event has occurred, COBRA continuation coverage will be offered to each of the qualified beneficiaries. Each qualified beneficiary will have an independent right to elect COBRA continuation coverage. Covered employees may elect COBRA continuation coverage on behalf of their spouses, and parents may elect COBRA continuation coverage on behalf of their children.

COBRA continuation coverage is a temporary continuation of coverage that generally lasts for 18 months due to employment termination or reduction of hours of work. Certain qualifying events, or a second qualifying event during the initial period of coverage, may permit a beneficiary to receive a maximum of 36 months of coverage.

There are also ways in which this 18-month period of COBRA continuation coverage can be extended:

#### **Disability extension of 18-month period of COBRA continuation coverage**

If you or anyone in your family covered under the Plan is determined by Social Security to be disabled and you notify the Plan Administrator in a timely fashion, you and your entire family may be entitled to get up to an additional 11 months of COBRA continuation coverage, for a maximum of 29 months. The disability would have to have started at some time before the 60th day of COBRA continuation coverage and must last at least until the end of the 18-month period of COBRA continuation coverage.

#### **Second qualifying event extension of 18-month period of continuation coverage**

If your family experiences another qualifying event during the 18 months of COBRA continuation coverage, the spouse and dependent children in your family can get up to 18 additional months of COBRA continuation coverage, for a maximum of 36 months, if the Plan is properly notified about the second qualifying event. This extension may be available to the spouse and any dependent children getting COBRA continuation coverage if the employee or former employee dies; becomes entitled to Medicare benefits (under Part A, Part B, or both); gets divorced or legally separated; or if the dependent child stops being eligible under the Plan as a dependent child. This extension is only available if the second qualifying event would have caused the spouse or dependent child to lose coverage under the Plan had the first qualifying event not occurred.

### Are there other coverage options besides COBRA Continuation Coverage?

Yes. Instead of enrolling in COBRA continuation coverage, there may be other coverage options for you and your family through the Health Insurance Marketplace, Medicare, Medicaid, [Children's Health Insurance Program \(CHIP\)](#), or other group health plan coverage options (such as a spouse's plan) through what is called a "special enrollment period." Some of these options may cost less than COBRA continuation coverage. You can learn more about many of these options at [www.healthcare.gov/](http://www.healthcare.gov/).

### Can I enroll in Medicare instead of COBRA continuation coverage after my group health plan coverage ends?

In general, if you don't enroll in Medicare Part A or B when you are first eligible because you are still employed, after the Medicare initial enrollment period, you have an 8-month special enrollment period<sup>1</sup> to sign up for Medicare Part A or B, beginning on the earlier of

- The month after your employment ends; or
- The month after group health plan coverage based on current employment ends.

If you don't enroll in Medicare and elect COBRA continuation coverage instead, you may have to pay a Part B late enrollment penalty and you may have a gap in coverage if you decide you want Part B later. If you elect COBRA continuation coverage and later enroll in Medicare Part A or B before the COBRA continuation coverage ends, the Plan may terminate your continuation coverage. However, if Medicare Part A or B is effective on or before the date of the COBRA election, COBRA coverage may not be discontinued on account of Medicare entitlement, even if you enroll in the other part of Medicare after the date of the election of COBRA coverage.

If you are enrolled in both COBRA continuation coverage and Medicare, Medicare will generally pay first (primary payer) and COBRA continuation coverage will pay second. Certain plans may pay as if secondary to Medicare, even if you are not enrolled in Medicare.

For more information visit <https://www.medicare.gov/medicare-and-you>.

<sup>1</sup><https://www.medicare.gov/sign-up-change-plans/how-do-i-get-parts-a-b/part-a-part-b-sign-up-periods>.

### **If you have questions**

Questions concerning your Plan or your COBRA continuation coverage rights should be addressed to the contact or contacts identified below. For more information about your rights under the Employee Retirement Income Security Act (ERISA), including COBRA, the Patient Protection and Affordable Care Act, and other laws affecting group health plans, contact the nearest Regional or District Office of the U.S. Department of Labor's Employee Benefits Security Administration (EBSA) in your area or visit [www.dol.gov/ebsa](http://www.dol.gov/ebsa). (Addresses and phone numbers of Regional and District EBSA Offices are available through EBSA's website.) For more information about the Marketplace, visit [www.healthcare.gov](http://www.healthcare.gov).

### **Keep your Plan informed of address changes**

To protect your family's rights, let the Plan Administrator know about any changes in the addresses of family members. You should also keep a copy, for your records, of any notices you send to the Plan Administrator.

### **Plan contact information**

Apple Tree Dental  
Chad Engstrom - HR Director  
2442 Mounds View Blvd  
Mounds View, Minnesota - 55112  
United States  
763-600-6830

### **Newborns' and Mothers' Health Protection Act**

Group health plans and health insurance issuers generally may not, under Federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a cesarean section. However, Federal law generally does not prohibit the mother's or newborn's attending provider, after consulting with the mother, from discharging the mother or her newborn earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not, under Federal law, require that a provider obtain authorization from the plan or insurance issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours).

## Notice of Creditable Coverage

### Important Notice from Apple Tree Dental

#### About Your Prescription Drug Coverage and Medicare

Please read this notice carefully and keep it where you can find it. This notice has information about your current prescription drug coverage with Apple Tree Dental and about your options under Medicare's prescription drug coverage. This information can help you decide whether or not you want to join a Medicare drug plan. If you are considering joining, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area. Information about where you can get help to make decisions about your prescription drug coverage is at the end of this notice.

There are two important things you need to know about your current coverage and Medicare's prescription drug coverage:

1. Medicare prescription drug coverage became available in 2006 to everyone with Medicare. You can get this coverage if you join a Medicare Prescription Drug Plan or join a Medicare Advantage Plan (like an HMO or PPO) that offers prescription drug coverage. All Medicare drug plans provide at least a standard level of coverage set by Medicare. Some plans may also offer more coverage for a higher monthly premium.
2. Apple Tree Dental has determined that the prescription drug coverage offered by the medical plan is, on average for all plan participants, expected to pay out as much as standard Medicare prescription drug coverage pays and is therefore considered Creditable Coverage. Because your existing coverage is Creditable Coverage, you can keep this coverage and not pay a higher premium (a penalty) if you later decide to join a Medicare drug plan.

#### When Can You Join a Medicare Drug Plan?

You can join a Medicare drug plan when you first become eligible for Medicare and each year from October 15th to December 7th.

However, if you lose your current creditable prescription drug coverage, through no fault of your own, you will also be eligible for a two (2) month Special Enrollment Period (SEP) to join a Medicare drug plan.

#### What Happens to Your Current Coverage if You Decide to Join a Medicare Drug Plan?

If you decide to join a Medicare drug plan, your current Apple Tree Dental coverage will not be affected. The \$2,000-\$40-70% Aware and High Value Network plans offer the following prescription drug coverage for a 1-month supply: 100% coverage after a \$15 copay for a Generic prescription; 100% coverage after a \$70 copay for a Brand Preferred prescription; 100% coverage after a \$120 copay for a Brand Non-Preferred prescription. The \$3,000-0% HSA Aware and High Value Network and \$4,500-0% HSA Aware and High Value Network Plans offer the following prescription drug coverage for a 1-month supply: 100% coverage after the deductible has been met. Members may keep this coverage if they elect part D and this plan will coordinate with Part D coverage. See pages 7- 9 of the CMS Disclosure of Creditable Coverage To Medicare Part D Eligible Individuals Guidance (available at <http://www.cms.hhs.gov/CreditableCoverage/>), which outlines the prescription drug plan provisions/options that Medicare eligible individuals may have available to them when they become eligible for Medicare Part D.

If you do decide to join a Medicare drug plan and drop your current Apple Tree Dental coverage, be aware that you and your dependents may be able to get this coverage back.

#### When Will You Pay a Higher Premium (Penalty) to Join a Medicare Drug Plan?

You should also know that if you drop or lose your current coverage with Apple Tree Dental and don't join a Medicare drug plan within 63 continuous days after your current coverage ends, you may pay a higher premium (a penalty) to join a Medicare drug plan later.

If you go 63 continuous days or longer without creditable prescription drug coverage, your monthly premium may go up by at least 1% of the Medicare base beneficiary premium per month for every month that you did not have that coverage. For example, if you go nineteen months without creditable coverage, your premium may consistently be at least 19% higher than the Medicare base beneficiary premium. You may have to pay this higher premium (a penalty) as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the following October to join.

#### For More Information About This Notice or Your Current Prescription Drug Coverage...

Contact the person listed below for further information. **NOTE:** You'll get this notice each year. You will also get it before the next period you can join a Medicare drug plan, and if this coverage through Apple Tree Dental changes. You also may request a copy of this notice at any time.

#### For More Information About Your Options Under Medicare Prescription Drug Coverage...

More detailed information about Medicare plans that offer prescription drug coverage is in the "Medicare & You" handbook. You'll get a copy of the handbook in the mail every year from Medicare. You may also be contacted directly by Medicare drug plans.



For more information about Medicare prescription drug coverage:

- Visit [www.medicare.gov](http://www.medicare.gov)
- Call your State Health Insurance Assistance Program (see the inside back cover of your copy of the “Medicare & You” handbook for their telephone number) for personalized help
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

If you have limited income and resources, extra help paying for Medicare prescription drug coverage is available. For information about this extra help, visit Social Security on the web at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call them at 1-800-772-1213 (TTY 1-800-325-0778).

**Remember: Keep this Creditable Coverage Notice. If you decide to join one of the Medicare drug plans, you may be required to provide a copy of this notice when you join to show whether or not you have maintained creditable coverage and, therefore, whether or not you are required to pay a higher premium (a penalty).**

**Date:** October 01, 2022  
**Name of Entity/Sender:** Apple Tree Dental  
**Contact-Position/Office:** Chad Engstrom - HR Director  
**Office Address:** Apple Tree Dental  
2442 Mounds View Blvd  
Mounds View, Minnesota - 55112  
**Phone Number:** 763-600-6830

**Notes**



**Gallagher**

Insurance | Risk Management | Consulting