



**Health Care Benefits
Summary Plan Description for
Mid-Atlantic Post-1989 Associate
Retirees**

Contents

Your Health Care Benefits	1
Medical Plan for Associate Retirees	1
About This SPD	1
Verizon Benefits Center.....	3
Changes to the Plan	3
Participating in the Plan	4
Eligibility.....	4
Eligible Dependents.....	4
Enrolling in the Plan.....	9
Changing Your Elections	12
Cost of Coverage	16
If Your Net Credited Service Date Is Before August 3, 2008	16
If Your Net Credited Service Date Is August 3, 2008 or Later	19
When Participation Ends	21
Extended Benefits.....	23
Continuation of Coverage Under COBRA.....	23
Certificate of Creditable Coverage.....	23
Surviving Dependents.....	24
Overview of Your Options	25
Plan Options	25
Comparing Your Medical Options	27
The Managed Care Network (MCN) Option	29
How the MCN Option Works.....	29
Paying for Out-of-Network Care and Filing Claims	33
MCN Option Coverage Summary	35
More Information About the MCN Option.....	43
The MEP-PPO Option	50
MEP-PPO Option Eligibility.....	50
Plan Details	50
Paying for Care and Filing Claims	55
MEP-PPO Option Coverage Summary.....	57
More Information About the MEP-PPO Option	65
The No Coverage Option	71

More Information About the MCN and MEP-PPO Options	72
BlueCare Consultant Program	72
Pre-Certification	74
The Disease Management Program	77
Blue Distinction Center	77
Preventive Care	77
Maternity and Newborn Care	77
Reproductive and Fertility Treatments	78
Hospital Services	79
Home Health Care Services	80
Skilled Nursing Facility Services	82
Hospice Care	83
Medical Expenses Not Covered	85
Experimental or Investigational Services and Supplies	87
Charges by Certain Providers	87
Routine or Convenience Items	88
Other Exclusions	89
Prescription Drug Program for the MCN and MEP-PPO Options	91
Prescription Drug Program Overview	91
Retail Prescription Benefit	94
Mail-Order Prescription Benefit	97
Verizon-Sponsored Medicare Part D Plan (PDP) Administered by Express Scripts ...	99
What Is Covered	99
Special Purchase Requirements for Certain Medications	100
Generic Medications	101
Compound Medications	101
Medications That Require a Coverage Review	101
Quantity Dispensing Limits	102
Medicare Part B Medications and Supplies	103
What Is Not Covered	104
Filing Prescription Claims	105
When You Become Eligible for Medicare	106
General Information About Medicare	106
Medicare-Eligible Participants and Prescription Drug Coverage	107
Medicare and the Coordination of Benefits	108
Coordination of Benefits	109
How Coordination Works	109
Subrogation and Third-Party Reimbursement	110
Right of Recovery	110

HMOs, the National EPO Mid-Atlantic Option, and Medicare Advantage Plans.....	111
HMOs	111
The National EPO Mid-Atlantic Option.....	113
Medicare Advantage Plans (Medicare Advantage HMOs).....	114
Other Benefits	117
Reimbursement of Medicare Premiums.....	117
Laser Vision Correction (LASIK) Discount.....	117
Continuing Coverage If Eligibility Ends	118
Continuation of Coverage Under COBRA.....	118
Additional Information.....	120
Claims and Appeals Procedures.....	120
If a Benefit Is Denied	122
Your Rights Under ERISA	135
HIPAA Privacy Rights	139
HIPAA Privacy Notice	139
Administrative Information	148
Important Telephone Numbers	148
Plan Sponsor/Employer	148
Plan Administrator	148
Benefits Administrators.....	149
Claims and Appeals Administrators	149
Plan Funding	150
Plan Identification	151
Plan Year.....	151
Agent for Service of Legal Process.....	151
Official Plan Document	151
Collective Bargaining Agreements.....	151
Participating Companies.....	152
Glossary	153
A.....	153
B.....	153
C.....	153
D.....	154
E.....	154
G.....	155
H.....	156
I.....	156
L.....	158
M.....	158
N.....	159

O.....	159
P.....	159
S.....	160

Your Health Care Benefits

Verizon medical coverage for retired associates is designed to continue providing you and your family with financial protection from large medical bills once you've left the Company, while also offering you the flexibility to choose an option that meets your need to manage your share of expenses. Retiree coverage includes:

- Medical coverage options from which to choose, depending on your home zip code.
- Coverage for your eligible dependents, if you enroll them.
- Preventive care services.
- Comprehensive coverage of medically necessary services and supplies, such as doctors' office visits, surgery, hospitalization, emergency care, and outpatient services.
- Prescription drug coverage.
- Coverage for mental health and substance abuse treatment.

Medical Plan for Associate Retirees

The Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees is one of several plans that together comprise Verizon Plan 550. General terms of Verizon Plan 550 are described in a separate plan document; those terms apply to the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees. References in this summary plan description (SPD) to the "Plan" or "Medical Plan" refer to the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-89 Associate Retirees, a component of Verizon Plan 550.

About This SPD

This document is the SPD for the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees. The Plan is subject to federal law under the Employee Retirement Income Security Act of 1974 (ERISA) and its subsequent amendments. This document meets ERISA's requirements for an SPD and is based on Plan provisions and bargained-for changes effective January 1, 2013, unless specifically noted otherwise. It updates and replaces all previous SPDs and other descriptions of the medical benefits provided by the Plan. This SPD is part of Verizon Plan 550.

Every effort has been made to ensure the accuracy of the information included in this SPD. Copies of Plan documents are available by contacting the Plan administrator in writing at the address provided in the "Additional Information" section.

This SPD is divided into the following major sections:

- **Participating in the Plan.** This section explains your eligibility, eligibility for your dependents, and when eligibility ends.
- **Overview of Your Options.** This section describes the medical options available to you. Refer to it when deciding which option to choose and when you need information about your coverage and benefits.
- **The Managed Care Network (MCN) Option.** This section provides details of how the MCN option works.
- **The Medical Expense Plan (MEP) Preferred Provider Organization (PPO) Option.** This section provides details of how the MEP-PPO option works.
- **The No Coverage Option.** If you do not want coverage under this Plan, you can choose this option.
- **More Information About the MCN and MEP-PPO Options.** This section provides more details for these options.
- **Prescription Drug Program for the MCN and MEP-PPO Options.** This section provides details about prescription drug benefits.
- **When You Become Eligible for Medicare.** Because Verizon medical benefits are handled differently if you or your dependents are eligible for Medicare, it's important to review this section carefully.
- **Coordination of Benefits.** If you're covered by more than one medical plan, special rules apply for coordinating between plans.
- **Health Maintenance Organizations (HMOs), National Exclusive Provider Organization (EPO) Mid-Atlantic Option and Medicare Advantage Plans.** This section provides some details on HMOs, the EPO option and Medicare Advantage Plans.
- **Other Benefits.** Regardless of the medical coverage option you choose, certain benefits are available to you.
- **Continuing Coverage If Eligibility Ends.** In some cases, you and/or your dependents can continue coverage even after eligibility for the Plan ends.
- **Additional Information.** This section provides additional details about the Plan.
- **Administrative Information.** This section provides administrative provisions of the Plan and your legal rights.
- **Glossary.** Certain terms used in this SPD are defined in the glossary.

Important Note

Verizon and its claims and appeals administrators have the discretionary authority to interpret the terms of the Plan and this SPD and determine your eligibility for benefits under their terms.

Verizon Benefits Center

The Verizon Benefits Center offers a website called BenefitsConnection where you'll find tools to help you manage your benefits. You can access BenefitsConnection on the Internet at www.verizon.com/benefitsconnection.

The website makes finding information fast and easy as it guides you through your benefits transactions, including enrollment. In addition to enrolling on the site, you can:

- Link to other provider sites. Lists of network providers to each of the Plan's options can be found via each Plan option website; for example, Anthem maintains a list of providers for the MCN and MEP-PPO options. This information is available free of charge, upon request, in paper as well by calling Anthem at the phone number listed on your ID card.
- Create and print personalized provider listings and maps to providers' offices for most plans.
- Review details about your health care and insurance plans.
- Select and update your beneficiary designations.
- Verify your Verizon elections that are on file at the Verizon Benefits Center.
- Change your BenefitsConnection password.
- Give yourself a helpful "hint" in case you forget your password.

Verizon Benefits Center representatives are available should you have questions about your benefits. If you are eligible for Medicare, you will need to make enrollment elections with a Benefits Center representative or on the BenefitsConnection website at www.verizon.com/benefitsconnection. To reach the Verizon Benefits Center via telephone, call 1-855-4VzBens (1-855-489-2367). Via this toll-free telephone number, you also can connect with other Verizon benefit providers.

Changes to the Plan

While Verizon expects to continue the Plan indefinitely, Verizon also reserves the right to amend, modify, suspend or terminate the Plan at any time, at its discretion, with or without advance notice to participants, subject to any duty to bargain collectively. The Plan may be amended by publication of any SPD, summary of material modification, enrollment materials or the communication relating to the Plan, as approved by Verizon.

Decisions regarding changes to, or termination of, benefits are made at the highest levels of management. Verizon employees below those levels do not know whether the Company will adopt any particular change and are not in a position to speculate about such changes. Unless and until changes are formally adopted and are officially announced, no one is authorized to assure that any particular change will or will not occur.

Participating in the Plan

Eligibility

You are eligible for coverage:

- If you are a CWA-represented associate who:
 - Retired from Verizon or its predecessor after December 31, 1989 with a service pension from the Verizon Pension Plan for Mid-Atlantic Associates (formerly known as the Bell Atlantic Pension Plan).
 - Terminated employment from Verizon or its predecessor after December 31, 1989 and received a disability pension from the Verizon Pension Plan for Mid-Atlantic Associates (formerly known as the Bell Atlantic Pension Plan).
- If you are an IBEW-represented associate who:
 - Retired from Verizon or its predecessor after December 31, 1989 with a service pension under the Verizon Pension Plan for Mid-Atlantic Associates (formerly known as the Bell Atlantic Pension Plan).
 - Terminated employment from Verizon or its predecessor after December 31, 1989 and received a disability pension under the Verizon Pension Plan for Mid-Atlantic Associates (formerly known as the Bell Atlantic Pension Plan).
- If you are an LTD benefit recipient, an eligible surviving dependent of a deceased employee or retiree, or a former GTE retiree covered by a collective bargaining agreement between the Company and the Union that provides for participation in this Plan.

Eligible Dependents

Dependents must be enrolled through the BenefitsConnection website or the Verizon Benefits Center to have coverage. You can enroll your dependents who meet the Plan's definition of eligibility:

- Class I Dependents.
- Grandfathered Class II Dependents: Grandfathered Class II Dependents are eligible for coverage only if currently covered; new Class II Dependents cannot be added.
- Sponsored Parents: Sponsored Parents are eligible for coverage only if currently covered as of the Effective Date of the 2012 Memorandum of Understanding (i.e., October 19, 2012) and remain continuously eligible and enrolled; new Sponsored Parents cannot be added on or after October 19, 2012.
- Sponsored Children: Sponsored Children are eligible for coverage only if currently covered as of the effective Date of the 2012 Memorandum of Understanding (i.e., October 19, 2012) and remain continuously eligible and enrolled; new Sponsored Children cannot be added on or after October 19, 2012.

Dependent Class	Who They Are	Relationship
<p>Class I Dependents</p>	<ul style="list-style-type: none"> • Your legal spouse¹ (a legally separated spouse is not eligible): <p style="margin-left: 20px;">Spouse – the retiree’s legal partner in marriage by civil ceremony, religious ceremony or common law (to the extent common law marriage is recognized under state law). Your legal spouse includes a person of the same sex to whom you are married under state law. (See the definition of “spouse” in the” Glossary” section for more details.) Coverage for a spouse will end on the date when the spouse becomes legally separated or divorced from you. Any spouse by common law marriage recognized by the state will be treated as a rightful spouse, unless you show proof of legal divorce or relevant court documents from the spouse or the spouse waives his or her rights in writing.</p> <p style="margin-left: 20px;">Under Verizon’s definition, legal separation occurs when a husband and wife are generally living in separate dwellings and a legal proceeding or court order pertaining to, but not limited to, divorce, support, custody, property division or the like, where the couple has signed an agreement to that extent. The Plan’s definition of legal separation is applicable in all states, including those which do not recognize legal separation under state law.</p> <p style="margin-left: 20px;">A spouse who is considered separated under the terms of one Company benefit plan will be considered separated for all plans. If you are separated or divorced, you will be considered separated or divorced for purposes of all plans sponsored by Verizon. In such case, the dependent spouse would cease to be eligible for coverage under the bargained-for Plan. The spouse no longer eligible would be able to purchase continued medical coverage under the federal law known as the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA), based upon the separation date as specified in the court order.</p> • Your children until the end of the calendar month in which they reach age 26. Children means children by birth, as well as legally adopted children (or children placed for adoption), stepchildren, and children for whom you or your spouse is the legal guardian or has legal custody. 	<ul style="list-style-type: none"> • Spouse • Child

¹The ability to add a same-sex spouse after retirement is effective as of October 29, 2013 for IBEW Plant & Engineering New Jersey Local 827 and IBEW Comptroller & General New Jersey; as of November 4, 2013 for IBEW Traffic Pennsylvania Local 1944; and as of October 31, 2013 for CWA District 2 Potomac (DC, MD, VA & WV), CWA New Jersey Commercial, CWA New Jersey Traffic, CWA Commercial DE Local 13100, CWA Plant & Traffic DE Local 13101, CWA Plant, Services, Financial PA Local 31000, and CWA Commercial PA Local 13500.

Dependent Class	Who They Are	Relationship
<p>Class I Dependents (continued)</p>	<ul style="list-style-type: none"> Your unmarried children (as defined above) beyond the end of the month in which the child reaches age 26 who are dependent on you for support due to physical or mental disability (if the disability began before attainment of age 26 and the child was covered under the Plan continuously). Your same-sex domestic partner and his or her children who meet the Plan requirements for a same-sex domestic partner (and children of a same-sex domestic partner) may be eligible for coverage. You cannot add coverage for a new same-sex domestic partner or child of a same-sex domestic partner after the day you retire. However, you may enroll a new same-sex spouse (or new child of a spouse) after retirement, so long as you and your same-sex spouse are legally married in a state that permits same-sex marriage. This change applies as of the date of the letter agreement that applies to your particular bargaining unit. Coverage for your same-sex spouse (and eligible child of a spouse) will apply wherever you and your legally married same-sex spouse live. <p>The child of a domestic partner may be covered until the end of the month in which the child attains age 26. For more information on eligibility requirements and tax implications, access the BenefitsConnection website or call the Verizon Benefits Center and speak with a representative.</p> <ul style="list-style-type: none"> Your children (as defined above and including any age requirements) who are alternate recipients under an approved qualified medical child support order (QMCSO). 	<ul style="list-style-type: none"> Disabled Child Domestic Partner/ Domestic Partner's Child Child
<p>Sponsored Children <i>Note: You cannot add new Sponsored Children after October 19, 2012. Once dropped from coverage, Sponsored Children cannot be reinstated.</i></p>	<ul style="list-style-type: none"> Your unmarried children from age 19 through the end of the calendar year in which they reach age 25 who are not full-time students or incapacitated and otherwise meet the definition of child, as described above. 	<ul style="list-style-type: none"> Sponsored Child

Dependent Class	Who They Are	Relationship
<p>Sponsored Parents <i>Note: You cannot add new Sponsored Parents after October 19, 2012. Once dropped from coverage, Sponsored Parents cannot be reinstated.</i></p>	<p>A parent who was added to the Plan after December 31, 1989 and who meets all of the following eligibility requirements:</p> <ul style="list-style-type: none"> • Is your parent or your eligible spouse's parent. • Lives in your home or in one you provide within 50 miles of you for at least 6 months before he or she is eligible and throughout the period he or she is covered under the Plan. • Is dependent on you for more than 50% of his or her support. • Has annual income from all sources (other than that received from you) including Social Security, of less than \$15,000. 	<ul style="list-style-type: none"> • Sponsored Parent
<p>Grandfathered Class II Dependents <i>Note: You cannot add new Class II Dependents. Once dropped from coverage, Grandfathered Class II Dependents cannot be reinstated.</i></p>	<ul style="list-style-type: none"> • Your Grandfathered Class II Dependents are dependents who were continuously enrolled on or before December 31, 2000 and must be one of the following: <ul style="list-style-type: none"> — Your or your spouse's parent who was enrolled as a Class II Dependent on or before December 31, 1989 and for whom you provide at least 50% of his or her support. — A dependent, other than a parent, who was enrolled as a Class II Dependent on or before December 31, 1986 and for whom you provide at least 50% of his or her support. 	<ul style="list-style-type: none"> • Class II Parent • Class II Child • Class II Grandparent • Class II Sibling

Verifying Dependent Eligibility

At the time you enroll your dependent or at any time, upon request, you may be asked to provide proof of dependent status, such as:

- A marriage certificate.
- A birth certificate.
- Guardianship/adoption papers.
- Information to verify domestic partnership, such as the completion of an Affidavit of Domestic Partnership or evidence of cohabitation.

If you are unable to provide the required documentation, your dependent will not be covered. In addition, you may be required to reimburse Verizon for any costs associated with covering an individual who is not an eligible dependent and your, as well as your dependents', coverage may be terminated.

Qualified Medical Child Support Order (QMCSO)

A QMCSO is a judgment from a state court or an order issued through an administrative process under state law that requires you to provide coverage for a dependent child under Verizon's health care plans. The order is served on Verizon or its agent for service of legal process and reviewed by the Verizon Benefits Center. You may obtain a copy of the QMCSO administrative procedures, free of charge, from the Plan administrator (via the Verizon Benefits Center). In any case, if subject to an order, you and each child will be notified about further procedures.

Note: If you are enrolled in an HMO and are required under a QMCSO to provide coverage for a child who does not live in the HMO service area, coverage for you and your covered dependents automatically will change to the MCN option. Call the Verizon Benefits Center for information.

Important: If You Enroll in an HMO

The eligibility requirements described in this section are the general eligibility requirements for the Plan. As an alternative, you may instead choose to enroll in an HMO. The eligibility requirements for HMOs available to you may differ from the general eligibility requirements for the Plan. **If so, the HMO's eligibility rules will override the rules described in this eligibility section.** Because of this, you should check with an HMO before enrolling to make sure its eligibility requirements suit your needs. Information on an HMO's eligibility rules can be obtained by contacting the HMO directly via the telephone number shown in your HMO materials and on the Health Plan Comparison Charts available on the BenefitsConnection website.

State Eligibility Laws and the Employee Retirement Income Security Act of 1974

States sometimes pass laws that require employee benefit plans to provide benefits and/or coverage to individuals who otherwise are not eligible. For example, a state might require an employer to provide coverage to an ex-spouse, a civil union spouse who does not otherwise meet the definition of domestic partner, or a child who exceeds the plan age requirements who is not eligible for benefits under the Company medical plan.

The federal law known as ERISA supersedes state law. As a result, the Company generally only covers the individuals outlined in this SPD.

If Your Spouse or Same-Sex Domestic Partner Is a Verizon Employee or Retiree

For medical coverage, if your spouse or same-sex domestic partner is employed by or retired from Verizon or affiliates, the following rules apply:

- Children can be covered by one Verizon parent or the other, but not by both.
- You can be covered as a retiree under this Plan or as a dependent under another Verizon associate medical plan, but cannot be covered under more than one Verizon associate medical plan. To be covered as a dependent under another Verizon associate plan, you must choose the "No Coverage" option under this Plan. However, an exception occurs if your spouse or same-sex domestic partner is a management employee or retiree; you may be covered as both a retiree under this Plan and as a dependent under a Verizon management plan and do not need to waive coverage.

- Your spouse or same-sex domestic partner can be covered as an employee or a retiree under another Verizon associate medical plan or as a dependent under this Plan, but not as both. To be covered as your dependent under this Plan, your spouse or same-sex domestic partner must be eligible for and must choose the “No Coverage” option under his or her plan.

Enrolling in the Plan

When you retire, coverage for you and your enrolled Class I, Grandfathered Class II, and Sponsored Dependents will continue under your active medical option until the end of the month in which you retire. **If you become disabled**, coverage for you and your enrolled Class I, Grandfathered Class II, and Sponsored Dependents will continue under your active medical option until the end of the month prior to that in which your LTD payments begin.

Near the time you retire or begin receiving LTD payments, you will receive information about enrolling in the Plan. This information will explain your options, the enrollment process and enrollment deadlines. You will have a 90-day initial enrollment period to make two choices about your coverage:

- **Medical Option.** You will have to choose whether to be covered under the Plan and, if you want coverage, under which option. In most instances, these are your options:
 - MCN.
 - MEP-PPO.
 - HMO:
 - After the enrollment opportunity for 2012, if you are not eligible for Medicare and are enrolled in an HMO at the time of retirement, you and your eligible dependents can continue coverage in the HMO option for as long as the HMO is offered, provided you and/or your eligible dependents remain continuously eligible for the Plan and enrolled in the HMO. If you change medical options and are no longer enrolled in the HMO, the HMO will no longer be available to you and your eligible dependents.
 - After the enrollment opportunity for 2012, if you are not enrolled in an HMO at the time of retirement, then the HMO option will no longer be available to you and your eligible dependents.
 - If you are eligible for Medicare, Verizon may offer Medicare Advantage plans to you from time to time. The Medicare Advantage plans offered to you (including details pertaining to the applicable plan design), if any, will be communicated to you during annual enrollment.
 - EPO:
 - Effective on October 19, 2012, no new retirees may enroll in the EPO option.
 - If you are enrolled in the EPO option as of October 19, 2012, you will continue to be covered under the EPO provided that you remain continuously eligible for the Plan and enrolled in the EPO option. If you change medical options and you are no longer enrolled in the EPO option, the EPO option will no longer be available to you and your eligible dependents.

- If you are enrolled in the EPO option at the time of retirement and you are eligible for retiree medical coverage under the Plan, you and your eligible dependents may remain continuously enrolled in the EPO option provided that you and your dependents remain continuously eligible for the Plan and enrolled in the EPO option and are not Medicare-eligible.

— No coverage.

- **Coverage Level.** You also will need to choose a coverage level. You have six options:

— Pre-Medicare retiree only.

— Pre-Medicare retiree plus one dependent.

— Pre-Medicare retiree plus family (two or more dependents).

— Medicare-eligible retiree only.

— Medicare-eligible retiree plus one dependent.

— Medicare-eligible retiree plus family (two or more dependents).

Sponsored Parents and Sponsored Children must be covered under a separate category. See the “Dependent Eligibility Requirements” chart above for option rules for same-sex domestic partners and their children.

Provided you enroll within your 90-day initial enrollment period (your enrollment deadline is shown on the enrollment worksheet), your coverage will begin:

- On the first day of the month following your retirement if you are a retiree.
- On the first day of the month in which you are eligible to receive LTD payments if you are an LTD benefit recipient.

Notes for Dependent Enrollment

If you are not Medicare-eligible, you and any non-Medicare-eligible dependent(s) you choose to enroll must be covered under the same option. For rules regarding Medicare-eligible dependents, see the “HMOs, the National EPO Mid-Atlantic Option, and Medicare Advantage Plans” section. If you choose no coverage, your family members also will have no coverage.

Social Security Numbers Generally Required for Enrollment

Under Section 111 of the Medicare, Medicaid and SCHIP Extension Act of 2007 (MMSEA), the Centers for Medicare and Medicaid Services (CMS) generally requires Social Security numbers for employees and dependents to assist with reporting under the Medicare Secondary Payer requirements. Accordingly, Verizon will request that you and your dependents provide Social Security numbers at the time of enrollment, so that Verizon can assist its health plan administrator(s) to comply with this requirement.

To Enroll or Makes Changes

Log on to the BenefitsConnection website (www.verizon.com/benefitsconnection) or call the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367). The BenefitsConnection website is available 24 hours a day, seven days a week. Benefits Center representatives are available to help you from 8:00 a.m. to 6:00 p.m., Eastern time, Monday through Friday (excluding holidays).

If You Do Not Enroll

Retirees

If you did not enroll during the 90-day initial enrollment period, you will be enrolled in the “No Coverage” option effective the first day of the month after you retire.

LTD Benefit Recipients

If you did not enroll within your 90-day initial enrollment period, your coverage will continue under the option you had as an active employee. Special rules may apply if you become Medicare-eligible; contact the Verizon Benefits Center for more information.

Enrollment as a Surviving Spouse or Dependent

Surviving Dependents of a Retiree

Class I and Grandfathered Class II Dependents who are enrolled in the Plan as of the retiree’s date of death are eligible for 12 months of Company-paid coverage under the Plan after the retiree’s death. Note that same-sex domestic partners and children of same-sex domestic partners are treated the same as spouses and children for the purposes of survivor benefits.

After the end of the 12-month period, Class I Dependents can elect to pay the full cost to continue coverage as a surviving dependent. Grandfathered Class II Dependents’ coverage ends at the end of the 12-month period of Company-paid coverage; eligible Grandfathered Class II Dependent children can then continue coverage under the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA) and its subsequent amendments (see the “Continuing Coverage If Eligibility Ends” section).

Coverage for Sponsored Parents and Sponsored Children ends on the last day of the month in which the retiree dies. Sponsored Children can then continue coverage under COBRA (see the “Continuing Coverage If Eligibility Ends” section).

If you are eligible for surviving dependent coverage, you will have a one-time opportunity to enroll prior to the end of your initial 12-month period of coverage. Generally, the surviving spouse enrolls all eligible surviving dependents. However, if there is no surviving spouse or if the surviving spouse declines to enroll, then the other eligible dependents may enroll individually.

At the end of the initial 12-month period of coverage, Class I Dependents may choose to become surviving dependents or they may elect COBRA continuation coverage (see the “Continuing Coverage If Eligibility Ends” section). (**Note:** COBRA coverage runs concurrent with, and not in addition to, the 12 months of continued coverage provided under the Plan.) If the former associate’s dependents elect COBRA continuation coverage, they generally will not have another opportunity to elect coverage as surviving dependents.

Surviving Dependents of an LTD Benefit Recipient

Coverage for dependents of an LTD benefit recipient will end on the last day of the month in which the LTD benefit recipient dies.

Changing Your Elections

You can change your elections at any time, as many times as necessary, for any reason. Your new coverage takes effect the first of the month following a 30-day waiting period. Here are some examples:

- If you make your new election January 25, coverage is effective March 1.
- If you make your new election June 1, coverage is effective August 1.
- If you make your new election September 15, coverage is effective November 1.

If you are changing from or electing a Medicare Advantage HMO, you will need to complete and return an HMO form (this will be sent to you by the Verizon Benefits Center). Upon the health plan's approval of the form, you will be covered by the Medicare Advantage HMO. Your coverage will be effective the first of the following month if the approved form is returned by the 15th of the preceding month.

Annual Enrollment

You will not be required to change your elections during a formal annual enrollment period. However, an exception may occur if your medical option will not be available to you in the following plan year. If this happens, you will be notified prior to the annual enrollment period that your medical option will not be available, and your coverage will default to another option if you do not change your election during annual enrollment. You also will receive an annual enrollment kit that includes information about all your medical options. At that time you can:

- Take no action. Your default medical coverage, the medical option and coverage category that you had elected during the prior calendar year, will take effect January 1 of the following year. If an HMO option is terminated and you fail to elect another available medical option, your default medical coverage will be the MCN option with the coverage category in effect before the HMO option was terminated.
- Select a new medical option during the traditional annual enrollment period. Your new coverage will take effect January 1 of the following year.
- Select "no coverage."

Status Changes

You Gain a New Dependent

If you are a retiree and you gain a new, eligible dependent through marriage, birth, adoption or placement for adoption, that person is automatically covered under your medical coverage option for 31 days after the event. If you want medical coverage to continue for the new dependent, you must call the Verizon Benefits Center to enroll that dependent in the Plan (otherwise, coverage will end for that dependent after 31 days):

- Your election will take effect on the date that you gained the new dependent, if you make your election within 90 days of gaining the new dependent.

- Coverage will begin again for new dependents on the first day of the month following your election, if you make your election more than 90 days after the event.

Note: You cannot add coverage for a new same-sex domestic partner or child of a same-sex domestic partner after retirement. Effective as of October 29, 2013, October 31, 2013 and November 4, 2013 (depending on the agreement date with your Union), you can add coverage for a new same-sex spouse or the child of a same-sex spouse gained after retirement, so long as you and your domestic partner are legally married in a state that permits same-sex marriage. Coverage for your same-sex spouse (and the eligible child of a same-sex spouse) will apply even if you do not reside in a state or other jurisdiction that recognizes same-sex marriage.

If you are a retiree who gains a new, eligible dependent as the result of a QMCSO, you can enroll that dependent in the Plan by calling the Verizon Benefits Center. Your election will take effect on the date the QMCSO is approved by the claims administrator.

If you are a retiree who gains a new, eligible dependent as the result of an event other than those listed above, you can enroll that dependent in the Plan by calling the Verizon Benefits Center. Your election will take effect the first of the month following your election.

You Lose a Dependent Through Death, Divorce, Legal Separation or Termination of a Same-Sex Domestic Partnership

If you lose a dependent through death, divorce, legal separation or termination of a same-sex domestic partnership, coverage for that dependent ends at the end of the month in which the event occurs. However, you must call the Verizon Benefits Center to remove that dependent from your coverage; otherwise, you will continue to pay any required premiums.

A Dependent Loses Eligibility

If a dependent loses eligibility or ceases to be a dependent under the Plan in situations other than those described above, the dependent's coverage will continue until the end of the month in which the event occurs that causes the dependent to lose eligibility. If a child reaches the age 26 limit, his or her coverage will terminate at the end of the month in which he or she attains age 26.

If you are enrolled in an HMO, check with your HMO regarding eligibility rules since HMO rules may be different.

When a dependent loses eligibility, you must notify the Company by calling the Verizon Benefits Center before the dependent's coverage ends. You may have the option to decrease your coverage level. If you do so, your election will be effective on the date of the event, as long as you make your election within 90 days of the dependent's loss of eligibility. Otherwise, the election will be effective on the first day of the month following the date on which the election is made.

If you do not notify Verizon (by calling the Verizon Benefits Center), any claims incurred by your ineligible dependent will become your financial responsibility. **Note:** Be sure to disenroll your dependent within 60 days of when he or she becomes ineligible, to ensure he or she will not lose his or her right to purchase continued coverage under COBRA. For more information on COBRA, see the "Continuing Coverage If Eligibility Ends" section.

Continuing Coverage When a Dependent Is Ineligible

Again, it is your responsibility to notify the Verizon Benefits Center within **90 days** if your dependents no longer meet your eligibility requirements. Otherwise, any claims incurred by an ineligible

dependent become your financial responsibility. In addition, if you fail to notify the Verizon Benefits Center of a dependent's loss of eligibility within **60 days** of when he or she became ineligible, your dependent will lose the right to purchase continued health care benefits under COBRA.

Periodically, you may be asked to provide proof of your dependents' eligibility. If such proof is not provided, those dependents or surviving dependents will lose their eligibility for the Plan. In some situations (for example, if you commit fraud or make an intentional misrepresentation of a material fact with respect to your dependent's eligibility), your dependent's coverage may be terminated retroactively. The Company may require that you reimburse the amount of any claims paid by the Plan on behalf of an eligible dependent to the extent permitted by applicable law.

You Move

If you move to a location outside of your HMO's or Medicare Advantage plan's service area, you will have the opportunity to choose a new option. If you notify Verizon by calling the Verizon Benefits Center and requesting a move package and make your election within 90 days of the creation of your move package, your election will be effective on the date of your move. If you do not call within 90 days of the creation of your move package, your election will be effective on the first day of the month following the date on which the election is made.

You Become Eligible for Medicare

If you are receiving Social Security benefits when you turn age 65, you are automatically enrolled in Medicare Parts A and B. If you are age 65 or close to age 65 and have not begun receiving Social Security benefits, you must apply for Parts A and B. In either case, you must enroll in Part B coverage because your Verizon Plan will determine benefits assuming that you do have Medicare Part B coverage and you have received your Part B benefits. **If you are not enrolled in Medicare Parts A and B, you may not receive all the maximum amount of benefits you may be entitled to receive.** See the "When You Become Eligible for Medicare" section for more information on Medicare.

When you become Medicare-eligible, you may change your medical option. To do so, you must call the Verizon Benefits Center and make your election within 90 days after you become eligible for Medicare. Your election will be effective once your application is approved. **Note:** Your application may not be approved until after your 65th birthday. In this case, the coverage you had before you became eligible for Medicare would continue until your application is approved.

Prior to your 65th birthday (the date you become eligible for Medicare, unless you become eligible for Medicare due to a disability or end-stage renal disease), the Verizon Benefits Center will send an enrollment package to you that will describe the medical options available to you. If your current option is no longer available due to your being Medicare-eligible, or you wish to choose a new option, you will have 90 days to call the Verizon Benefits Center and speak with a representative to enroll.

If you do not change your medical plan option during the 90-day period, you will have the following coverage effective the date you become eligible for Medicare:

- You will continue to have coverage under the option in which you were enrolled prior to becoming Medicare-eligible if that option covers Medicare-eligible persons.
- You will have coverage under the MCN option if the option in which you were enrolled prior to becoming Medicare-eligible does not cover Medicare-eligible persons.

Special Enrollment Rules

If you or your dependents (including your spouse or same-sex domestic partner) waived medical coverage because of other health insurance coverage, you may be able to enroll yourself or your dependents in the Plan if you later lose that other coverage or insurance due to:

- Loss of eligibility.
- Termination of employer contributions for such coverage (however, special enrollment is not available if loss of coverage was due to your or your dependents' failure to pay for such coverage).
- Exhaustion of COBRA coverage.

If you enroll yourself or your dependents in the Plan:

- Within 90 days of losing the other coverage, your or your dependents' coverage will be effective retroactive to the date of the event.
- After 90 days of losing the other coverage, your or your dependents' coverage will be effective the first day of the month following your enrollment.

If you gain a new dependent as a result of marriage, birth, adoption, placement for adoption, or acquisition of a same-sex domestic partner and his or her children, you will be able to enroll yourself and your dependents. If you enroll:

- Within 90 days of the event, your coverage will be effective retroactive to the date of the event.
- After 90 days following the event, your coverage will be effective the first day of the month following your enrollment.

To request a special enrollment, contact the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

Cost of Coverage

Your cost for coverage is determined by:

- Your net credited service date.
- The date you retire (or in the case of an LTD benefit recipient, the date your LTD benefit was certified).
- Your Medicare eligibility status.
- The medical option you choose.
- The number of dependents you cover.

Each year, the Company makes a contribution toward the cost of your Company-sponsored medical benefits.

You pay the full cost of medical coverage for any Sponsored Children whom you choose to cover. You pay \$1,200 annually for medical coverage for each Sponsored Parent whom you choose to cover.

If you are an LTD benefit recipient, the following cost of coverage provisions also apply to you and references to “retiree contributions” also includes contributions to be made by an LTD benefit recipient. However, the date that your LTD benefit is certified will replace the date that you retire (i.e., your “retirement date”) for purposes of determining the amount that you are required to contribute.

If Your Net Credited Service Date Is Before August 3, 2008

If your net credited service date is before August 3, 2008, you will be required to contribute to obtain medical coverage. The amount that you will be required to contribute depends on the Plan year, the medical option you elect (or are defaulted into for failure to elect), your Medicare status and the date you retire (or the date that your LTD benefit is certified) as described below.

Retiree Medical Caps

The Company’s annual contribution toward coverage is capped (referred to as “retiree medical caps”) as described below.

For 2013, 2014, and 2015, you will only be required to pay the applicable monthly retiree contribution amount as described under “Monthly Retiree Contributions,” if any, for retiree medical coverage.

Beginning in 2016, your annual contribution toward retiree medical coverage will equal the **greater of**:

- The excess, if any, of the cost of coverage for the coverage category and medical option you elect over the applicable retiree medical cap described below; or
- The annual retiree contribution amounts, calculated based on the applicable monthly retiree contribution outlined in the charts below under “Monthly Retiree Contributions.”

Calculation of Retiree Medical Caps

For plan years beginning on and after 2016, the Company’s annual contribution toward the cost of coverage for the coverage category and medical option you elect is capped at the **greater of**:

- The COBRA contribution rates established in December 2014 for the 2015 plan year for pre-Medicare and Medicare-eligible retirees for the MEP-PPO and MCN options; and for the EPO and HMO options, no greater than the COBRA contribution rate for the MCN option; or
- The retiree medical cap contributions in the 2008 labor contracts shown in the “Retiree Medical Caps” chart as follows :

Retiree Medical Caps Chart

Coverage Category Elected by Retiree/LTD Benefit Recipient	Annual Pre-Medicare Company Contribution Cap	Annual Medicare-Eligible Company Contribution Cap
Retiree Only	\$12,580	\$6,330
Retiree + 1	\$25,160	\$12,660
Retiree + Family	\$31,450	\$18,990

“Retiree medical caps” also apply to the cost of coverage requirements for LTD benefit recipients.

Monthly Retiree Contributions

If You Retired (or Your LTD Benefit Was Certified) Before January 1, 2013

If you retired (or your LTD benefit was certified) before January 1, 2013 with a net credited service date before August 3, 2008:

- If you enroll in the MEP-PPO or MCN option, you will **not** be required to pay a monthly retiree contribution during 2013, 2014 and 2015.
- If you enroll in the EPO or an HMO option, a monthly retiree contribution will apply as outlined in the EPO and HMO chart under “Monthly Retiree Contributions” below.

If You Retired (or Your LTD Benefit Was Certified) On or After January 1, 2013

If you retired (or your LTD benefit was certified) on or after January 1, 2013, you will be required to pay a monthly retiree contribution towards the cost of coverage based on the medical option you elect as outlined in the “Monthly Retiree Contributions” charts below.

MCN and MEP-PPO Options Monthly Contributions

For 2013 and 2014, if you retired (or your LTD benefit was certified) on or after January 1, 2013 with a net credited service date before August 3, 2008, you will be required to pay the following monthly retiree contribution based on your coverage category and Medicare eligibility:

Coverage Category Elected by Retiree/LTD Benefit Recipient	Pre-Medicare Monthly Retiree Contribution	Medicare-Eligible Monthly Retiree Contribution
Retiree Only	\$35.00	\$17.50
Retiree + 1	\$60.00	\$30.00
Retiree + Family	\$60.00	\$30.00

For each plan year beginning on and after January 1, 2015, the monthly retiree contribution will increase by 6 percent when compared to the applicable monthly retiree contribution for the previous plan year. For example, if you retired on or after January 1, 2013, are Medicare-eligible and enroll in the MEP-PPO option, you will pay a Medicare-eligible monthly retiree contribution in 2015 of \$18.55 (\$17.50 + 6 percent) for retiree only coverage; and you will pay a Medicare-eligible monthly retiree contribution in 2016 of \$19.66 (\$18.55 + 6 percent) for retiree only coverage.

EPO and HMO Options Monthly Contributions

If you elect the EPO or an HMO option and have a net credited service date before August 3, 2008, you will pay a monthly retiree contribution towards the cost of coverage. Your contribution for plan years 2013 through 2015 may vary by option, but will be no greater than the following:

2013

Coverage Category Elected by Retiree/LTD Benefit Recipient	Pre-Medicare Monthly Retiree Contribution	Medicare-Eligible Monthly Retiree Contribution
Retiree Only	\$67.50	\$33.75
Retiree + 1	\$105.00	\$52.50
Retiree + Family	\$135.00	\$67.50

2014

Coverage Category Elected by Retiree/LTD Benefit Recipient	Pre-Medicare Monthly Retiree Contribution	Medicare-Eligible Monthly Retiree Contribution
Retiree Only	\$75.00	\$37.50
Retiree + 1	\$115.00	\$57.50
Retiree + Family	\$150.00	\$75.00

2015

Coverage Category Elected by Retiree/LTD Benefit Recipient	Pre-Medicare Monthly Retiree Contribution	Medicare-Eligible Monthly Retiree Contribution
Retiree Only	\$82.50	\$41.25
Retiree + 1	\$125.00	\$62.50
Retiree + Family	\$165.00	\$82.50

All Medical Options – Retiree Contributions in 2016

As described above beginning in 2016, your annual contribution toward retiree medical coverage will equal the **greater of**:

- The excess, if any, of the cost of coverage for the coverage category and medical option you elect over the retiree medical cap described earlier in this section under “Retiree Medical Caps”; or
- The annual retiree contribution amounts, calculated based on the applicable monthly retiree contribution outlined in the charts above under “Monthly Retiree Contributions.”

If Your Net Credited Service Date Is August 3, 2008 or Later

If your net credited service date under your pension plan is August 3, 2008 or later (and you did not qualify for any Company-subsidized retiree medical coverage upon your initial employment termination), the Company’s annual contribution is dependent on your eligibility for Medicare:

- If you **are not** eligible for Medicare, you will receive an annual contribution equal to \$480 for each full year of your net credited service that commenced on or after August 3, 2008, up to a maximum of 30 years.
- If you **are** eligible for Medicare, you will receive an adjusted contribution that is not less than 50 percent of the contribution received by pre-Medicare retirees with the same net credited service.

Special Note for Same-Sex Domestic Partner Coverage

Most dependents are considered Internal Revenue Service (IRS) tax dependents. You are not taxed on imputed income for IRS tax dependents.

If you cover a same-sex domestic partner, a domestic partner's child or another person who is not considered an IRS tax dependent, Verizon is required to report income for you that reflects the value of the coverage for tax-reporting purposes. This is known as imputed income. You will receive a W-2 annually for the value of coverage for any dependent who is not an IRS tax dependent.

Verizon assumes all dependents are IRS tax dependents, except same-sex domestic partners and their children. You must contact the Verizon Benefits Center if your same-sex domestic partner and his or her children are your IRS tax dependents or if you cover other dependents who are not IRS tax dependents.

Paying for Coverage

If you are receiving a pension payment or LTD benefit from Verizon, your monthly cost can be deducted from your check on an after-tax basis. In some cases, you may be able to arrange for direct billing rather than a deduction from your check – call the Verizon Benefits Center for details. If you are not receiving a pension payment from Verizon, if you received a lump-sum pension payout, or if your pension payment is insufficient to cover the cost of your benefits, you will automatically be billed for your monthly cost (if any). You must make payment for any required contributions by the first day of each month.

If you are a disabled associate or a surviving dependent and you fail to make a payment, your coverage will end on the first of the month for which no payment was received. You will not be able to re-enroll in the Plan thereafter.

When Participation Ends

The following chart summarizes when participation in the Plan ends for you, your dependents and your survivors. For information on continuing coverage and COBRA, see the “Continuing Coverage If Eligibility Ends” section.

Retiree and LTD Benefit Recipient Coverage	Coverage will end on the earliest date described below.
Re-Employment of a Retiree	<p>Coverage ends on the last day of the month in which you are re-employed by the Company or an affiliate in a position that is other than temporary or occasional.</p> <p>When you subsequently retire:</p> <ul style="list-style-type: none"> • If you had been retired for 90 days or less before being rehired, you will be treated as a newly retired participant. • If you had been retired for more than 90 days before being rehired, you will be covered again under the Plan, subject to the terms and conditions that apply to individuals who retired on your initial retirement date.
LTD Benefits End	<p>If you are an LTD benefit recipient, your coverage ends on the last day of the month in which you are no longer eligible for LTD benefits under the applicable Company-sponsored LTD plan, unless you are eligible for coverage as a retiree.</p> <p>Note: If you lose coverage because you are no longer eligible for LTD benefits, you are not eligible for COBRA continuation coverage.</p>
Cancellation of Coverage	<p>If you cancel coverage, your coverage will end on the last day of the month in which you elect to cancel coverage.</p>
Failure to Submit Payment (if required)	<p>If you are required to make a payment and it is not received on time, coverage will end on the first day of the month for which payment is not received.</p>
Plan Termination	<p>Although the Company does not intend to terminate the Plan, were the Plan to be terminated, all coverage would end on the date of termination.</p>

Dependent Coverage	A dependent's or surviving dependent's coverage will end on the earliest date described below. Your dependent or surviving dependent may be able to continue coverage under COBRA (see the "Continuing Coverage If Eligibility Ends" section).
Retiree's or LTD Benefit Recipient's Coverage Ends	If the retiree's or LTD benefit recipient's coverage ends for any reason except when the retiree or LTD benefit recipient dies, coverage for all dependents also will end at the same time.
Retiree Dies	<p>Coverage for any Class I and Grandfathered Class II Dependents who are enrolled on the date of the retiree's death will continue until the last day of the 12-month period following the month in which the retiree dies. After the end of the 12-month period, Class I Dependents can elect to pay the full cost to continue coverage as a surviving dependent. Grandfathered Class II Dependents' coverage ends at the end of the 12-month period of Company-paid coverage; eligible Grandfathered Class II Dependent children can then continue coverage under COBRA (see the "Continuing Coverage If Eligibility Ends" section).</p> <p>Coverage for Sponsored Parents and Sponsored Children will end on the last day of the month in which the retiree dies. Sponsored Children can continue coverage under COBRA.</p>
LTD Benefit Recipient Dies	Coverage for the dependents of an LTD benefit recipient will end on the last day of the month in which the LTD benefit recipient dies.
Dependent or Surviving Dependent Ceases to Meet the Eligibility Requirements	<p>Coverage for a dependent or a surviving dependent will end on the earlier of either the date the dependent is covered as an employee or retiree under any Company-sponsored medical plan or the last day of the month in which the dependent or surviving dependent no longer qualifies as a dependent under the Plan, subject to the following (note that HMOs may have different eligibility requirements):</p> <ul style="list-style-type: none"> • Coverage for your spouse ends on the last day of the month in which he or she becomes divorced or legally separated from you. • Coverage for a same-sex domestic partner ends on the last day of the month in which he or she fails to meet the definition of a same-sex domestic partner. • Coverage for a child ends on the last day of the month in which he or she reaches age 26. • Coverage for a disabled child ends on the last day of the month in which he or she no longer meets the definition of a disabled child. • Coverage for a child under a QMCSO ends on the date you no longer are required to provide coverage for this child or, if earlier, the date the child no longer would be eligible for coverage. • Coverage for a Grandfathered Class II Dependent ends on the last day of the month in which he or she fails to meet the support requirements of a Grandfathered Class II Dependent (see the "Dependent Eligibility Requirements" chart earlier in this section).

Dependent Coverage	A dependent's or surviving dependent's coverage will end on the earliest date described below. Your dependent or surviving dependent may be able to continue coverage under COBRA (see the "Continuing Coverage If Eligibility Ends" section).
Dependent or Surviving Dependent Ceases to Meet the Eligibility Requirements (continued)	<ul style="list-style-type: none"> • Coverage for a Sponsored Parent ends on the earlier of the last day of the month in which he or she fails to meet the residential and income and support requirements applicable to Sponsored Parents under the Plan, or the first day of the month for which a required payment is not received. • Coverage for a Sponsored Child ends on the earlier of the last day of the calendar year in which he or she reaches age 25, or the first day of the month for which a required payment is not received. • Coverage for a child of a same-sex domestic partner ends on the last day of the month in which the child reaches age 26, or the last day of the month in which the child otherwise fails to meet the definition of a child of a same-sex domestic partner (or the same-sex domestic partner no longer meets the definition of a domestic partner).

Extended Benefits

If You or Your Dependents Are Hospitalized

Coverage that otherwise would have ended for a covered person's hospital room and board and related hospital facility services will continue (through the remainder of his or her hospital confinement) for a covered person confined in a hospital on the date his or her coverage otherwise would have ended, as long as the eligible or covered services are medically necessary. Other charges are the patient's responsibility.

Continuation of Coverage Under COBRA

In some instances, a person whose eligibility for coverage under this Plan ends still may be able to continue coverage in accordance with a federal law called COBRA and its subsequent amendments. Continuation of coverage under COBRA is described under the "Continuing Coverage If Eligibility Ends" section.

Certificate of Creditable Coverage

When any person's coverage under the Plan ends for any reason, including the end of COBRA continuation coverage, the Verizon Benefits Center will send that person a Certificate of Creditable Coverage, free of charge, as required by the Health Insurance Portability and Accountability Act of 1996 (HIPAA). This certificate may help the person receive coverage under another plan. Specifically, this certificate may help reduce or eliminate exclusionary periods of coverage for pre-existing conditions under the other plan.

Without evidence of creditable coverage, you may be subject to a pre-existing condition exclusion for 12 months (18 months for late enrollees) after your enrollment date in your coverage. You also will be provided with a certificate, free of charge, when you become entitled to elect COBRA continuation coverage, when your COBRA continuation coverage ceases, if you request it before losing coverage, or if you request it up to 24 months after losing coverage. To request a certificate, access the BenefitsConnection website or call the Verizon Benefits Center.

Surviving Dependents

In addition to the information under the “When Participation Ends” chart, coverage for a surviving dependent will end on the earliest of the following dates:

- The last day of the month in which the surviving dependent requests that his or her coverage be canceled.
- The date the Plan is terminated with respect to a participating company or with respect to surviving dependents.
- The first day of the month for which a required contribution is not received in a timely manner.
- The date coverage would otherwise end because the surviving dependent ceases to be an eligible dependent.

Overview of Your Options

Plan Options

The Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees gives you a choice of different types of medical options to meet your needs.

As a participant in the Plan, you have one or more of these options available depending on where you live:

- **Managed Care Network (MCN) option.** With the MCN option, you can seek in-network care or out-of-network care. When you receive care through the network, you will receive the highest level of benefits available. If you receive medically necessary covered services outside the network, you still will receive benefits, but at a reduced level of coverage and higher out-of-pocket costs. If you are Medicare-eligible, this option coordinates with original Medicare (Medicare functions as your primary plan). You pay no annual deductible for in-network services. In addition, preventive care services are covered at 100 percent on an in-network basis without a copay.
- **MEP Preferred Provider Organization (MEP-PPO) option.** Like the MCN option, you can seek in-network care or out-of-network care. When you receive care through the network, you will receive the highest level of benefits available. If you receive medically necessary covered services outside the network, you still will receive benefits, but at a reduced level of coverage and higher out-of-pocket costs. In addition, preventive care services (both in-network and out-of-network) are covered at 100 percent.
- **National Exclusive Provider Organization (EPO) Mid-Atlantic (“EPO option”).** The EPO option provides care through a network of participating providers. Generally, you must use providers in the EPO network for your expenses to be covered. The EPO option is not available to new enrollees. If you are enrolled in the EPO option as of October 19, 2012, you will continue to be eligible for coverage under the EPO option provided that you remain continuously eligible for the Plan and enrolled in the EPO option. If you are not Medicare-eligible and are enrolled in the EPO option at retirement, you and your eligible dependents can continue coverage in the EPO option for as long as the EPO option is offered, provided you and/or your eligible dependents remain continuously enrolled in the EPO option. If you change medical options and are no longer enrolled in the EPO option, you will no longer be eligible to re-enroll in the EPO option.
- **Health Maintenance Organization (HMO) option.** If you are not Medicare-eligible and are enrolled in an HMO at the time of retirement, you and your eligible dependents can continue coverage in the option for as long as the HMO is offered, provided you and/or your eligible dependents remain continuously enrolled in the HMO. If you change medical options and are no longer enrolled in the HMO, the HMO will no longer be available to you and your eligible dependents. If you are not enrolled in an HMO option when you retire, you cannot enroll in an HMO option as a retiree.

Under an HMO, you'll usually need to choose one of the HMO's doctors to be your primary care physician (PCP). Your PCP will then coordinate all your medical care. If you join an HMO, your care usually will be covered only if it is received through your PCP and other providers affiliated with the HMO. **You typically do not receive coverage for care not coordinated through your PCP, unless care is received for a true emergency.**

If you are eligible for Medicare, you may be able to join a Medicare HMO, if offered in your area. See the “HMOs, the National EPO Mid-Atlantic Option, and Medicare Advantage Plans” section for more information.

If you are eligible for Medicare and want to join an HMO, your choice will be limited to Medicare Advantage HMOs. Your enrollment materials will explain which Medicare Advantage HMO options are available. If you select a Medicare Advantage HMO, you will choose a PCP who coordinates your care within the Medicare Advantage HMO. To be covered, your care must be received through your PCP and other doctors and hospitals associated with the Medicare Advantage HMO. **You do not receive coverage for care not coordinated through your PCP, unless care is received for a true emergency.**

- **No coverage.** You have the option to elect no medical coverage for you and your dependents.

When You’re Eligible for Medicare

You can enroll in Medicare during a seven-month period that begins three months before and ends three months after the month in which you reach age 65. Medicare Part B is optional, and you can disenroll, if you wish.

However, **you should enroll in Part B coverage** because your Verizon plan will determine benefits assuming that you do have Medicare Part B coverage and you have received your Part B benefits. Your Verizon plan then pays any remaining balance up to the plan maximum, so the total amount paid does not exceed the amount the Verizon plan would have paid on its own. If you are not enrolled in Medicare Parts A and B, you may not receive the maximum amount of benefits you may be entitled to receive.

Which Option Is Best for You?

Only you can decide which option works best for you. Here are some things to consider when making your choice:

- If you want the flexibility to choose your own providers, think about selecting the bargained-for plan – the MCN or the MEP-PPO. Both options use the Anthem Blue Cross Blue Shield (“Anthem”) PPO provider network. You can confirm your desired provider participates in the network through the BenefitsConnection website or on Anthem’s website.
 - For the MCN option, if you seek medically necessary care in-network, you’ll pay a copay for office visits, with most other medically necessary in-network care covered at 90 percent. However, you have the option to pay more to receive covered, medically necessary care from an out-of-network provider.
 - For the MEP-PPO option, if you seek medically necessary care from PPO providers, you’ll pay a copay for office visits, with most other medically necessary in-network care covered at 90 percent after a deductible. However, you have the option to pay more to receive covered, medically necessary care from an out-of-network provider.
- If you instead elect to remain enrolled in an HMO, in most cases, you pay a copay of no more than \$20 for each visit to your PCP, \$25 for each visit to a specialist, and no more than \$75 for each emergency room visit. Most other medically necessary services are covered at 100 percent by the HMO.

- Before electing the MCN option, MEP-PPO option or an HMO, be sure to check with the claims administrator to see which doctors and hospitals belong to the network and which will be available to you. If you visit doctors and hospitals outside the network, your medically necessary care will be covered at the lower rate (MCN or MEP-PPO option) or not at all (HMOs) (unless you have a true emergency). Therefore, you'll want to be sure that the doctors and hospitals in the network are right for you.
- Also, when choosing an option, closely review the option's coverage provisions – including coverage for preventive care, prescription drugs, physical therapy, and mental health treatment. Certain options may offer better coverage for the types of care you are most likely to use.

Comparing Your Medical Options

Coverage Feature	MCN		MEP-PPO		HMO	EPO
	In-Network	Out-of-Network	In-Network	Out-of-Network		
You have a PCP who directs your care	No	No	No	No	Yes, for most HMOs	No
You need referrals from your PCP before you receive care	No	No	No	No	Yes, for most services and in most HMOs	No
You can receive covered care anywhere in the United States	Yes	Yes	Yes	Yes	No	Yes
You are covered for emergency care	Yes	Yes	Yes	Yes	Yes	Yes
You must pay a deductible before the Plan pays benefits for certain services	No	Yes	Yes or no, depending on the service	Yes or no, depending on the service	No	No
You pay a per-visit copay for most care	Yes or no, depending on the service	No (except for emergency room care and urgent care)	Yes or no, depending on the service	No (except for emergency room care and urgent care)	Yes	Yes

Coverage Feature	MCN		MEP-PPO		HMO	EPO
	In-Network	Out-of-Network	In-Network	Out-of-Network		
You pay a percentage of your covered care in coinsurance for certain services	Yes	Yes	Yes	Yes	No, most services are covered at 100% after the copay	No, most services are covered at 100% after the copay
You may have to pay bills and submit claims for reimbursement	No	Yes	No	Yes	No	No
The Plan has an annual out-of-pocket maximum	Yes	Yes	Yes	Yes	Generally not applicable	No

For additional information about your MCN and MEP-PPO options, please refer to the specific coverage summary charts under the “MCN Option Coverage Summary” section and “MEP-PPO Option Coverage Summary” sections.

The Managed Care Network (MCN) Option

See “MCN Option Coverage Summary” chart later in this section for information on some covered services. In addition, see the “Administrative Information” section for a list of MCN option administrators. For more information about covered services and your MCN option benefits, access the BenefitsConnection website or contact the claims administrator via the telephone number listed on your MCN ID card.

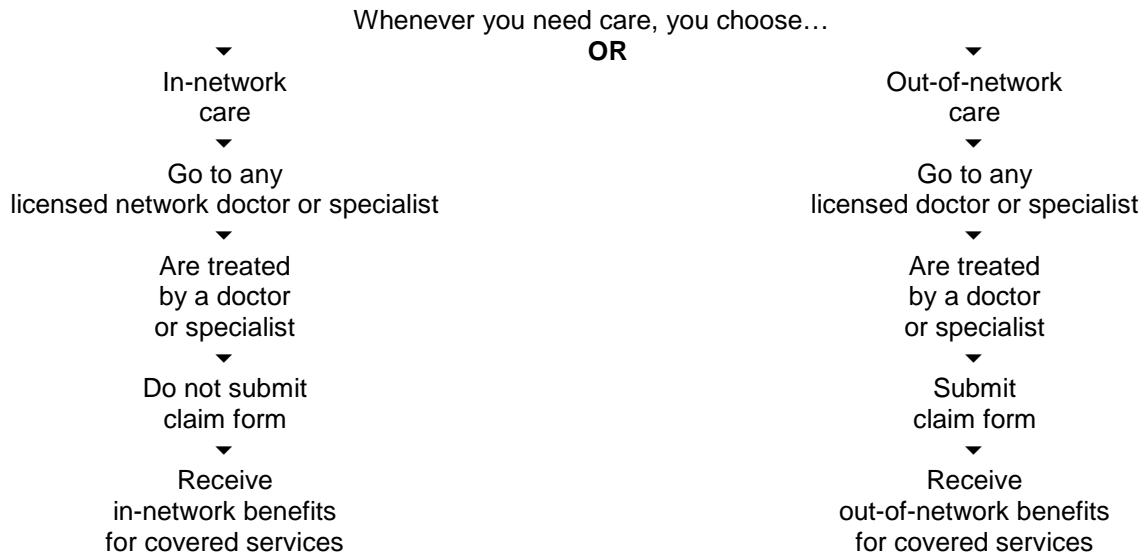
How the MCN Option Works

When you need care, visit a licensed health care provider of your choice. Depending on whether you seek in-network or out-of-network care, the MCN option works differently.

With respect to medical benefits, the administrator for the MCN option is Anthem. The MCN option uses Anthem’s network of service providers. To the extent that there is no in-network service provider for a specific covered service or supply within a 40-mile radius of your home zip code, you and your eligible dependents will be eligible for the in-network provisions applicable to the MCN option.

A list of participating providers in the MCN option can be obtained free of charge via Anthem’s website or upon request, in paper as well as by calling Anthem at the phone number listed on your ID card.

The chart below describes how the MCN works.



In-Network Benefits

In-Network Copays

A copay is a flat dollar amount that you pay for covered expenses. When you seek in-network care under the MCN option, these copay provisions apply:

- The copay is \$20 for each primary care physician’s office visit and \$25 for each specialist’s office visit. The copay for an individual who is eligible for Medicare is \$10 for each primary care physician’s office visit and \$15 for each specialist’s office visit.
- The copay for each urgent care facility visit is \$20 (\$10 if you are eligible for Medicare).
- There is a \$75 copay (\$25 if you are eligible for Medicare) for emergency care in a hospital’s emergency room (if you are admitted to the hospital, your copay is waived).

In-Network Coinsurance

For some types of expenses, for example, expenses incurred while you are hospitalized, the MCN option typically pays 90 percent of the network negotiated fee (NNF) charges and you pay the remaining 10 percent. See the “MCN Option Coverage Summary” chart later in this section for more information.

Out-of-Network Benefits

Out-of-Network Deductible

You must meet an annual deductible before the MCN option begins to pay benefits for covered services under the out-of-network portion of the option. This deductible applies to all covered services or supplies provided under the MCN option on an out-of-network basis in a year.

The individual and family deductibles for the years 2013 through 2015 are shown in the table below. The family annual deductible is satisfied when any combination of individual family member deductibles equals the applicable family annual deductible, within a calendar year; however, you or your dependent will never satisfy more than your own individual amount.

Out-of-Network Annual Deductible		
Year	Individual	Family
2013	\$700	\$1,750
2014	\$700	\$1,750
2015	\$725	\$1,812.50

Note:

- Only amounts paid toward individual deductibles can be added together to meet the family deductible.
- Amounts paid for care for Sponsored Children, Sponsored Parents, and Grandfathered Class II Dependents do not count toward the family deductible. In addition, these dependents must meet their individual deductibles even if the family deductible has been met. Once the family deductible is met in a plan year, no further deductibles are required for you and your Class I Dependents in that plan year.

The following expenses do not apply to the deductible:

- Amounts paid for in-network care, including emergency room and urgent care facility copays.
- Amounts payable when pre-admission testing is done on an inpatient basis and the inpatient admission is not considered medically necessary by the claims administrator.
- Amounts payable for a covered surgery (and associated X-ray, laboratory, anesthesia, and other expenses) when the surgery is performed on an inpatient basis and inpatient admission is not considered medically necessary by the claims administrator.
- Expenses for prescription drugs.
- Charges that exceed the maximum allowable amount (MAA), the network negotiated fee (NNF) or other Medical Plan limits.
- Amounts paid for noncovered services and supplies.

Common Accident Provision

If two or more members of your family are injured in the same accident, the MCN option requires only one individual deductible to be met (per calendar year) before it pays benefits for eligible accident-related expenses. This rule does not apply to dependents classified as Sponsored Dependents and Grandfathered Class II Dependents.

Out-of-Network Coinsurance

After you satisfy the annual deductible, the MCN option typically pays 70 percent of the MAA charges and you pay the difference between the actual charges and the amount that the MCN option pays for most other eligible expenses, including:

- Physician office visits.
- Laboratory/X-rays.
- Hospital charges.

The following special coinsurance rules apply when you receive out-of-network care:

- The MCN option will pay 80 percent of the MAA with no deductible for preventive care services obtained on an out-of-network basis. Out-of-network preventive care services will be covered according to the age and frequency provisions of the Affordable Care Act.
- The MCN option will pay 100 percent of actual charges for covered emergency care and urgent care, after you pay a \$75 copay (\$25 copay if you are eligible for Medicare) for the emergency room or \$20 copay (\$10 copay if you are eligible for Medicare) for urgent care. The emergency room copay is waived if you are admitted to the hospital.
- You also are responsible for amounts above the MAA.

When you use an out-of-network provider, it is a good idea to contact your claims administrator to pre-certify all inpatient hospital stays (including inpatient mental health and substance abuse treatment). In addition, you also should pre-certify selected outpatient procedures, home health care, hospice care, private duty nursing, and stays in a skilled nursing facility. (See “Pre-Certification” in the “More Information About the MCN and MEP-PPO Options” section for more information on pre-certification.)

Annual Out-of-Pocket Maximum

There is financial protection if you have large expenses. If an individual’s share of covered expenses exceeds the out-of-pocket maximum in a calendar year, the MCN option will pay 100 percent of the NNF or MAA, as applicable, for most additional covered expenses for that individual for the rest of the calendar year. You are responsible for all amounts above the MAA.

The out-of-pocket maximum that applies to covered services or supplies obtained on an in-network basis or out-of-network basis under the MCN option for the years 2013 through 2015 are shown in the table below. Expenses that apply towards the out-of-pocket maximum are aggregated between in-network and out-of-network expenses to reach the applicable out-of-pocket maximum. The family annual out-of-pocket maximums can be satisfied by any combination of family members within a calendar year; however, you or your dependent will never satisfy more than your own individual amount. Amounts paid towards the deductible will apply towards the annual out-of-pocket maximum.

Year	Out-of-Pocket Annual Maximum			
	In-Network		Out-of-Network	
	Individual	Family	Individual	Family
2013	\$1,000	\$2,500	\$1,800	\$4,500
2014	\$1,000	\$2,500	\$1,800	\$4,500
2015	\$1,050	\$2,625	\$1,850	\$4,625

The following expenses cannot be used to satisfy the out-of-pocket maximum (nor are they paid at 100 percent once the out-of-pocket maximum is reached):

- Copays for in-network office visits or visits to an urgent care facility or emergency room.
- Charges for the noncovered use of a private hospital room.
- Amounts payable when pre-admission testing is done on an inpatient basis and the inpatient admission is not considered medically necessary by the claims administrator.
- Charges for surgery and associated X-ray, laboratory, and other expenses when surgery is performed on an inpatient basis and hospitalization is not medically necessary, as determined by the claims administrator.
- Additional amounts paid for not following pre-certification program procedures.
- Expenses for prescription drugs.
- Charges that exceed the MAA, the NNF, or other Medical Plan limits.
- Charges for services and supplies that are not covered by the Medical Plan.

Non-Elective Out-of-Network Care

If you (or a covered dependent) are in an out-of-network area when you need medical care, the following rules will apply:

- Covered urgent care or emergency care is covered at the in-network level, except as noted below:
 - For nonemergency care in an emergency room, benefits for medically necessary services and supplies will be paid at the out-of-network level applicable to outpatient services.
 - When receiving care outside the country:
 - Covered urgent or emergency medical care is covered at the in-network level.
 - All other covered medical care will be covered at the out-of-network level.

If you did not submit claim forms, verify that they have been submitted (note that the forms must be in English).

Paying for Out-of-Network Care and Filing Claims

If you are an MCN participant and you receive in-network care, your in-network provider files your claim for you. If you go outside the network for care, however, a claim must be filed before the Plan pays benefits.

When you receive a bill for out-of-network services, you or the health care provider should submit your bill to the claims administrator. (The name and telephone number of your claims administrator appears on your ID card.)

Typically, if you show your ID card to your doctor or other health care provider when you check in, the provider will submit the bill directly to the claims administrator. Occasionally, however, a provider may send you a bill without first submitting it to your claims administrator with a copy of the itemized bill.

After Anthem has received the bill for your care, it will determine your eligible MCN benefits and, if appropriate, send a payment to your health care provider. It also will send you an Explanation of Benefits (EOB) statement. The EOB shows how much of the bill the Plan paid and how much remains for you to pay. (An EOB will not be sent to you if you do not owe any money.)

After you receive the EOB, you should receive a new bill from your medical provider for any remaining amount not covered by the MCN option.

If the Patient Is Eligible for Medicare

If the patient is eligible for Medicare (and Medicare is the patient's primary plan), you or your health care provider should submit the bill for the care to Medicare. Medicare will then pay its portion of the bill. After Medicare pays its portion, you will receive a Medicare Summary Notice showing how much Medicare has paid.

After you receive your Medicare Summary Notice, you should then submit a copy of the notice, plus copies of any itemized bills you have received from the provider for the services, to Anthem. Anthem will then determine your eligible MCN option benefits and, if appropriate, send a payment to your health care provider. It also will send you an EOB statement. The EOB shows how much of the bill the Plan paid and how much (if any) remains for you to pay. After you receive the EOB, you should receive a new bill from your medical provider for any remaining amount not covered by the MCN option or Medicare.

Medicare Crossover

Medicare Crossover is an automatic claim filing service for Verizon participants who have Medicare as their primary coverage. Under Medicare Crossover, your doctor files your medical claims with your Medicare Part B claims administrator. Medicare determines the portion of the claim it will pay and pays the provider directly (you will get an EOB from Medicare if you owe any money).

Medicare then forwards the claim for the remaining expenses directly to Anthem. Anthem then pays the provider directly. (You will get an EOB from Anthem if you owe any money.)

If you are enrolled in the MCN option, you are automatically enrolled in the Medicare Crossover program if your Medicare number is your Social Security number followed by an "A." Contact Anthem member services to enroll in Medicare Crossover if your Medicare number is not your Social Security number followed by an "A" or if you would like to enroll your Medicare-eligible dependents.

Requesting a Claim Form

If you need to file a claim for MCN benefits, you should contact your MCN claims administrator for a claim form. You can call your claims administrator via the Verizon Benefits Center or via the telephone number shown on your ID card.

Deadline for Filing Claims

If you need to file a claim, you should submit your claims as soon as possible after receiving a health care service. The deadline for submitting claims is 15 months after the date the service was received.

MCN Option Coverage Summary

This section provides an overview of the benefits payable for covered services and supplies provided by both the in-network and out-of-network portions of the MCN option. (See “How the MCN Option Works” for an explanation of in-network benefits and out-of-network coverage rules.)

Keep in mind, if you utilize out-of-network providers, charges in excess of the MAA will not be covered by the Plan. If charges exceed the MAA, the Plan will apply its reimbursement percentage to the MAA, and you may be responsible in full for the difference between the billed charges and the MAA. Certain other restrictions may apply – see the “Additional Information” section.

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
Annual Deductible Requirements¹	None	Individual/Family 2013: \$700/\$1,750 2014: \$700/\$1,750 2015: \$725/\$1,812.50

¹ Family annual deductible is satisfied when any combination of individual family member deductibles equals the applicable family annual deductible within a calendar year; however, an enrolled retiree or eligible dependent will never satisfy more than his or her own individual amount.

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
<p>Annual Out-of-Pocket Maximum² Combined in- and out-of-network (per person/family, per plan year). Excludes copay for in-network office visits or visits to an urgent care facility or emergency room, charges for the noncovered use of a private hospital room; amounts payable when pre-admission testing is done on an inpatient basis and the inpatient admission is not considered medically necessary by the claims administrator, charges for surgery and associated expenses when surgery is performed on an inpatient basis and hospitalization is not medically necessary, additional amounts paid for not following pre-certification program procedures, prescription drug charges, as well as noncovered services and supplies, amounts in excess of the MAA, the NNF or applicable Medical Plan limits.</p>	<p>Individual/Family 2013: \$1,000/\$2,500 2014: \$1,000/\$2,500 2015: \$1,050/\$2,625</p>	<p>Individual/Family 2013: \$1,800/\$4,500 2014: \$1,800/\$4,500 2015: \$1,850/\$4,625</p>
<p>Lifetime Maximum Benefit</p>	<p>None</p>	<p>None</p>
<p>When Benefits Are Paid</p>	<p>For care received from a network provider, benefits are based on the NNF and the Plan pays as shown below:</p>	<p>For covered nonemergency care provided on an out-of-network basis, benefits are based on the MAA and the Plan pays as shown below:</p>

² Family annual out-of-pocket maximum is satisfied when any combination of individual family member out-of-pocket maximums equals the applicable family out-of-pocket maximum within a calendar year; however, an enrolled retiree or eligible dependent will never satisfy more than his or her own individual amount.

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
Inpatient Hospital Services		
Room and Board	90%	70% after deductible; pre-certification required (not covered when covered specified surgery is performed on an inpatient basis without medical necessity)
Pre-Admission Testing (to determine if hospitalization is necessary)	90%	70% after deductible (hospitalization during inpatient testing is not covered)
In-Hospital Physician Visits	90%	70% after deductible
X-Rays and Lab Tests	90%	70% after deductible
Special Care Units	90%	70%, after deductible, if pre-certified
Maternity Care (prenatal and postnatal)	100% after \$20 copay (\$10 copay if Medicare-eligible) – initial visit only for physician’s professional charges and delivery; other inpatient hospital services covered at 90%	70% after deductible
Newborn Baby Care (initial pediatric exam while mother is hospitalized)	90%	70% after deductible
Skilled Nursing Facilities (limit of 120 days per plan year; limit combined in- and out-of-network; each day of confinement in a skilled nursing facility counts as one-half day)	100%; pre-certification required	70% after deductible; pre-certification required
Birthing Centers	90%	70% after deductible; pre-certification required

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
<p>Hospice Care (excluding bereavement counseling visits, which may be covered under the mental health care benefit provisions to the extent that such visits are determined to be a covered service or supply – contact your claims administrator for more information; lifetime limit of 180 days, of which no more than 60 days may be for inpatient hospice care; after 180 days, up to an additional 45 days may be authorized as determined by the claims administrator)</p>	<p>100%; pre-certification required</p>	<p>70% after deductible; pre-certification required</p>
<p>Surgery and Anesthesia</p>		
<p>Second Opinions</p>	<p>100% after \$20 copay for each second opinion provided by a PCP/\$25 copay for each second opinion provided by a specialist (If Medicare-eligible, \$10 copay for a PCP/\$15 copay for a specialist)</p>	<p>Not covered</p>
<p>Inpatient Surgery</p>	<p>90%; pre-certification required</p>	<p>70% after deductible; pre-certification required</p>
<p>Outpatient Surgery</p>	<p>90% for outpatient surgery performed in a facility; 100% after \$20 copay for each outpatient surgery performed in a PCP's office/\$25 copay for each outpatient surgery performed in a specialist's office (If Medicare-eligible, \$10 copay for a PCP/\$15 copay for a specialist)</p>	<p>70% after deductible; pre-certification required</p>
<p>Anesthesia</p>	<p>90%</p>	<p>70% after deductible</p>

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
Outpatient Services		
Doctors' Office Visits	100% after \$20 copay for PCP office visit/\$25 copay for specialist office visit (If Medicare-eligible, \$10 copay for a PCP/\$15 copay for a specialist)	70% after deductible
Doctors' Home Visits	100% after \$20 copay for PCP home visit/ \$25 copay for specialist home visit (If Medicare-eligible, \$10 copay for a PCP/\$15 copay for a specialist)	70% after deductible
X-Rays and Lab Tests	100% after \$20 copay (\$10 if Medicare-eligible) for outpatient radiology and diagnostic laboratory tests performed in a physician's office or an outpatient facility	70% after deductible
Radiation Therapy, Chemotherapy, Electroshock Therapy, Hemodialysis	90% if done in a hospital outpatient facility; 100% after \$20 copay (\$10 copay if Medicare-eligible) if done in a physician's office	70% after deductible; pre-certification required
Physical, Occupational, and Speech Therapy (duration must be prescribed by your doctor and approved by the claims administrator; number of visits based on medical necessity)	90% for therapy visits and services; 100% after \$20 copay for evaluations (\$10 copay if Medicare-eligible)	70% after deductible
Licensed Chiropractor (number of visits based on medical necessity; benefits limited to \$750 per calendar year per individual; limit combined in- and out-of-network; maintenance services not covered)	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
Home Health Care (limit of 120 days per plan year; pre-certification required; limit combined in- and out-of-network; for purposes of the 120-day limit, every five home health care visits count as one day)	100%; pre-certification required	70% after deductible; pre-certification required
Preventive Care Services		
Preventive Care	100%; coverage limited to the coverage, age and frequency provisions of the Affordable Care Act	80%; no deductible; coverage limited to the coverage, age and frequency provisions of the Affordable Care Act
<p>In-network preventive care services will be covered according to the coverage, age and frequency provisions of the Affordable Care Act. While not legally applicable to out-of-network preventive care services, out-of-network preventive care services will be covered according to the coverage, age and frequency provisions applicable to in-network preventive care benefits under the Affordable Care Act. The Affordable Care Act requires that certain preventive care items and services be covered in-network with no cost sharing (i.e., no copay, coinsurance, or deductible). For details regarding which preventive care items and services are covered and at what level of cost sharing, contact Anthem at 1-866-832-1229 or www.anthem.com/verizon.</p>		
Colon Cancer Screenings (routine) <ul style="list-style-type: none"> • Routine fecal occult blood • Routine barium enema • Routine sigmoidoscopy 	100%	80%
Colonoscopy (routine) Facility and anesthesia services billed for routine colonoscopy covered at the same benefit level as the colonoscopy	100%	80%
Preventive Care X-Rays and Lab Tests (routine) <ul style="list-style-type: none"> • Includes bone density testing • Includes cholesterol screenings • Includes routine vision and hearing screenings 	100%	80%

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
Exam – routine adult physical, including routine gynecological exams	100%	80%
Exam – well-child care (through age 18)	100%	80%
Hearing Exam (routine)	100%	80%
Immunizations – child and adult (routine) Travel immunizations are not covered	100%	80%
Mammography (routine)	100%	80%
Pap Smear (routine)	100%	80%
Prostate Cancer Screening – PSA (routine)	100%	80%
<p>Contraceptives Covered Under Women’s Preventive Care – Affordable Care Act: IUDs, injections for Depo-Provera, diaphragm fittings, and any other FDA approved birth control devices; covered based on the diagnosis restriction within the Affordable Care Act.</p> <p>In addition, other FDA approved contraceptive benefits will be provided in-network with no cost sharing through your pharmacy benefit. Please see the “Prescription Drug Program for the MCN and MEP-PPO Options” section for details.</p>	100%	80%

MCN Option Feature	In-Network (Benefits Are Based on the NNF)	Out-of-Network (Benefits Are Based on the MAA)
Mental Health/Substance Abuse Services		
Inpatient Mental Health Treatment	90%	70% after deductible; pre-certification required
Outpatient Mental Health Treatment	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Inpatient Substance Abuse Treatment	90%	70% after deductible; pre-certification required
Outpatient Substance Abuse Treatment	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Other Services		
Durable Medical Equipment	90%; pre-certification required for items over \$5,000	70% after deductible; pre-certification required for items over \$5,000
Ambulance Services	<ul style="list-style-type: none"> • 90% of submitted amount if emergency • 80% of NNF (in-network) or MAA (out-of-network) if nonemergency 	
Prosthetic Devices	90%; pre-certification required for items over \$5,000	70% after deductible; pre-certification required for items over \$5,000
Hearing Aids ³	100% up to \$1,000 for hearing aid (and related exam and fitting) every 24 calendar months. In addition to routine hearing aid coverage, hearing aids may be available after ear surgery (if medically necessary and purchased within 90 days of surgery). Contact the claims administrator for more information.	
Emergency Care (within 72 hours of injury or onset of illness)	100% after \$75 copay (\$25 copay if Medicare-eligible) if a true emergency (this copay is waived if you are admitted through the emergency room)	
Urgent Care Facility	100% after \$20 copay (\$10 copay if Medicare-eligible)	
Infertility – coverage includes advanced reproductive technology such as GIFT, ZIFT, and artificial insemination	\$20,000 per family (combined with prescription drugs); 90%; pre-certification required	Not covered

³ In addition to routine hearing aid coverage, hearing aids may be available after ear surgery (if medically necessary), if purchased within 90 days of surgery. Contact the claims administrator for details.

More Information About the MCN Option

The following section gives more detailed information on the MCN option.

Obesity Treatment

Obesity treatment (covered in-network only), includes surgery, for medically necessary treatment of clinical obesity and prescription appetite suppressants. Coverage includes medically necessary nutritional counseling when prescribed by a physician and furnished by a licensed dietician or nutritionist, for conditions for which dietary adjustment has a therapeutic role, up to \$500 each year per participant.

Emergency Care

If you need emergency care, go to the nearest emergency facility. You pay a \$75 copay (\$25 copay if Medicare-eligible) for each emergency room visit. If you're admitted to a hospital through the emergency room, your copay will be waived. The emergency room should be used only for medical emergencies.

Note that the emergency room copay does not count towards your annual out-of-pocket maximum and cannot be used to satisfy the deductible.

- For use of an emergency room without admission to the hospital, all medically necessary care is covered:
 - If the claims administrator determines your condition to be a true emergency, the MCN option will pay 100 percent of the NNF for an in-network hospital or the actual charge in an out-of-network hospital.
 - If you go to an emergency room of an in-network hospital and the claims administrator determines your condition not to be a true emergency, the MCN option will pay 70 percent of the NNF, after the deductible, subject to medical necessity (as determined by the claims administrator). You will be responsible for any balance due. If you go to an emergency room of an out-of-network hospital, benefits are payable at 70 percent of the MAA charges, after the deductible, and you will be responsible for any balance due.
- For an emergency admission to the hospital, benefits (including for use of the emergency room before admission) are paid in-network if admission is medically necessary (as determined by the claims administrator). If not, no benefits are paid.

For the use of an ambulance associated with your care, the following rules apply:

- The MCN option will pay 90 percent of the submitted amount for emergency use of an ambulance.
- The MCN option will pay 80 percent of NNF for the nonemergency, medically necessary use of an ambulance when you use a network ambulance service.
- The MCN option will pay 80 percent of the MAA for the nonemergency, medically necessary use of an ambulance when you use an out-of-network ambulance service.
- The MCN option does not provide coverage for ambulance service when not medically necessary.

Hospital Room and Board

The MCN option covers room and board in a hospital ward or semiprivate room. A private room will be covered when required by law, when medically necessary and ordered by your physician, or when approved by the claims administrator. If your situation does not meet one of these conditions and you choose to stay in a private room in a hospital that has semiprivate rooms, the MCN option will pay 90 percent of the charge (70 percent of the MAA, after deductible, if out-of-network) for a semiprivate room. If the hospital only has private rooms, Plan benefits will be 90 percent of the charge (70 percent of the MAA, after deductible, if out-of-network) for the private room. Private room charges in excess of the most prevalent semiprivate room rate of that hospital or of hospitals in the same area are disregarded when determining Plan benefits.

Preventive Care Services

The MCN option covers a wide array of preventive care items and services with no copay, coinsurance or deductible on an in-network basis and no copay, 80 percent coinsurance, and no deductible on an out-of-network basis,

At a minimum, coverage is based on frequency, age and other limitations that apply under the Affordable Care Act. Under the Affordable Care Act, preventive care services include routine physicals, screening tests, immunizations, mammograms, colonoscopies and other items and services that are designed to detect and treat medical conditions to prevent avoidable illness and premature death. Preventive care services also include certain services for women: well-woman visits, screening for gestational diabetes, testing for the human papilloma virus, counseling for sexually transmitted diseases, counseling and screening for human immune-deficiency virus, FDA-approved contraceptive methods and counseling as prescribed for women, breastfeeding support, supplies and counseling, and screening and counseling for interpersonal and domestic violence, as defined in guidelines from the U.S. Department of Health and Human Services, Health Resources and Services Administration. When preventive and non-preventive care is provided at the same office visit, special rules apply regarding whether or not cost sharing for preventive care services will be imposed.

You should contact your claims administrator to confirm preventive care services are covered subject to the cost sharing described above.

Surgery

Outpatient Surgery

When eligible surgical procedures are performed on an outpatient basis in a physician's office:

- In-network, the MCN option will pay 100 percent of the NNF after you pay a \$20 copay (\$10 copay if Medicare-eligible) if performed in a primary care physician's office or 100 percent of the NNF after you pay a \$25 copay (\$15 copay if Medicare-eligible) if performed in a specialist's office. If the surgery is performed in a facility, the MCN option will pay 90 percent of the NNF.
- Out-of-network, the MCN option will pay 70 percent of the MAA, after your deductible is met.

The MCN option also will pay for diagnostic X-ray, laboratory, pre-admission testing and other associated expenses in accordance with the cost sharing requirements applicable to outpatient services in the "MCN Option Coverage Summary" chart.

Eligible surgical procedures (when determined by the claims administrator to be medically necessary) include:

- Excision of lesions of the skin, subcutaneous and soft tissue (malignant and benign), including removal of cysts, tumors and lipomas.
- Musculoskeletal system (examination of the interior of a joint and some surgery).
- Varicose vein ligation.
- Digestive system.
- Male genital system procedures.
- Female genital system procedures.
- Maternity care and delivery.
- Eye and ocular adnexa procedures.
- Ear surgery.

Second Surgical Opinion

Because there are risks involved with any surgical procedure, it's important to get a second opinion when surgery is recommended. Under the MCN option, a second surgical opinion, including surgeon's fees and associated X-rays and laboratory tests obtained from a board certified specialist, will be considered a covered service or supply under the Plan if obtained in-network. When the second surgical opinion is nonconcurring, the Plan will cover a third surgical opinion and associated X-rays and laboratory tests.

Second and third opinions are not covered if obtained out-of-network.

Multiple Procedures

In the event of multiple or bilateral surgical procedures or when performed in stages, the following rules will apply when performed out-of-network:

- For the major procedure, regular MCN benefits will be paid. For each minor procedure, 50 percent of the MAA will be paid.
- Bilateral procedures (those that involve both of two symmetrical organs) will be paid up to the MAA for each procedure.
- An incidental procedure performed with the major surgery will not be covered, unless the incidental procedure is the only procedure performed in that operative field.
- Multiple surgical procedures involving more than one physician having different specialties will be treated independently, except that only one charge for use of the operating room and one charge for anesthesia will be covered under the MCN option.

Note: The Plan will pay 90 percent of the applicable NNF for covered surgery rendered on an in-network basis under the MCN option.

Use of an Assistant Surgeon

The services of a physician who actively assists an operating surgeon during surgery will be covered under the MCN option, as long as those services are required by the surgical procedure, as determined by the claims administrator.

Sterilization Procedures

An initial voluntary sterilization procedure or a reversal of such a procedure for a male or female covered person will be covered under the MCN option, without restriction as to waiting periods, doctor's approval, etc.

Sex-Change Procedures

A transsexual operation will be covered under the MCN option as long as the covered person's provider submits satisfactory written evidence to the claims administrator that the operation is medically necessary. The claims administrator shall determine whether the operation is medically necessary.

Oral Surgery

The following oral surgery is covered under the MCN option:

- Oral surgery performed for the treatment of diseases, injuries, and defects of the mouth, the jaws, and associated structures.
- The excision of bone or tissue from other than the oral cavity as a donor site for purposes of grafting, as long as the grafting is necessary due to accidental injury or illness.
- Surgical treatments of temporomandibular joint (TMJ) dysfunction.
- Removal of impacted teeth in a dentist's or oral surgeon's office or in a hospital, the outpatient department of a hospital, or ambulatory surgical facility, provided that the removal is determined to be medically necessary by the claims administrator.

Cosmetic Surgery

Cosmetic surgery is covered under the MCN option only for the following reasons:

- To correct an accidental injury.
- To correct congenital deformities or anomalies that result in functional impairments.
- To provide reconstruction following surgery resulting from trauma, infection or other illness of the involved part.
- To provide reconstruction in connection with surgery performed for medical necessity (such as cysts, carcinoma, etc.) or as otherwise provided under "Mastectomies and Breast Reconstruction" below.

All claims for cosmetic surgery are subject to medical necessity review by the claims administrator.

Mastectomies and Breast Reconstruction

Covered services include mastectomy, reconstruction of the breast on which the mastectomy has been performed, surgery and reconstruction of the other breast to produce a symmetrical appearance, and prostheses and services and supplies to treat physical complications during all stages of the mastectomy, including lymphedemas.

Special Rules for Transplants

Human organ and tissue transplants will be considered covered services or supplies under the MCN option, when not considered experimental or investigational, subject to the following:

- When the recipient and donor are both covered persons under the MCN option, benefits will be provided for both parties.
- When the recipient is a covered person under the MCN option, but the donor is not, benefits will be provided for both to the extent that benefits are not provided to the donor under any other plan.
- When the donor is a covered person under the MCN option, but the recipient is not covered under a plan that provides benefits for donor expenses, benefits will be provided to the donor for his or her expenses only. No benefits will be provided to the recipient.

Any service or supply determined by the claims administrator to be for experimental or investigational purposes, including drugs or other care, will not be considered a covered service or supply under the MCN option.

Mental Health and Substance Abuse Treatment

MCN coverage for you and your eligible dependents includes treatment for mental health and substance abuse.

The following chart summarizes your mental health and substance abuse treatment benefits. More detailed information follows.

	MCN Option Pays In-Network (Based on the NNF)	MCN Option Pays Out-of-Network (Based on the MAA)
Mental Health Treatment		
Inpatient treatment	90%	70% after deductible; pre-certification required
Outpatient treatment	100% after \$20 per visit copay (\$10 copay if Medicare-eligible)	70% after deductible
Substance Abuse Treatment		
Inpatient treatment	90%	70% after deductible; pre-certification required
Outpatient treatment	100% after \$20 per visit copay (\$10 copay if Medicare-eligible)	70% after deductible

Covered Inpatient Mental Health Services

Your covered inpatient mental health treatment includes inpatient hospitalization for mental health care, including physician visits and medication.

Covered Outpatient Mental Health Services

Your covered outpatient mental health treatment includes:

- Visits to a physician, a social worker trained in psychiatry, or a licensed and certified clinical psychologist.
- Two consultations per plan year with a covered person's family members (spouse, parents, siblings, etc.) as part of treatment for the covered person.

Covered Substance Abuse Treatment

The following treatment will be covered under the MCN option:

- Inpatient detoxification when followed by rehabilitation at a state-licensed facility approved by the claims administrator.
- Outpatient treatment, including drug therapy, psychotherapy, counseling, family therapy, and behavior therapy at a state-licensed facility or when approved by the claims administrator.

In-Network Benefits

When you receive in-network mental health and substance abuse treatment, your coverage is as follows:

- For inpatient mental health and substance abuse treatment, the MCN option pays 90 percent of the NNF.
- For outpatient mental health and substance abuse treatment, the MCN option pays 100 percent of the NNF after you pay a \$20 copay per visit (\$10 copay if Medicare-eligible).

Out-of-Network Benefits

You also can receive your care from out-of-network specialists. If so, your benefits are as follows:

- For inpatient mental health and substance abuse treatment, the MCN option pays 70 percent of the MAA after the deductible. You are responsible for mental health treatment charges above the MAA.
- For outpatient mental health and substance abuse treatment, the MCN option pays 70 percent of the MAA after the deductible.

Patients who undergo detoxification also must enter a rehabilitation program to be eligible for detoxification benefits.

Pre-Certification

As with any hospitalization, it is a good idea to pre-certify inpatient mental health and substance abuse treatment. (See your ID card for the telephone number.) If you are receiving care from an in-network provider, he or she will pre-certify for you. If you are receiving care from an out-of-network provider, it is your responsibility to call for pre-certification.

The MEP-PPO Option

The MEP Preferred Provider Organization (PPO) option allows you to use any licensed doctor or hospital you choose. A PPO is a network of doctors, hospitals, and other providers who agree to meet strict quality standards for treatment and utilization and provide services according to a network negotiated fee (NNF) schedule. The MEP-PPO option offers the flexibility of using PPO providers or non-PPO providers for care.

With respect to medical benefits, the administrator for the MEP-PPO option is Anthem. Anthem applies its network of service providers to the MEP-PPO option. To the extent that there is no in-network service provider for a specific covered service or supply within a 40-mile radius of your home zip code, you and your eligible dependents will be eligible for the in-network provisions applicable to the specific medical option in which you are enrolled (e.g., the in-network provisions of the MEP-PPO option).

When you use PPO providers, the provider will handle any pre-certification for you. When you use non-PPO providers, it is a good idea to contact your claims administrator to pre-certify all inpatient hospital stays (including inpatient mental health and substance abuse treatment). In addition, you also should pre-certify selected outpatient procedures, home health care, hospice care, private duty nursing, and stays in a skilled nursing facility. (See “Pre-Certification” under the “More Information About the MCN and MEP-PPO Options” section for more information on pre-certification.)

See the “More Information About the MCN and MEP-PPO Options” section for information on some covered services. In addition, see the “Administrative Information” section for MEP-PPO option administrator information. For more information about covered services and your MEP-PPO option benefits, contact the claims administrator via the telephone number listed on your ID card. A list of participating providers can be obtained free of charge via the BenefitsConnection website or by calling 1-855-4VzBens (1-855-489-2367) or the telephone number on your medical ID card. The MEP-PPO option claims administrator also has an Internet site where you can get information about participating providers online.

MEP-PPO Option Eligibility

If a participant is eligible for Medicare (and Medicare is the participant's primary plan), that participant's MEP-PPO option benefits for a particular service will be reduced by the amount Medicare Parts A and B cover for that service. See the “When You Become Eligible for Medicare” section for more information about Medicare.

Plan Details

Annual Deductible

Each calendar year, before the MEP-PPO option pays benefits for medical expenses (not including prescription drugs) obtained on an in-network or out-of-network basis that are subject to the deductible, a covered individual must meet the annual deductible in effect for the plan year. In-network and out-of-network expenses that apply towards the deductible are combined to reach the applicable deductible.

If your date of retirement is prior to August 3, 2003: Your annual deductible is equal to 1 percent of your annual pension benefit or long-term disability (LTD) benefit in effect on December 31 of the previous calendar year, subject to a minimum of \$25 and a maximum of \$150 (the family deductible is 2½ times the individual deductible). In addition:

- If you are not receiving a pension benefit, your deductible will be based on your annual base pay rate in effect for the last pay period prior to the date your coverage in this Plan took effect.
- If you are a dependent of a retiree or LTD benefit recipient, your deductible is the same as the deductible for the retiree or LTD benefit recipient.
- If you are a surviving dependent of an associate or retiree, your deductible will be equal to the deductible that applied to the associate or retiree, as applicable, at the time of his or her death.

If your date of retirement is after August 2, 2003 and before January 1, 2013: Your annual deductible is equal to the deductible you had as an active employee as of the date of your retirement.

- Between August 3, 2003 and December 31, 2005: \$150 individual/\$375 family
- Between January 1, 2006 and December 31, 2007: \$200 individual/\$500 family
- Between January 1, 2008 and December 31, 2012: \$250 individual/\$625 family

If your date of retirement is on or after January 1, 2013: The individual and family deductibles for the years 2013 through 2015 are shown in the chart below.

Year	Annual Deductible			
	In-Network		Out-of-Network	
	Individual	Family	Individual	Family
2013	\$400.00	\$1,000.00	\$650.00	\$1,625.00
2014	\$450.00	\$1,125.00	\$700.00	\$1,750.00
2015	\$475.00	\$1,187.50	\$725.00	\$1,812.50

Deductible amounts for dependents also are subject to the following provisions:

- The deductible amounts for eligible covered dependents will be the same as those for the retired or disabled associate who is covering them.
- The deductible amounts for surviving dependents will be the same as those that were in effect for the retiree at the time of his or her death.
- Only amounts paid toward individual deductibles can be added together to meet the family deductible.

- If you retire before January 1, 2013, if your eligible expenses and two of your Class I Dependents' eligible expenses (that are applied against individual deductibles) equal the family deductible of 2 ½ times the individual deductible, or if three or more of your Class I Dependents' eligible expenses (that are applied against individual deductibles) equal the family deductible, then all deductibles are met for the remainder of the calendar year. The Plan pays benefits on behalf of a covered person after that person has met his or her individual deductible, or after the family deductible has been met.
- If you retire on or after January 1, 2013, the family annual deductible is satisfied when any combination of individual family member deductibles equals the applicable family annual deductible, within a calendar year; however, you or your dependent will never satisfy more than your own individual amount.
- Amounts paid for care for Sponsored Children, Sponsored Parents, and Grandfathered Class II Dependents do not count toward the family deductible. In addition, these dependents must meet their individual deductibles even if the family deductible has been met. Once the family deductible is met in a plan year, no further deductibles are required for you and your Class I Dependents in that plan year.

Once the deductible (individual or family) is met, the MEP-PPO option begins to pay benefits for eligible services and supplies when determined to be medically necessary by the claims administrator. The deductible must be met for the following eligible services or supplies regardless of whether it is provided on an in-network or out-of-network basis:

- Inpatient hospital services and supplies (not including emergency care).
- Inpatient and outpatient surgery and anesthesia.
- Radiation therapy, chemotherapy, electroshock therapy and hemodialysis.
- Physical, occupational and speech therapy.
- Chiropractor visits.
- Inpatient mental health and substance abuse treatment.
- Durable medical equipment and prosthetic devices.
- Ambulance services.
- Infertility benefits.

In addition, the deductible must be met for the following only if such service or supply is provided on an out-of-network basis:

- Doctors' home or office visit.
- Outpatient diagnostic X-rays and laboratory tests (including pre-admission testing) when billed for by a hospital or hospital-based facility.

- Maternity and newborn care, including hospital and birthing center services and supplies.
- Home health care.
- Skilled nursing facility.
- Hospice care.
- Second surgical opinions.
- Outpatient mental health and substance abuse treatment.

The following expenses do not apply to the deductible:

- Amounts payable when pre-admission testing is done on an inpatient basis and the inpatient admission is not considered medically necessary by the claims administrator.
- Copays for office visits to PPO providers, including emergency room and urgent care facility copays.
- Amounts payable when any of the surgical procedures described under “Outpatient Surgery” under the “More Information About the MEP-PPO Option” section are performed on an inpatient basis and the inpatient admission is not considered medically necessary by the claims administrator.
- Amounts payable for surgery when a second surgical opinion is not obtained for cholecystectomy (removal of gallbladder), coronary bypass, hysterectomy, knee surgery, and laminectomy (removal of the vertebral arch).
- Charges paid for failure to follow pre-certification procedures.
- Expenses for prescription drugs. Amounts that exceed MAA, NNF or other Medical Plan limits.
- Amounts paid for noncovered services and supplies.

Common Accident Provision

If two or more members of your family are injured in the same accident, the MEP-PPO option requires only one individual deductible to be met (per calendar year) before it pays benefits for eligible accident-related expenses. This rule does not apply to dependents classified as Grandfathered Class II Dependents or Sponsored Dependents.

Year-End Carryover

Any covered expenses you have during October, November or December that apply to the current year’s deductible also will apply to the next year’s deductible. This feature helps you avoid paying the deductible twice within a short period of time.

Copays

A copay is a dollar amount that you pay for covered expenses.

- When you seek in-network care under the MEP-PPO option, your copay is \$20 for each primary care physician's office visit (\$10 copay if you are Medicare-eligible).
- When you seek in- or out-of-network care, the copay for each urgent care facility visit is \$20 (\$10 if you are Medicare-eligible) and a \$75 copay (\$25 if you are Medicare-eligible) for emergency care in a hospital's emergency room (if you are admitted to the hospital, your copay is waived).

Coinsurance

For some types of medical services, you are required to pay a percentage of your covered expenses and the MEP-PPO option pays the remainder. The amount you pay based on the applicable percentage (if any) is called coinsurance. Coinsurance is different from a copay, which is a fixed dollar amount required at the time certain services are provided by PPO providers under the MEP-PPO option.

The amount you are required to pay and the amount the MEP-PPO option pays for your covered expenses will depend on the type of service you receive. See the "MEP-PPO Option Coverage Summary" chart for the amount the MEP-PPO option pays for covered services.

Plan Benefits

Using PPO Providers

With the MEP-PPO option, generally when you use a PPO provider, you will pay a copay for each physician office visit for an illness or injury and the MEP-PPO option pays the balance. For certain preventive services, coverage is 100 percent and no copay is required.

The MEP-PPO option typically pays 80 percent or 90 percent of the NNF after the deductible for many other in-network services.

See the "MEP-PPO Option Coverage Summary" chart for specific provision information.

Using Non-PPO Providers

The MEP-PPO option typically pays 70 percent of the MAA for services obtained from non-PPO providers (subject to the annual deductible, if applicable). You pay any difference between the MAA and the actual charge.

Annual Out-of-Pocket Maximum

The MEP-PPO option includes financial protection if you have large expenses. If an individual's share of covered expenses exceeds the out-of-pocket maximum in a calendar year, the MEP-PPO option will pay 100 percent of the NNF or MAA, as applicable, for most additional covered expenses for that individual for the rest of the calendar year. You are responsible for any amounts above the MAA when you use non-PPO providers.

The annual out-of-pocket maximums that apply to covered services or supplies obtained on an in-network basis or out-of-network basis under the MEP-PPO option for the years 2013 through 2015 are shown in the table below. Expenses that apply towards the out-of-pocket maximum are aggregated between in-network and out-of-network expenses to reach the applicable out-of-pocket maximum. The family annual out-of-pocket maximums can be satisfied by any combination of family members within a calendar year; however, you or your dependent will never satisfy more than your own individual amount. Amounts paid towards the deductible will apply towards the annual out-of-pocket maximum.

Year	Out-of-Pocket Annual Maximum			
	In-Network		Out-of-Network	
	Individual	Family	Individual	Family
2013	\$1,050	\$2,625	\$2,000	\$5,000
2014	\$1,100	\$2,750	\$2,000	\$5,000
2015	\$1,150	\$2,875	\$2,050	\$5,125

The following expenses do not count toward the out-of-pocket maximum, nor will they be paid at 100 percent after a covered person reaches the applicable out-of-pocket maximum:

- Copays for in-network office visits or visits to an urgent care facility or emergency room.
- Charges in excess of the obesity annual benefit and infertility lifetime benefit maximums.
- Charges for services and supplies that are not covered by the Medical Plan.
- Charges that exceed the NNF, MAA or other Medical Plan limits.
- Charges for the noncovered use of a private hospital room.
- Amounts payable when pre-admission testing is done on an inpatient basis and the inpatient admission is not considered medically necessary by the claims administrator.
- Charges for surgery and associated X-ray, laboratory and other medical expenses when the surgery is performed on an inpatient basis and hospitalization is not considered medically necessary by the claims administrator.
- Additional amounts paid for not following pre-certification program procedures.
- Expenses for prescription drugs.

Paying for Care and Filing Claims

If you use a doctor who participates in the PPO, the doctor generally will file the claim on your behalf. If you receive care from a non-PPO provider, the provider may require payment at the time of service or they may bill you. You will need to submit a claim with a copy of the bill to Anthem. (The name and telephone number appear on your ID card.)

Typically, if you show your MEP-PPO ID card to your doctor or other health care provider when you check in, the provider will submit the bill directly to Anthem. Occasionally, however, a provider may send you a bill without first submitting it to Anthem with a copy of the itemized bill.

After Anthem receives the bill for your care, Anthem will determine your eligible MEP-PPO option benefits and, if appropriate, send a payment to your health care provider (unless the bill clearly is marked “paid,” in which case, payment will be sent to you). Anthem also will send you an Explanation of Benefits (EOB) statement. The EOB shows how much of the bill the Plan paid and how much (if any) remains for you to pay. (An EOB will not be sent to you if you do not owe any money.)

After you receive the EOB, you should receive a new bill from your medical provider for any remaining amount not covered by the MEP-PPO option.

If the Patient Is Eligible for Medicare

If the patient is eligible for Medicare (and Medicare is the patient’s primary plan), you or your health care provider should submit the bill for the care to Medicare. Medicare will then pay its portion of the bill. After Medicare pays its portion, you will receive a Medicare Summary Notice showing how much Medicare has paid.

After you receive your Medicare Summary Notice, you should then submit a copy of the notice, plus copies of any bills you have received from the provider for the services, to Anthem. Anthem will then determine your eligible MEP-PPO option benefits and, if appropriate, send a payment to your health care provider. It also will send you an EOB statement. The EOB shows how much of the bill the Plan paid and how much (if any) remains for you to pay. After you receive the EOB, you should receive a new bill from your medical provider for any remaining amount not covered by the MEP-PPO option or Medicare.

Medicare Crossover

Medicare Crossover is an automatic claim filing service for Verizon participants who have Medicare as their primary coverage. Under Medicare Crossover, your doctor files your medical claims with your Medicare Part B claims administrator. Medicare determines the portion of the claim it will pay and pays the provider directly (you will get an EOB from Medicare if you owe any money).

Medicare then forwards the claim for the remaining expenses directly to Anthem. Anthem then pays the provider directly. (You will get an EOB from Anthem if you owe any money.)

If you are enrolled in the MEP-PPO option, you are automatically enrolled in the Medicare Crossover program if your Medicare number is your Social Security number followed by an “A.” Contact Anthem member services to enroll in Medicare Crossover if your Medicare number is not your Social Security number followed by an “A” or if you would like to enroll your Medicare-eligible dependents.

Requesting a Claim Form

If you need to file a claim for MEP-PPO option benefits obtained from non-PPO providers, you should contact your MEP-PPO option claims administrator for a claim form. Check your MEP-PPO ID card for the telephone number.

Deadline for Filing Claims

You should submit your claims as soon as possible after receiving a health care service. The deadline for submitting claims is 15 months after the date the service was rendered.

MEP-PPO Option Coverage Summary

This section provides an overview of the benefits payable for covered services and supplies provided by the in-network and out-of-network portions of the MEP-PPO option.

Charges in excess of the MAA will not be covered by the MEP-PPO option. If a charge for a covered service obtained from a non-PPO provider exceeds the MAA, the MEP-PPO option's reimbursement percentage will be applied to the MAA, and you may be responsible in full for the difference between the billed charges and the MAA. Although not required, you should pre-certify medical care (if you use PPO providers, the provider will handle pre-certification for you). While there is no penalty for not pre-certifying your care, each service still will be reviewed for medical necessity.

MEP-PPO Option Feature	MEP-PPO Benefits															
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)														
Deductible Requirements¹ Combined in- and out-of-network	<p>Individual Annual Deductible:</p> <ul style="list-style-type: none"> If your date of retirement is prior to August 3, 2003, 1% of your annual pension or LTD benefit in effect as of December 31 of the previous calendar year (minimum of \$25; maximum of \$150). If you are not receiving a pension benefit, your deductible will be based on your annual base pay rate in effect for the last pay period prior to the date your coverage in this Plan took effect. If your date of retirement is after August 2, 2003 and before January 1, 2013, your annual deductible is equal to the deductible you had as an active employee as of the date of your retirement (Grandfathered Class II Dependents and Sponsored Dependents also pay this): <ul style="list-style-type: none"> 8/3/2003 – 12/31/2005: \$150 1/1/2006 – 12/31/2007: \$200 1/1/2008 – 12/31/2012: \$250 If your date of retirement is on or after January 1, 2013: <table border="1" data-bbox="548 1226 1149 1386"> <thead> <tr> <th rowspan="2"></th> <th colspan="2">Individual Annual Deductible</th> </tr> <tr> <th>In-Network</th> <th>Out-of-Network</th> </tr> </thead> <tbody> <tr> <td>2013</td> <td>\$400</td> <td>\$650</td> </tr> <tr> <td>2014</td> <td>\$450</td> <td>\$700</td> </tr> <tr> <td>2015</td> <td>\$475</td> <td>\$725</td> </tr> </tbody> </table> <ul style="list-style-type: none"> If you are a surviving dependent, your deductible is equal to the deductible that applied to the deceased associate at the time of his or her death. <p>Family Annual Deductible: 2½ times individual deductible (applies to retiree and Class I Dependents only)</p>			Individual Annual Deductible		In-Network	Out-of-Network	2013	\$400	\$650	2014	\$450	\$700	2015	\$475	\$725
	Individual Annual Deductible															
	In-Network	Out-of-Network														
2013	\$400	\$650														
2014	\$450	\$700														
2015	\$475	\$725														

¹ Family annual deductible is satisfied when any combination of individual family member deductibles equals the applicable family annual deductible within a calendar year; however, an enrolled associate or eligible dependent will never satisfy more than his or her own individual amount.

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
<p>Annual Out-of-Pocket Maximum² Combined in- and out-of-network (per person/family, per plan year). Excludes charges that are not covered by the Medical Plan, charges in excess of the MAA, the NNF or charges in excess of any applicable Medical Plan limits, charges for use of a private hospital room to the extent not covered by the Medical Plan, amounts you pay for pre-admission testing when the testing is done on an inpatient basis and hospitalization is determined by the claims administrator to be not medically necessary, amounts you pay for covered surgery when the surgery is performed on an inpatient basis and hospitalization is determined by the claims administrator to be not medically necessary, additional amounts paid for not following pre-certification program procedures, copays for office visits or visits to an urgent care facility or emergency room, and expenses for prescription drugs.</p>	<p>Individual/Family 2013: \$1,050/\$2,625 2014: \$1,100/\$2,750 2015: \$1,150/\$2,875</p>	<p>Individual/Family 2013: \$2,000/\$5,000 2014: \$2,000/\$5,000 2015: \$2,050/\$5,125</p>
Lifetime Maximum Benefit	None	None

² Family annual out-of-pocket maximum is satisfied when any combination of individual family member out-of-pocket maximums equals the applicable family out-of-pocket maximum within a calendar year; however, an enrolled associate or eligible dependent will never satisfy more than his or her own individual amount.

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
When Benefits Are Paid	Unless otherwise noted, for care that is medically necessary, benefits are based on the NNF and the Plan pays:	Unless otherwise noted, for care that is medically necessary, benefits are based on the MAA and the Plan pays:
Inpatient Hospital Services		
Room and Board	90% after deductible	70% after deductible; pre-certification required
In-Hospital Physician's Visits	90% after deductible	70% after deductible
X-Rays and Laboratory Tests	90% after deductible	70% after deductible
Maternity Care (physicians' charges for prenatal and postnatal care and delivery)	100% after \$20 copay (\$10 copay if Medicare-eligible) – initial visit only for physician's professional charges and delivery; other inpatient hospital services covered at 90% after deductible	70% after deductible
Newborn Baby Care (initial pediatric exam while mother is hospitalized; limited to Class I Dependents only – i.e., newborn of children not covered) If newborn is not released with mother, a separate deductible and coinsurance applies.	90% after deductible	70% after deductible
Skilled Nursing Facilities	100%; no deductible; pre-certification required	70% after deductible; pre-certification required
Pre-Admission Testing (to determine if hospital care is necessary)	90% after deductible	70% after deductible
Birthing Centers (facility charge)	90% after deductible	70% after deductible; pre-certification required

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
Hospice Care (excluding bereavement counseling visits, which may be covered under the mental health care benefit provisions to the extent that such visits are determined to be a covered service or supply – contact your claims administrator for more information)	100%; no deductible; pre-certification required	70% after deductible; pre-certification required
Surgery and Anesthesia		
Second Opinions	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Inpatient Surgery	90% after deductible; pre-certification required	70% after deductible; pre-certification required
Outpatient Surgery	90% after deductible in outpatient facility; 100% after \$20 copay (\$10 copay if Medicare-eligible) if done in a physician's office	70% after deductible
Anesthesia	90% after deductible	70% after deductible
Outpatient Treatments		
Doctors' Office Visits	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Doctors' Home Visits	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
X-Rays and Lab Tests (including allergy tests)	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Radiation Therapy, Chemotherapy, Electroshock Therapy, Hemodialysis	90% after deductible in outpatient facility; 100% after \$20 copay (\$10 copay if Medicare-eligible) if done in a physician's office	70% after deductible

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
Physical, Occupational, and Speech Therapy (duration must be prescribed by your doctor)	80% after deductible; number of visits based on medical necessity	70% after deductible; number of visits based on medical necessity
Licensed Chiropractor (number of visits based on medical necessity; benefits limited to \$750 per calendar year per individual; limit combined in- and out-of-network; maintenance chiropractic services not covered)	80% after deductible	70% after deductible
Home Health Care	100%; no deductible; pre-certification required	70% after deductible; pre-certification required
Preventive Care Services		
Preventive Care	100%; no deductible; coverage limited to the coverage, age and frequency provisions of the Affordable Care Act	100%; no deductible; coverage limited to the coverage, age and frequency provisions of the Affordable Care Act
<p>In-network preventive care services will be covered according to the coverage, age and frequency provisions of the Affordable Care Act. While not legally applicable to out-of-network preventive care services, out-of-network preventive care services will be covered according to the coverage, age and frequency provisions applicable to in-network preventive care benefits under the Affordable Care Act.</p> <p>The Affordable Care Act requires that certain preventive care items and services be covered in-network with no cost sharing (i.e., no copay, coinsurance, or deductible). For details regarding which preventive care items and services are covered and at what level of cost sharing, contact Anthem at 1-866-832-1229 or www.anthem.com/verizon.</p>		
Colon Cancer Screenings (routine) <ul style="list-style-type: none"> • Routine fecal occult blood • Routine barium enema • Routine sigmoidoscopy 	100%; no deductible	100%; no deductible

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
Colonoscopy (routine) Facility and anesthesia services billed for routine colonoscopy covered at the same benefit level as the colonoscopy	100%; no deductible	100%; no deductible
Preventive Care X-Rays and Lab Tests (routine) <ul style="list-style-type: none"> • Includes bone density testing • Includes cholesterol screenings • Includes routine vision and hearing screenings 	100%; no deductible	100%; no deductible
Exam – routine adult physical, including routine gynecological exams	100%; no deductible	100%; no deductible
Exam – well-child care (through age 18)	100%; no deductible	100%; no deductible
Hearing Exam (routine)	100%; no deductible	100%; no deductible
Immunizations – child and adult (routine) Travel immunizations are not covered	100%; no deductible	100%; no deductible
Mammography (routine)	100%; no deductible	100%; no deductible
Pap Smear (routine)	100%; no deductible	100%; no deductible
Prostate Cancer Screening – PSA (routine)	100%; no deductible	100%; no deductible

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
<p>Contraceptives Covered Under Women's Preventive Care – Affordable Care Act: IUDs, injections for Depo-Provera, diaphragm fittings, and any other FDA approved birth control devices; covered based on the diagnosis restriction within the Affordable Care Act.</p> <p>In addition, other FDA approved contraceptive benefits will be provided in-network with no cost sharing through your pharmacy benefit. Please see the "Prescription Drug Program for the MCN and MEP-PPO Options" section for details.</p>	100%; no deductible	100%; no deductible
Mental Health/Substance Abuse Services		
Inpatient Mental Health Treatment	90% after deductible	70% after deductible; pre-certification required
Outpatient Mental Health Treatment	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Inpatient Substance Abuse Treatment	90% after deductible	70% after deductible
Outpatient Substance Abuse Treatment	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible

MEP-PPO Option Feature	MEP-PPO Benefits	
	Using PPO Providers (Benefits Are Based on the NNF)	Using Non-PPO Providers (Benefits Are Based on the MAA)
Other Services		
Durable Medical Equipment	80% after deductible; pre-certification required for items over \$5,000	70% after deductible; pre-certification required for items over \$5,000
Ambulance Services	<ul style="list-style-type: none"> • 90% of the submitted amount after deductible if an emergency • 70% of the NNF (in-network) or 70% of the MAA (out-of-network), in each case, after deductible if a nonemergency 	
Prosthetic Devices	80% after deductible; pre-certification required for items over \$5,000	70% after deductible; pre-certification required for items over \$5,000
Hearing Aids	100% up to \$1,000 for hearing aid (and related exam and fitting) every 24 calendar months	
Emergency Room Care (within 72 hours of injury or onset of illness and only in the case of an emergency)	100% after \$75 copay (\$25 copay if Medicare-eligible) (this copay is waived if you are admitted through the emergency room)	
Urgent Care	100% after \$20 copay (\$10 copay if Medicare-eligible)	
Infertility – coverage includes advanced reproductive technology such as GIFT, ZIFT, and artificial insemination	\$20,000 per family (combined with prescription drugs and for both in-network and out-of-network); 90% after deductible; pre-certification required	\$20,000 per family (combined with prescription drugs and for both in-network and out-of-network); 70% after deductible; pre-certification required

More Information About the MEP-PPO Option

The following section gives more detailed information on the MEP-PPO option.

Obesity Treatment

Services or supplies related to treatment of obesity are not covered, except for:

- Medically necessary nutritional counseling prescribed by a doctor and furnished by a licensed dietician or nutritionist up to \$500 a year; or
- Medically necessary surgical procedures as determined by the Plan administrator, when the patient has a diagnosis of morbid obesity. Morbid obesity is defined as having a Body Mass Index (BMI) which exceeds 40, or a BMI which exceeds 35 in conjunction with a severe co-morbidity.

Emergency Care

Emergency care is considered a covered service or supply as long as the care is provided in a hospital's emergency room within 72 hours of an accidental injury or onset of a sudden, serious, and life-threatening illness, as defined by the claims administrator. When an emergency room is used for nonemergency care, the facility charges will not be covered; physician's charges will be covered as other nonemergency care if medically necessary.

Preventive Care Services

The MEP-PPO option covers a wide array of preventive care items and services with no copay, coinsurance or deductible on an in-network or out-of-network basis. In each case, coverage is subject to frequency, age and other limitations under the Affordable Care Act. Under the Affordable Care Act, preventive care services include routine physicals, screening tests, immunizations, mammograms, colonoscopies and other items and services that are designed to detect and treat medical conditions to prevent avoidable illness and premature death. Preventive care services also include certain services for women: well-woman visits, screening for gestational diabetes, testing for the human papilloma virus, counseling for sexually transmitted diseases, counseling and screening for human immune-deficiency virus, FDA-approved contraceptive methods and counseling as prescribed for women, breastfeeding support, supplies and counseling, and screening and counseling for interpersonal and domestic violence, as defined in guidelines from the U.S. Department of Health and Human Services, Health Resources and Services Administration. When preventive and non-preventive care is provided at the same office visit, special rules apply regarding whether or not cost sharing for preventive care services will be imposed.

You should contact the claims administrator to confirm services are covered preventive care services and are not subject to cost sharing.

Hospital Room and Board

When you use a PPO hospital, the MEP-PPO option covers room and board in a semiprivate room at 90 percent after the deductible and there is no maximum on the number of days allowed per calendar year.

When you use a non-PPO hospital, the MEP-PPO option covers room and board in a semiprivate room at 70 percent of the MAA after the deductible.

A private room will be covered when required by law, when medically necessary and ordered by your physician, or when approved by the claims administrator. If your situation does not meet one of these conditions and you choose to stay in a private room in a hospital that has semiprivate rooms, the MEP-PPO option will pay 90 percent of the charge for a semiprivate room. If the hospital only has private rooms, the following rules apply:

- When you use a PPO hospital, MEP-PPO benefits will be based on 90 percent of the NNF charge for the private room.
- When you use a non-PPO hospital, MEP-PPO benefits will be based on 70 percent of the MAA charge for the private room.

Private room charges in excess of the most prevalent semiprivate room rate of that hospital or of hospitals in the same area are disregarded when determining MEP-PPO benefits.

Surgery

The MEP-PPO option covers medically necessary surgery. This section describes approved surgical-related procedures.

Key Medical/Surgical Coverages

The following chart briefly highlights some of the medical/surgical provisions for the MEP-PPO option. For details on surgery coverage, see below. For additional coverage provisions, see the “MEP-PPO Option Coverage Summary” chart.

Medical/Surgical Treatment	MEP-PPO Benefits	
	Using PPO Providers: Pays NNF	Using Non-PPO Providers: Pays MAA
Inpatient Surgery	90% after deductible; pre-certification required	70% after deductible; pre-certification required
Outpatient Surgery	90% after deductible in an outpatient facility; 100% after \$20 copay (\$10 copay if Medicare-eligible) if done in a physician's office	70% after deductible
Second Surgical Opinion	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
In-Hospital Physicians' Visits	90% after deductible	70% after deductible
Consultations	100% after \$20 copay (\$10 copay if Medicare-eligible)	70% after deductible
Anesthesia	90% after deductible	70% after deductible

	MEP-PPO Benefits	
Medical/Surgical Treatment	Using PPO Providers: Pays NNF	Using Non-PPO Providers: Pays MAA
Maternity Care (physicians' charges for prenatal and postnatal care and delivery)	100% after \$20 copay (\$10 copay if Medicare-eligible) – initial visit only or physician's professional charges and delivery; other inpatient hospital services covered at 90% after deductible	70% after deductible
Newborn Baby Care (initial pediatric exam while mother is hospitalized; limited to Class I Dependents only – i.e., newborn of children not covered)	90% after deductible	70% after deductible
Inpatient X-Rays and Laboratory Tests	90% after deductible	70% after deductible
Radiation Therapy, Chemotherapy, Electroshock Therapy, Hemodialysis	90% after deductible for outpatient facility; 100% after \$20 copay (\$10 copay if Medicare-eligible) if done in a physician's office	70% after deductible

Outpatient Surgery

When you use a PPO provider, all outpatient surgical procedures as well as diagnostic X-ray, laboratory, and other associated expenses are covered at 90 percent, after deductible. When you use a non-PPO provider and eligible surgical procedures are performed on an outpatient basis, the outpatient surgical procedures as well as diagnostic, X-ray, laboratory and other associated expenses are covered at 70 percent, after deductible.

Second Surgical Opinion

Because there are risks involved with any surgical procedure, you may wish to get a second opinion when surgery is recommended. Under the MEP-PPO option, up to three consultations may be covered by the Plan, including associated X-rays and laboratory tests. (The third consultation is covered only if the second consultation does not confirm the need for surgery.) Second surgical opinion consultations provided by PPO providers have a \$20 copay (\$10 copay if Medicare-eligible), while consultations from non-PPO providers are paid at 70 percent of the MAA after the deductible.

If the second surgical opinion is nonconcurring, the MEP-PPO option will cover a third surgical opinion and associated diagnostic tests on the same basis as a second surgical opinion. If you receive a second or third surgical opinion, contact your health plan's Member Services for more information on filing claims.

Multiple Procedures

The MEP-PPO option will pay 90 percent, after the deductible, for covered surgery performed by a PPO provider. If surgery is performed on an outpatient basis in a physician's office by a PPO provider, the Plan will pay 100 percent after you pay a \$20 copay (\$10 copay if you are Medicare-eligible).

When performed by a non-PPO provider, the following rules will apply to multiple or bilateral surgical procedures or surgery performed in stages:

- For the major procedure, regular MEP-PPO benefits will be paid. For each minor procedure, 50 percent of the MAA.
- Bilateral procedures (those that involve both of two symmetrical organs) will be paid up to the MAA for each procedure.
- An incidental procedure performed with the major surgery will not be covered unless the incidental procedure is the only procedure performed in that operative field.
- Multiple surgical procedures involving more than one physician having different specialties shall be treated independently except that only one charge for use of the operating room and one charge for anesthesia will be covered under the MEP-PPO option.

Use of an Assistant Surgeon

The services of a physician who actively assists an operating surgeon during surgery will be covered under the MEP-PPO option, as long as those services are required by the surgical procedure, as determined by the claims administrator.

Sterilization Procedures

An initial voluntary sterilization procedure or a reversal of such a procedure for a male or female covered person will be covered under the MEP-PPO option, without restriction as to waiting periods, doctor's approval, etc.

Sex Change Procedures

A transsexual operation will be covered under the MEP-PPO option as long as the covered person's provider submits satisfactory written evidence to the claims administrator that the operation is medically necessary. The claims administrator shall determine medical necessity for this case.

Oral Surgery

The following oral surgery is covered under the MEP-PPO option:

- Oral surgery performed for the treatment of diseases, injuries, and defects of the mouth, the jaws, and associated structures.
- The excision of bone or tissue from other than the oral cavity as a donor site for purposes of grafting, as long as the grafting is necessary due to accidental injury or illness.
- Surgical treatments of temporomandibular joint (TMJ) dysfunction.
- Removal of impacted teeth in a dentist's or oral surgeon's office or in a hospital, the outpatient department of a hospital or an ambulatory surgical facility, provided that the removal is determined to be medically necessary by the claims administrator.

Cosmetic Surgery

Cosmetic surgery is covered under the MEP-PPO option only for the following reasons:

- To correct an accidental injury.
- To correct congenital deformities or anomalies that result in functional impairments.
- To provide reconstruction after or incidental to surgery resulting from trauma, infection or other illness of the involved part.
- To provide reconstruction in connection with surgery performed for valid medical necessity (such as cysts, carcinoma, etc. or as otherwise provided under “Mastectomies and Breast Reconstruction” below).

All claims for cosmetic surgery are subject to medical necessity review by the claims administrator.

Mastectomies and Breast Reconstruction

Covered services include mastectomy, reconstruction of the breast on which the mastectomy has been performed, surgery and reconstruction of the other breast to produce a symmetrical appearance, and prostheses and services and supplies to treat physical complications during all stages of the mastectomy, including lymphedemas.

Special Rules for Transplants

Human organ and tissue transplants will be considered covered services or supplies under the MEP-PPO option, subject to the following:

- When the recipient and donor are both covered persons under the Plan, benefits will be provided for both parties.
- When the recipient is a covered person under the Plan, but the donor is not, benefits will be provided for both to the extent that benefits are not provided to the donor under any other plan.
- When the donor is a covered person under the Plan, but the recipient is not covered under a plan that provides benefits for donor expenses, benefits will be provided to the donor for his or her expenses only. No benefits will be provided to the recipient.

Any service or supply determined by the claims administrator to be for experimental or investigational purposes, including drugs or other care, will not be considered a covered service or supply under the Plan.

Mental Health Treatment

MEP-PPO coverage for you and your eligible dependents includes treatment for mental health.

Inpatient mental health treatment, including physician visits and medication, on an in-network basis will be covered at 90 percent of the NNF after the deductible is applied. Inpatient care done on an out-of-network basis is covered at 70 percent of the MAA after the deductible. Pre-certification is required for out-of-network care.

For outpatient mental health treatment, you pay a \$20 copay (\$10 copay if Medicare-eligible) when a PPO provider is used or 70 percent of the MAA after the deductible when a non-PPO provider is used.

Covered outpatient mental health services include:

- Services rendered by a physician, a social worker trained in psychiatry or a licensed and certified clinical psychologist.
- Two consultations per plan year with a covered person's family members (spouse, parents, siblings, etc.), as part of the treatment for the covered person.

Substance Abuse Treatment

MEP-PPO coverage for you and your eligible dependents includes treatment for substance abuse. The following treatment will be covered under the MEP-PPO option:

- To be covered, inpatient detoxification must be followed by rehabilitation at a state-licensed facility approved by the claims administrator.
- Outpatient treatment, including drug therapy, psychotherapy, counseling, family therapy, and behavior therapy at a state-licensed facility or one that is approved by the claims administrator.

Note: To the extent permitted by law, professional fees billed separately by private practitioners under an inpatient program are not eligible for reimbursement under the MEP-PPO option. Professional fees billed separately by private practitioners under an outpatient program will be covered if the provider is licensed and approved to provide outpatient substance abuse treatment and the treatment is part of an approved treatment program.

Pre-Certification Requirements

If you receive your care from a PPO provider, your provider will handle all pre-certification for you. When you receive care from a non-PPO provider, as with any hospitalization, it is a good idea to pre-certify inpatient mental health and substance abuse treatment. Before receiving inpatient mental health or substance abuse treatment, you should call Anthem for pre-certification. (See your ID card for the telephone number.)

The No Coverage Option

You can elect to waive coverage for any reason by electing the “No Coverage” option.

You can elect no coverage for any reason. See the “Changing Your Elections” section for details when you can re-enroll.

If a surviving dependent, Sponsored Child, Sponsored Parent or Grandfathered Class II Dependent waives medical coverage under the Plan, he or she will **not** be able to elect coverage at a later date.

More Information About the MCN and MEP-PPO Options

The following sections give more detailed information on certain benefits provided by the Plan, regardless of whether you are in the Managed Care Network (MCN) or the MEP Preferred Provider Organization (MEP-PPO) option. However, when you receive in-network care under the MCN option or when you use a PPO provider under the MEP-PPO option, your provider will pre-certify your care. The provisions described in this section generally do not apply to Health Maintenance Organizations (HMOs). If you participate in an HMO, you should contact your HMO for more information on the HMO's provisions.

If There Are No Participating Providers in Your Area

To the extent that there is no in-network service provider for a specific covered service or supply within a 40-mile radius of your home zip code, you and your eligible dependents will be eligible for the in-network provisions applicable to the specific medical option in which you are enrolled (i.e., either the in-network provisions of the MEP-PPO or the MCN option).

BlueCare Consultant Program

Under the MCN and MEP-PPO options administered by Anthem, the BlueCare Consultant program encourages an efficient system of care for you and your covered dependents by identifying and addressing possible unmet covered health care needs. This program is only available if you are **not** yet eligible for Medicare.

A BlueCare Consultant nurse may provide the following services:

- Inpatient care advocacy – If you are hospitalized, a BlueCare Consultant works with your physician to make sure you are getting the care you need and that your physician's treatment plan is being carried out effectively.
- Readmission management – This program serves as a bridge between the hospital and your home if you are at high risk of being readmitted.
- Risk management – If you have certain chronic or complex conditions, this program addresses such health care needs as access to medical specialists, medication information and coordination of equipment and supplies.

A BlueCare Consultant also reviews your medical information (for example, medical and pharmacy claims) and may reach out to you to offer educational information, tips, advice or suggestions on a health-related issue based on your health profile. If you do not receive a call from a BlueCare Consultant, but feel you could benefit from the program, you can call in at any time.

You, your representative or your doctor must call your BlueCare Consultant through Member Services regarding the services outlined below and within the time frames specified below. If you do not call your BlueCare Consultant when required, your claim may be denied as not covered.

- Hospitalization – when possible, at least five days before a regular inpatient admission.
- Emergency care – within two business days or as soon as practicable following situations that require inpatient admissions.
- All organ or tissue transplants – when possible, at least 15 days before the scheduled date of an evaluation, donor search, organ procurement/tissue harvest or transplant.
- Skilled nursing facility/home health care/hospice care/private duty nursing/rehabilitation facility admissions/home infusion therapy – before any admission to a skilled nursing facility or before receiving any home health care or hospice services.
- Pregnancy – if the mother’s hospital stay needs to be extended beyond 48 hours for a normal birth or 96 hours for a cesarean section, call within the 48- or 96-hour period, respectively.
- High-risk pregnancy – if there is a high risk of premature delivery, or a condition that would be harmful to the mother or the fetus, notify your BlueCare Consultant so that special attention can be provided. Additionally, contact your BlueCare Consultant if a high-risk condition develops at any time during the pregnancy.
- Newborn stay beyond the mother’s stay – if the newborn needs to stay in the hospital longer than the mother.
- Orthognathic surgery (surgery to correct facial skeleton abnormalities) – when possible, at least 15 days before the procedure is performed.
- Durable medical equipment – when possible, at least 15 days before purchasing or renting durable medical equipment when the cost is more than \$5,000.
- Bariatric procedures (surgeries to correct morbid obesity) performed in an inpatient and outpatient setting – when possible, at least 15 days before the procedure is performed.
- Plastic/reconstructive surgeries including but not limited to blepharoplasty, rhinoplasty, panniculectomy and lipectomy/diastasis recti repair, insertion/injection of prosthetic material collagen implants and chin implant/mentoplasty/osteoplasty mandible – when possible, at least 15 days before the procedure is performed.
- Uvulopalatopharyngoplasty (UPPP) surgery.
- Inpatient behavioral health and substance abuse treatment and electroconvulsive therapy.
- Air ambulance or nonemergency ambulance transport.

Pre-Certification

To receive benefits, you, a family member or your physician must contact your BlueCare Consultant to pre-certify the following:

- Bariatric procedures.
- Elective admissions.
- Emergency admissions (no later than two days after the admission).
- OB-related admissions (complications, excludes childbirth).
- Use of a freestanding birthing center.
- Newborn hospital stays beyond the stay of the mother.
- Inpatient hospitalization.
- Rehabilitation admissions.
- Confinement in a skilled nursing facility.
- Home health care.
- Hospice care.
- Private duty nursing.
- Certain outpatient procedures, services and tests, as determined by Anthem.
- All inpatient mental health and substance abuse treatment.
- Outpatient ECT, psychological testing, neuropsychological testing, amygdala interview and hypnosis.
- Elective, rehabilitation and long-term acute care facility admissions.
- All organ and bone marrow/stem cell transplants.
- Nonemergency ambulance or ambulance transport.
- Lumbar spinal injuries.
- Durable medical equipment (DME)/prosthetics/orthotics over \$5,000.

Your BlueCare Consultant will notify you and your physician of Anthem's decision. If you or your physician disagrees with Anthem's decision, you can appeal the decision.

You must certify emergency hospital admissions no more than 48 hours after admission or the next business day, whichever is later.

Outpatient Procedures Requiring Pre-Certification

The following require pre-certification before the procedure or treatment is performed. Even though these procedures or treatments are most often done on an outpatient basis, pre-certification is required whether the procedure or treatment will be performed on an inpatient or outpatient basis:

- Plastic/reconstructive surgeries.
- Bariatric procedures.
- Bone marrow and stem cell transplants.
- Private duty nursing (home).
- Uvulopalatopharyngoplasty (UPPP) surgery.
- Home infusion therapy.
- Hospice care.

Pre-Certification Requirements

All admissions to hospitals or health care facilities, including inpatient hospital stays (including inpatient mental health and substance abuse treatment), hospice care, and stays in a skilled nursing facility, should be pre-certified by the claims administrator. The claims administrator will review the case and determine whether the proposed service or supply will be covered as medically necessary under the Plan. (No benefits will be paid for services and supplies found to be not medically necessary.) The claims administrator then will notify the physician and the covered person of its decision. If you or your physician disagree with the claims administrator's decision, you can appeal the decision. (See the "Additional Information" section for more information.)

For the MCN option:

- If you receive in-network care, your provider will handle pre-certification.
- If you receive out-of-network care, you, a family member or your physician should pre-certify your care by calling the claims administrator via the telephone number shown on your ID card.

For the MEP-PPO option:

- If you receive care from a PPO provider, your provider will handle pre-certification.
- If you receive care from a non-PPO provider, you, a family member or your physician should pre-certify your care by calling the claims administrator via the telephone number shown on your ID card.

The following special pre-certification rules apply for both the MCN and the MEP-PPO options:

- Emergency admissions (including admissions for mental health or substance abuse treatment) should be certified by the claims administrator no later than 48 hours after admission or the next business day, whichever is later.
- Maternity admissions should be pre-certified before the anticipated delivery date, and the claims administrator should be notified of a pregnancy no later than 90 days before the anticipated delivery date, as estimated by a professional health care provider, and should be notified of the actual admission no later than 48 hours after the delivery date or the next business day, whichever is later. If the notifications for maternity admissions are given, there is no need to obtain further certification for hospital admission, to undergo concurrent review, or risk any adjustment in benefits for any cases where the maternity admissions are up to 48 hours following a vaginal delivery or up to 96 hours following a cesarean section.

Reimbursement Rules With Pre-Certification

If you obtain pre-certification and the claims administrator determines that your service or supply is medically necessary, the Medical Plan will pay the regular level of benefits up to the number of days for inpatient treatment certified by the claims administrator.

Reimbursement Rules Without Pre-Certification

If you fail to receive proper pre-certification for a service that requires pre-certification, your claim(s) will be suspended to request medical records. If the medical records are not received within 21 days, your claim will be denied and your care will not be covered by the Medical Plan. However, once the medical record information is received, your claim can be re-opened and only medically necessary services will be paid.

Concurrent Review

Concurrent review is the review by the claims administrator of the covered person's condition while hospitalized to determine whether the inpatient confinement will continue to be covered as medically necessary. During an inpatient confinement, the claims administrator will periodically review the covered person's case and may modify the number of days of inpatient confinement initially authorized. If a covered person enrolled in the MEP-PPO option is hospitalized in a PPO hospital, no further action is required on that person's part. If a covered person is hospitalized in an out-of-network facility under the MCN option, or is hospitalized in a non-PPO facility under the MEP-PPO and the covered person's physician believes additional days of inpatient confinement are required beyond the number of days initially authorized, the physician, the covered person or a family member must contact the claims administrator to determine how the Plan will provide coverage for the extension.

If the covered person's physician disagrees with the claims administrator about whether additional days of inpatient hospitalization should be covered by the MCN or the MEP-PPO option, the covered person or his or her physician may appeal the claims administrator's decision by providing additional information supporting the necessity of the additional days of hospitalization. (See "the "Additional Information" section for information on claims and appeals.)

Medical decisions regarding the length of stay beyond the number of days authorized and paid for under the terms of the Plan as medically necessary are between the patient and his or her doctor.

The Disease Management Program

The voluntary Disease Management Program is for covered persons with asthma, diabetes, congestive heart failure, coronary artery disease and chronic obstructive pulmonary disease. The program offers disease assessment, educational materials, and access to a nurse for consultation 24 hours a day. For more information, contact Anthem.

Blue Distinction Center

You or your covered dependents who need a high-risk procedure may elect to use one of the hospitals included in the Blue Distinction Center network established by the claims administrator. High-risk procedures include organ or bone marrow transplants and other procedures, as determined by the claims administrator. Plan benefits for the hospitalization and transplant procedure shall be determined in the same way, regardless of whether a Blue Distinction Center network facility is used for the transplant. In addition, when a transplant procedure is performed at a designated Blue Distinction Center network facility, the Plan will pay reasonable travel and accommodation expenses (up to \$10,000) for the covered person and one companion. You can get in touch with a BlueCare Consultant by calling the Member Services phone number on the back of your ID card and ask to speak with a BlueCare Consultant.

Preventive Care

To keep you well and help you avoid more serious medical problems in the future, both the MCN and MEP-PPO options cover certain preventive care services. See the charts under the “MCN Option Coverage Summary” and the “MEP-PPO Option Coverage Summary” sections for covered services.

Maternity and Newborn Care

Benefits for maternity care will be provided for covered persons regardless of when the pregnancy began. Benefits will not be provided for services rendered after coverage has ended, even if the pregnancy began before coverage ended.

Care given to the newborn child during the mother’s stay and in the infant’s nursery after birth will be covered if the child is a Class I Dependent. The newborn child of a dependent child will not be covered.

The Plan will cover a hospital stay for a mother and her eligible newborn for 48 hours for a vaginal delivery and for 96 hours for a cesarean section. However, with the consent of the mother, a physician may discharge the mother and newborn sooner than this. Longer stays will be covered if considered medically necessary by the claims administrator.

The following maternity care services are covered under the Plan:

- Antepartum care, including prenatal services (such as initial and subsequent history, physical exams, routine urinalysis, maternity counseling).
- Delivery, including vaginal delivery, cesarean section, ectopic pregnancy, miscarriage, and abortion (voluntary or therapeutic).
- Postpartum care, including hospital and normal office visits following the delivery.

- Services of a nurse midwife.
- Use of a birthing center and ancillary services provided by the birthing center payable at:
 - **MCN option:** 90 percent of the NNF (in-network) care and 70 percent of the MAA after the deductible (out-of-network); or
 - **MEP-PPO option:** 90 percent of the NNF after the deductible when a PPO facility is used and 70 percent of the MAA after the deductible when a non-PPO facility is used.

Pre-certification is required for in-network care for the MCN option, and pre-certification is required in- and out-of-network for the MEP-PPO option.

- One pediatric examination of the eligible newborn child while the mother is hospitalized.
- Circumcision of the eligible newborn child.

Your Maternity Rights (Newborns' and Mothers' Health Protection Act)

Verizon complies with the Newborns' and Mothers Health Protection Act. The following notice legally applies to you:

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 the insurance issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours). If a state law applies, the Health Maintenance Organization (HMO) administrator will provide you with this information.

Reproductive and Fertility Treatments

Under the MEP-PPO option (when either a PPO provider or non-PPO provider is used) and the MCN option (in-network services only), you or your covered spouse (or same-sex domestic partner) are covered for advanced reproductive technologies. Advanced reproductive technologies (ART) and fertility treatments are those medical procedures, treatments, and prescriptions used to assist in reproduction (such as approved forms of in vitro fertilization, GIFT, ZIFT, and artificial insemination), which are approved by the treating MEP-PPO or MCN (in-network) physician and which are pre-authorized by the claims administrator as being medically appropriate for individuals in similar circumstances. ART procedures are covered under the MEP-PPO option or MCN option (in-network services only) if you or your spouse or same-sex domestic partner has a diagnosis of infertility.

MCN Option

You must contact the claims administrator for authorization to receive any benefits for this care. Reproductive and fertility treatment is covered in-network only at 90 percent and is limited to a lifetime family maximum of \$20,000 (prescription drugs associated with this provision will count toward the lifetime family maximum).

MEP-PPO Option

You must contact the claims administrator for authorization to receive any benefits for this care. Reproductive and fertility treatment is covered at 90 percent in-network after the deductible and 70 percent out-of-network after the deductible, and is limited to a lifetime family maximum of \$20,000 (prescription drugs associated with this provision will count toward the lifetime family maximum).

The following procedures are excluded from coverage:

- Procedures performed or services provided out-of-network under the MEP-PPO option.
- Procedures when you and/or your spouse or same-sex domestic partner has had a previous sterilization procedure, with or without surgical reversal.
- Charges incurred by your spouse or same-sex domestic partner who is not covered by the MEP-PPO option or MCN option.
- Charges for a surrogate parent.

Hospital Services

In-Hospital Visits

In-hospital visits will be covered if provided during a covered confinement for the treatment of a condition not related to routine maternity care. Covered visits are limited to one visit by a physician per day per specialty.

Visits for the purposes of customary pre- and post-operative care will not be considered covered services or supplies under the Plan.

In-Hospital Consultations

One consultation per specialty for each admission to a hospital will be covered, provided the covered person's attending physician requests the consultation. However, a referral, which means the transfer of a patient from one physician to another for definitive treatment, will not be considered a consultation under the Plan and staff consultations required by hospital rules or regulations will not be covered. Plan benefits payable for in-hospital consultations will not include reimbursement for travel expenses or loss of income.

Pre-Admission Testing

Testing performed in an outpatient department of a hospital, at an ambulatory surgical facility or at another facility recognized by the hospital and a surgeon, will be considered a covered service or supply under the Plan, provided the following conditions are met:

- The tests are necessary and consistent with the diagnosis and treatment of the condition.
- The covered person is physically present for the test.
- The admission is not canceled or postponed except:
 - As a result of a second surgical opinion.
 - As a result of the test findings themselves.
 - For other medical reasons.

Home Health Care Services

The following home health care services and supplies are considered covered when they are determined to be medically necessary by the claims administrator and are billed for by the home health care agency:

- Ambulance service to transport the covered person to and from the local hospital as medically required (as determined by the claims administrator), but not ambulance service that normally would be rendered without charge.
- Drugs prescribed by the physician and provided by the home health care agency.
- Hemodialysis services and equipment.
- Home health aide services, when supervised by an R.N. or a skilled team member, to provide non-skilled personal care to the covered person (e.g., assisting with self-administered medication, nutritional needs and exercises), and certain domestic care (e.g., changing the bed, doing laundry, and cooking meals for the covered person only), but only to the extent the claims administrator determines that without such care rehospitalization of the covered person would be required.
- Therapeutic and diagnostic services, including diagnostic X-rays, laboratory and pathology exams that would be considered covered if provided to the covered person while a hospital inpatient, but are provided on an outpatient basis by a home health care agency because the services require special equipment not readily available in the covered person's home.
- Services of a licensed or registered speech pathologist and/or audiologist.
- Maternity care.
- Medical social services provided by a licensed social worker.

- Medical/surgical supplies.
- Nursing care furnished by an R.N. or an L.P.N.
- Nutritional guidance provided by a qualified licensed dietician, subject to approval of the claims administrator.
- Rental or purchase (if the purchase price is less than the rental cost) of durable medical equipment.
- Services of a certified inhalation therapist or licensed occupational therapist.
- Services of a licensed physical therapist or physical therapy rendered by a physical therapy assistant under the supervision of a licensed physical therapist and billed for by the licensed physical therapist.

In addition, covered services and supplies will include one visit per week by the attending physician during a covered person's approved home health care admission, unless additional visits are determined to be medically necessary by the claims administrator; visits by the attending physician will be covered even if billed for directly by the attending physician.

To be eligible for benefits for home health care, a covered person's plan of treatment must be pre-approved by the claims administrator. No more than 30 days will be pre-authorized at one time. If home health care is needed beyond the pre-authorized number of days, the home health care agency or the attending physician must contact the claims administrator for an authorized extension. The claims administrator may authorize additional home health care for up to 30 days at a time. The claims administrator may request any information it deems necessary in its review of a proposed treatment plan or an extension of such a plan. A covered person's home health care must begin in accordance with the following:

- If the covered person is hospitalized and receiving inpatient benefits prior to home health care treatment, the covered person's home health care must have a verbal authorization and must commence within 72 hours of the covered person's discharge from the hospital.
- If the covered person is not hospitalized prior to home health care treatment, the covered person's home health care must commence within 72 hours of the claims administrator's verbal authorization of home health care treatment.

The following home health care services are **not** considered covered under the Plan:

- Eyeglasses and contact lenses or examinations, except as otherwise covered under the Plan.
- Food, housing or home delivery (e.g., meals on wheels).
- Hearing aids, except as otherwise covered under the Plan.
- Mental health treatment.
- Care provided in a nursing home or skilled nursing facility.

- Care primarily for rest or custodial care.
- Visits by physicians for care that is normally considered as part of postsurgical care.
- Visits for care unrelated to the diagnosis or the plan of treatment.
- Private duty nursing.
- Prosthetic devices.
- Services provided to a covered person whose place of residence is an institution that provides treatment to injured or disabled persons.
- Services provided to covered persons who are essentially not homebound for medical reasons.
- Services that would have been covered had the covered person been hospitalized.

Skilled Nursing Facility Services

The following services and supplies are covered under the Plan, provided they are medically necessary and billed for by a skilled nursing facility:

- Semiprivate room and board, including general nursing services, meals, and special diets.
- Use of special treatment rooms.
- Prescription drugs prescribed by the physician, but only if billed for by the skilled nursing facility.
- Medical and surgical dressings, supplies, casts, and splints.
- Diagnostic services (the same as would be provided for a regular inpatient admission to a hospital).
- Therapy services (the same as would be provided for a regular inpatient admission to a hospital).
- Physicians' medical visits and consultations.

Admission to a skilled nursing facility must occur within 14 days of a prior hospital stay of at least three days, and the admission must be for the continued treatment of the same illness or injury for which the covered person was in the same hospital. In addition, admission to a skilled nursing facility must be approved in advance by the claims administrator. Physicians' medical visits in a skilled nursing facility are limited to one per day. The following skilled nursing facility services are not considered covered under the Plan:

- Treatment of covered persons who have reached the maximum level of recovery possible for their particular condition and who no longer require definitive treatment other than routine supportive care.
- Treatment that does not require confinement in a skilled nursing facility and is designed solely to assist the covered person with the simple activities of daily living or to provide the protection of an institutional environment as a convenience to the covered person.
- Custodial care, care that is primarily domiciliary in nature, or care that provides room and board (with or without routine supportive care, training, and supervision in personal hygiene and other forms of self-care) to a covered person who does not require medical or nursing services.
- Treatment of primary mental illness, including drug addiction, chronic brain syndrome and alcoholism, without other specific medical conditions of a severity to require care. However, this exclusion will not apply to covered persons with primary mental illness receiving short-term convalescent care for a secondary medical condition for whom prognosis for recovery or improvement is considered favorable for that medical condition.
- Treatment of covered persons suffering senile deterioration who do not have a treatable medical condition requiring attention.
- Maternity care and care for newborns or infants.

Hospice Care

To be eligible for hospice care, a physician must certify that the covered person meets the following criteria:

- The covered person has a confirmed diagnosis of terminal illness.
- The covered person has a life expectancy of six months or less.
- No further curative therapy is indicated for or desired by the covered person.

The following services and supplies will be covered if provided by an approved provider and billed for by a hospice care agency:

- Use of medical equipment.
- Dressings, medications, and medical supplies.
- Use of a semiprivate room, board, and general nursing care on an inpatient basis.

The hospice care program must be approved in advance by the claims administrator.

No benefits are available for physicians' services for hospice care if billed for separately. Benefits may be provided for physicians' services for hospice care if billed for by the hospice care agency as part of the hospice care program.

Medical Expenses Not Covered

The following are some of the expenses that the Plan does not cover. Only expenses incurred while you are eligible for and enrolled in the Plan are covered. Additional expenses may not be covered. If you have any questions about whether an expense is covered, call the claims administrator.

- Services or supplies that are not medically necessary.
- Services or supplies covered under any federal or state “no-fault” motor vehicle insurance provision that relates to medical treatment or other mandated insurance, regardless of whether the covered person properly asserts his or her rights under the motor vehicle insurance contract.
- Services or supplies for which the covered person recovers cost by legal action, insurance proceeds or settlement from a third party whose negligent or wrongful actions have caused or are alleged to have caused the covered person’s illness or injury or from the insurer of the third party.
- Services or supplies provided by a local, state or federal governmental agency, except as otherwise required by federal law.
- Services or supplies that are furnished, paid for or otherwise provided for treatment of a military service-connected disability or by reason of the present service of any person in the armed forces of a government.
- Services or supplies provided for any condition covered by Workers’ Compensation laws or for any other occupational condition, ailment, injury or illness occurring on the job if one of the following is true:
 - The covered person’s employer provides reimbursement for such charges.
 - The covered person’s employer makes a settlement for such charges.
 - The covered person fails to assert his or her rights in attaining reimbursement from the employer.

This exclusion applies to all covered persons under the Plan. The Plan has the right to recover or place a lien on any benefits paid or payable if Workers’ Compensation provides benefits for the same condition.

- Hospital inpatient care if the confinement is for dental treatment or services, except in the cases of:
 - Dental treatment or service when a physician other than a dentist certifies that hospitalization is medically necessary.
 - Dental treatment or services for accidental injury to the natural, healthy teeth occurring while covered under the Plan (excluding any claim for accidental injury for \$250 or less).

- Temporomandibular joint (TMJ) dysfunction surgery when determined to be medically necessary by the claims administrator.
- Removal of impacted teeth, if hospitalization is medically necessary.
- Hospitalization that is primarily for physical therapy or speech therapy that could have been provided on an outpatient basis.
- Hospitalization that is primarily for X-ray, laboratory and other diagnostic studies, electrocardiograms or electroencephalograms, including pre-admission testing when confinement during such tests is not medically necessary.
- Saturday and Sunday room and board charges for admissions on Friday or Saturday that are not emergency admissions.
- Tests performed on an inpatient basis when the same tests had been performed on a pre-admission basis, unless retesting is determined by the claims administrator to be medically necessary.
- Hospitalization for surgery when that surgery is not medically necessary.
- Facility charges for use of an emergency room for nonemergency care.
- Care, treatment, services or supplies that are not medically necessary as determined by the claims administrator.
- Cosmetic surgery or drugs used for cosmetic purposes, unless performed to correct an injury caused by an accident, or unless necessary to correct functional medical problems caused by congenital deformities or anomalies or to provide reconstruction after disease.
- Care in an institution that is primarily for convalescent or domiciliary care, or custodial care, such as a place of rest, home for the aged, nursing home, half-way house or hotel.
- Acupuncture when used for therapeutic purposes.
- Diagnostic X-rays, laboratory and machine tests that are not consistent with the diagnosis, symptoms or illness of the covered person.
- Athletic club dues or exercise equipment for the home.
- Reproductive and fertility treatment, unless approved by your doctor and pre-authorized by the claims administrator as medically appropriate for the individual's circumstances (see "Reproductive and Fertility Treatments" for covered services). (Services are not covered out-of-network under the MCN option.) Services not covered are the financial responsibility of the patient.
- Services or supplies related to weight control (even if prescribed by a physician), with the exception of covered obesity treatment, as described earlier in this section.

- Services or supplies that are determined by the claims administrator to be not necessary for the diagnosis, care or treatment of the physical or mental condition involved, even when prescribed, recommended or approved by the attending physician or dentist.
- Charges determined by the claims administrator to be for educational services or supplies, such as training in the activities of daily living, instructions on scholastic skills, preparing for an occupation, treatment of learning disabilities, or to promote development beyond any level of function previously demonstrated.
- Preventive care services beyond regular scheduled Plan benefits.
- Except if medically necessary, as determined by the claims administrator, inpatient private duty nursing services provided by an R.N. or an L.P.N.
- Services recommended by a nonprofessional, or services performed solely at the request of the covered person.
- Chiropractic care, developmental therapy, physical therapy, speech therapy and other therapy services for maintenance after the optimum level of improvement has been reached, as determined by the claims administrator.

Experimental or Investigational Services and Supplies

Any service or supply determined by the claims administrator to be for experimental or investigational purposes, including drugs or other care, will not be considered a covered service or supply under the Plan.

However, effective as of January 1, 2014, because the medical options offered under the Plan are not grandfathered, you will be eligible for coverage of routine costs for items and services furnished in connection with your participation in an approved clinical trial. The clinical trial must relate to the treatment of cancer or another life-threatening disease or condition. Contact your claims administrator for details.

Charges by Certain Providers

- Charges of a physician or other professional provider on “stand-by” in the event complications might occur.
- Surgical or routine maternity care visits while hospitalized to the extent those visits are considered part of the surgeon’s or obstetrician’s fee, as determined by the claims administrator.
- The administration of anesthesia by the surgeon, assistant surgeon or physician who also renders diagnostic tests, performs surgery or provides any other service for the same procedure.
- Professional services provided to a covered person by the covered person’s family member or by a person residing in the covered person’s home.

Routine or Convenience Items

- Routine physical examinations, except as specifically provided under the Plan (see “Preventive Care Services” in the “MCN Option Coverage Summary” and the “MEP-PPO Option Coverage Summary” charts).
- Routine foot care (such as removal of corns and calluses [except in connection with diabetes], orthopedic shoes, insoles and arch supports), except custom molded orthotics, when determined to be medically necessary by the Plan administrator.
- Routine eye examinations, eyeglasses, contact lenses and eye refractions for the fitting of glasses, except as specifically provided under the Plan.
- Routine hearing examinations and hearing aids, except as specifically provided under the Plan.
- Vitamins (except prenatal vitamins), food and food supplements used as dietary supplements, except as provided under the prescription drug program or except if prescribed while hospitalized and taken on an inpatient basis as medically necessary.
- Personal comfort or beautification items while hospitalized, such as television rentals, barber services and guest meals.
- Diversional or recreational therapy.
- Convenience items, even when prescribed by the physician or provided by a hospital, if not medically necessary for treatment of the covered person’s medical condition.
- Miscellaneous equipment, including:
 - Air conditioners.
 - Bed rails, tables, trays or boards (except if an integral part of the hospital bed).
 - Bicycles.
 - Children’s strollers.
 - Dietetic or health foods.
 - Electric fans.
 - Enuresis units.
 - Escalator or elevator for the covered person’s home.
 - Food liquidators.
 - Handrails.

- Heating pads.
- Heating units for swimming pools.
- Humidifiers.
- Hypo-allergenic cosmetics or toiletries.
- Ice bags.
- Mattresses, except when purchased with a hospital bed.
- Niagra vibrators.
- Overbed tables.
- Puritron air fresheners.
- Ramps.
- Scales (weight).
- Telephones.
- Thermometers.
- Vaporizers.
- Walking canes with seat.
- Wigs, except as specifically provided under the Plan.

Other Exclusions

- Charges in excess of the MAA or in excess of any applicable annual or lifetime maximum, as determined by the applicable claims administrator.
- Charges for services or supplies provided before coverage begins or after coverage ends, except as specifically provided under this Plan. Any charges incurred by the patient at any time they are not covered by the Plan are the financial responsibility of the patient.
- Services or supplies for which there is no legal obligation to pay.
- Services for which the physician or other provider does not customarily bill his or her patient.
- Services or supplies provided as a result of injury or illness due to an act of war, declared or undeclared, that occurs after the individual becomes covered under the Plan.

- Hospital room, board and ancillary services or supplies when hospital confinement is or becomes primarily rehabilitative, except as specifically provided under inpatient substance abuse treatment, unless the diagnosis and condition of the covered person are such that rehabilitation cannot be provided on an outpatient basis. However, use of a facility that is part of a hospital or an approved skilled nursing facility is a covered service or supply when rehabilitation is medically necessary, as determined by the claims administrator, due to an accidental injury, spinal injury or an illness such as a stroke.
- Treatment on or to the teeth except for:
 - Treatment when incurred due to an accidental injury to the natural, healthy teeth occurring while the individual is a covered person under the Plan (excluding any claim for accidental injury when such claim totals \$250 or less).
 - Surgical procedures for TMJ dysfunction.
 - Dental treatment in a hospital when a physician other than a dentist certifies that hospitalization is medically necessary.
 - The removal of impacted teeth in a dentist's or oral surgeon's office or when use of a hospital or ambulatory surgical facility is medically necessary, as determined by the claims administrator.
- Items that are considered capital improvements to the home, such as electrical wiring and plumbing.

Prescription Drug Program for the MCN and MEP-PPO Options

Your prescription coverage includes:

- A retail prescription benefit.
- A mail-order benefit.

The retail and mail-order prescription benefit is administered by Express Scripts. Express Scripts works with Arriva Medical and Liberty Medical to dispense Medicare Part B prescriptions by mail. (Orders are assigned to Arriva and Liberty after being placed with Express Scripts.)

Prescription Drug Program Overview

The following chart provides an overview of the benefits payable under the prescription drug program:

Prescription Drugs	Using a Participating Pharmacy	Using a Non-Participating Pharmacy
<p>Retail Pharmacy (supply appropriate for up to 30 days of therapy) <i>If you are a Medicare-eligible retiree who is enrolled in a Verizon-sponsored Medicare Part D plan, you will be eligible for three 30-day supplies of covered medication per visit at retail. The 3x retail copay applies.</i></p>		
<p>Annual Deductible</p>	<p>No deductible required.</p>	<p>If you are not Medicare-eligible, \$50 combined for generic and brand-name drugs. This annual deductible provision does not apply to Medicare-eligible retirees.</p>
<p>Cost Sharing</p>		
<p>Generic Drugs, If NOT Medicare-Eligible</p>	<ul style="list-style-type: none"> • You pay the discounted network price (DNP) but no more than an \$8 copay in 2013 and 2014 and \$9 copay in 2015 per prescription. • Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 50% of the DNP. Fixed dollar maximum copays will not apply. 	<p>After the deductible is met, you pay 100% of the cost difference between the DNP and retail cost. In addition:</p> <ul style="list-style-type: none"> • You pay 30% of the DNP for the original prescription and each refill. • Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 50% of the DNP.

Prescription Drugs	Using a Participating Pharmacy	Using a Non-Participating Pharmacy
Generic Drugs, If Medicare-Eligible	<ul style="list-style-type: none"> You pay the discounted network price (DNP) but no more than an \$8 copay in 2013 and 2014 and \$9 copay in 2015 per prescription. If you are enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail order pharmacy or you will pay 47.5% of the DNP and fixed dollar maximum copays will not apply. Effective 8/13/2013, this provision no longer applies.¹ 	<p>After the deductible is met, you pay 100% of the cost difference between the DNP and retail cost. In addition:</p> <ul style="list-style-type: none"> You pay 30% of the DNP cost for the original prescription and each refill. If you are enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail order pharmacy or you will pay 47.5% of the DNP. Effective 8/13/2013, this provision no longer applies.¹
Single-Source Brand-Name Drugs (No Generic Available), If NOT Medicare-Eligible	<ul style="list-style-type: none"> You pay 30% of the DNP but no more than a \$25 copay per prescription for each of 2013 and 2014.² Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 50% of the DNP and fixed dollar maximum copays will not apply. 	<p>After the deductible is met, you pay 100% of the cost difference between the DNP and the retail cost. In addition:</p> <ul style="list-style-type: none"> You pay 40% of the DNP for the original prescription and each refill. Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 50% of the DNP.
Single Source Brand-Name Drugs (No Generic Available), If Medicare-Eligible	<ul style="list-style-type: none"> You pay 30% of the DNP but no more than a \$25 copay per prescription for each of 2013 and 2014.² If you are enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail order pharmacy or you will pay 47.5% of the DNP and fixed dollar maximum copays will not apply. Effective 8/13/2013, this provision no longer applies.¹ 	<p>After the deductible is met, you pay 100% of the cost difference between the DNP and the retail cost. In addition:</p> <ul style="list-style-type: none"> You pay 40% of the DNP for the original prescription and each refill If you are enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail order pharmacy or you will pay 47.5% of the DNP. Effective 8/13/2013, this provision no longer applies.¹

Prescription Drugs	Using a Participating Pharmacy	Using a Non-Participating Pharmacy
Multi-Source Brand-Name Drugs (When Generic Is Available), If NOT Medicare-Eligible	<ul style="list-style-type: none"> • If you purchase a brand-name drug when a generic equivalent is available, you pay the generic equivalent DNP but no more than an \$8 copay per prescription in 2013 and 2014 and \$9 in 2015, plus 100% of the cost difference between the brand-name and generic drug (fixed dollar maximum copay does not apply).³ • Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 50% of the DNP and fixed dollar maximum copays will not apply. 	<p>After the deductible is met, you pay 100% of the cost difference between the DNP and the retail cost. In addition:</p> <ul style="list-style-type: none"> • If you purchase a brand-name drug when a generic equivalent is available, you will pay 30% of the generic equivalent DNP plus 100% of the cost difference between the brand-name and generic drug.³ • Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 50% of the DNP.
Multi-Source Brand-Name Drugs (When Generic Is Available), If Medicare-Eligible	<ul style="list-style-type: none"> • If you purchase a brand-name drug when a generic is available, you pay 40% of the DNP but no more than \$30 copay. • If you are enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 47.5% of the DNP and fixed dollar maximum copays will not apply. Effective 8/13/2013, this provision no longer applies.¹ 	<p>After the deductible is met, you pay 100% of the cost difference between the DNP and the retail cost. In addition:</p> <ul style="list-style-type: none"> • You pay 50% of the DNP for the original prescription and each refill. • If you are enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 47.5% of the DNP. Effective 8/13/2013, this provision no longer applies.¹
Mail Service Pharmacy (supply appropriate for up to 90 days of therapy)		
Generic Drugs	<ul style="list-style-type: none"> • You pay the DNP per prescription, but no more than a \$16 copay in 2013 and 2014 and \$18 copay in 2015. 	N/A
Single-Source Drugs (No Generic Available)	<ul style="list-style-type: none"> • You pay 30% of the DNP, but no more than a \$50 copay per prescription in 2013 and 2014.² 	N/A

Prescription Drugs	Using a Participating Pharmacy	Using a Non-Participating Pharmacy
Multi-Source Brand-Name Drugs (When Generic Is Available), If NOT Medicare-Eligible	<ul style="list-style-type: none"> You pay the DNP per prescription, but no more than a \$16 copay in 2013 and 2014 and \$18 copay in 2015, plus 100% of the cost difference between the brand-name and generic drug (fixed dollar maximum copay does not apply).³ 	N/A
Multi-Source Brand-Name Drugs (When Generic Is Available), If Medicare-Eligible	<ul style="list-style-type: none"> You pay 40% of the DNP, but no more than \$60 per prescription. 	N/A

¹If you are Medicare-eligible but not enrolled in the Verizon-sponsored Medicare Part D plan, before 8/13/2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail order pharmacy or you will pay 47.5% of the DNP. Fixed dollar maximum copays will not apply. Effective 8/13/2013, this provision no longer applies.

²For 2015 and each calendar year thereafter, the maximum per prescription copay will increase by 6% when compared with the maximum copay for the prior plan year.

³Does not apply for brand-name drugs where there is a generic equivalent and the claims administrator approves your doctor's certification that you are medically unable to take the generic version of the medication. If the claims administrator approves your request, the cost sharing that applies to brand-name drugs with no generic available will apply.

Retail Prescription Benefit

You can get up to a 30-day supply of medication at a retail pharmacy. If you are Medicare-eligible, you are eligible for up to three 30-day supplies (i.e., up to a 90-day supply) of a covered medication per visit at a retail pharmacy. It is your decision to use either a participating or non-participating pharmacy each time you need short-term medications.

Using a Participating Pharmacy

When you use a participating pharmacy, you pay:

- **For a generic drug (regardless of your Medicare eligibility status)**, you'll pay the discounted network price (DNP) for each prescription drug, but no more than an \$8 copay in 2013 and 2014 and a \$9 copay in 2015.
- **If You Are a Pre-Medicare Retiree:**
 - **For single-source and multi-source brand-name drugs**, you'll pay 30 percent of the DNP (but not more than a \$25 copay) per prescription in 2013 and 2014. The maximum copay will increase by 6 percent per year, when compared with the maximum copay for the prior plan year, for the years 2015 and beyond.

- ***If you choose a brand-name drug when a generic equivalent is available***, you'll pay an amount equal to the generic equivalent DNP, up to a maximum copay of \$8 per prescription in 2013 and 2014, and \$9 in 2015, plus 100 percent of the cost difference between the brand-name and generic drug; the fixed dollar maximum copays do not apply. You will not have to pay the cost difference between the brand-name and the generic drug if your doctor certifies that you are medically unable to take the generic version of the medication and such exception is approved by Express Scripts' procedures for approval of treatment or services and instead, you will pay 30 percent of the brand-name DNP, subject to the maximum copay.

Example: You select a brand-name drug with a DNP of \$20. This particular brand-name drug also has a generic equivalent DNP of \$10. In this example, in 2013, you would pay an **\$8** copay **plus** the cost difference between the brand-name and generic drug (\$20 minus \$10 which is equal to **\$10**). Your total cost would be **\$18**.

Once you obtain three fills of a prescription for a maintenance medication from a participating pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you'll pay 50 percent of the DNP; the fixed dollar maximum copays will not apply. This requirement applies regardless of whether you are purchasing a generic, single-source or multi-source brand-name drug.

- **If You Are a Medicare-Eligible Retiree:**

- ***For single-source brand-name drugs***, you'll pay 30 percent of the DNP (but no more than a \$25 copay) for each prescription in 2013 and 2014. The \$25 maximum copay will increase by 6 percent per year, when compared with the maximum copay for the prior plan year, for the years 2015 and beyond.
- ***For multi-source brand-name drugs***, you'll pay 40 percent of the DNP (but no more than \$30) for each prescription.

If you are enrolled in the Verizon-sponsored Medicare part D plan before August 13, 2013, once you obtain three fills of a prescription for a maintenance medication from a participating pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you'll pay 47.5 percent of the DNP; the fixed dollar maximum copays will not apply. This requirement applies regardless of whether you are purchasing a generic, single-source or multi-source brand-name drug. This provision no longer applies as of August 13, 2013.

If you are Medicare-eligible but not enrolled in the Verizon-sponsored Medicare Part D plan before August 13, 2013, once you obtain three fills of a prescription for a maintenance medication from a participating pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you will pay 47.5% of the DNP; the fixed dollar maximum copays will not apply. This provision no longer applies as of August 13, 2013.

The DNP is a negotiated price, which generally is lower than the retail price of the drug. To ensure you receive the discounted price, you will need to show your ID card at the time of purchase.

If you are Medicare-eligible and enrolled in a Verizon-sponsored Medicare Part D plan, you can get up to three 30-day supplies of a covered medication per visit at a retail pharmacy; however, three times the retail copay would apply.

Note: If you are not Medicare-eligible or Medicare-eligible and not enrolled in a Verizon-sponsored Medicare Part D plan, and your doctor prescribes more than a 30-day supply, the maximums do not apply and you are responsible for the cost of the additional supply.

You pay your share of the bill at the pharmacy, so you do not need to file a claim form.

Using a Retail Non-Participating Pharmacy

If you are not Medicare-eligible, when you use a non-participating pharmacy, you pay an annual \$50 per person prescription deductible combined for generic and brand-name drugs. This annual deductible does not apply if you are Medicare-eligible. After the annual deductible is met (if applicable), you also pay:

- **For generic drug expenses (regardless of your Medicare eligibility status)**, you'll pay 30 percent of the DNP for each prescription. In addition, you pay 100 percent of the cost difference between the DNP and retail cost.

- **If You Are a Pre-Medicare Retiree:**
 - **When you purchase a single-source or multi-source brand-name drug**, you'll pay 40 percent of the DNP for each prescription drug. In addition, you'll pay 100 percent of the cost difference between the DNP and retail cost.

 - **If you choose a brand-name drug when a generic equivalent is available**, you'll pay 30 percent of the generic equivalent DNP for each prescription plus 100 percent of the cost difference between the brand-name retail cost and generic drug DNP. You will not have to pay the cost difference between the generic and brand-name drug (and the single-source and multi-source brand-name drug coverage will apply) if your doctor certifies that you are medically unable to take the generic version of the medication, and this exception is approved by Express Scripts' procedures for approval of treatment or services and instead, you will pay 40 percent of the brand-name DNP, subject to the maximum copay.

Example: You select a brand-name drug with a DNP cost of \$50. This brand-name drug has a retail cost of \$75. This particular brand-name drug also has a generic equivalent with a DNP cost of \$20 and a retail cost of \$35. In this example, in 2013, you would pay **\$6** (30% of the generic equivalent DNP of \$20) **plus** the cost difference between the brand-name retail cost and generic drug DNP (\$75 minus \$20 which is equal to \$55). Your total cost would be **\$61** (in addition to all or any portion of the annual \$50 deductible that applies).

Once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you'll pay 50 percent of the DNP. This requirement applies regardless of whether you are purchasing a generic, single-source or multi-source brand-name drug.

- **If You Are a Medicare-Eligible Retiree:**

- **For single-source brand-name drugs**, you'll pay 40 percent of the DNP.

- **For multi-source brand-name drugs**, you'll pay 50 percent of the DNP.

If you are enrolled in the Verizon-sponsored Medicare Part D plan before August 13, 2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail-order pharmacy or you'll pay 47.5 percent of the DNP. This requirement applies regardless of whether you are purchasing a generic, single-source or multi-source brand-name drug. This provision no longer applies as of August 13, 2013.

If you are Medicare-eligible but not enrolled in the Verizon-sponsored Medicare Part D plan, before August 13, 2013, once you obtain three fills of a prescription for a maintenance medication from a retail pharmacy (i.e., the initial prescription plus two refills), then you must use the mail order pharmacy or you will pay 47.5% of the DNP. This provision no longer applies as of August 13, 2013.

Your costs could be much higher based on the retail cost of the drug.

You pay the full bill at the pharmacy and file a claim for reimbursement.

Mail-Order Prescription Benefit

You can obtain up to a 90-day supply of medication delivered to your home by mail. When you do:

- **For a generic drug (regardless of your Medicare eligibility status)**, you'll pay the DNP for each prescription drug, but no more than a \$16 copay in 2013 and 2014 and an \$18 copay in 2015.

- **If You Are a Pre-Medicare Retiree:**

- **For a single-source or multi-source brand-name drug**, you'll pay 30 percent of the DNP for each prescription drug, but no more than a \$50 copay in 2013 and 2014. The \$50 maximum copay will increase by 6 percent per year, when compared with the maximum copay for the prior plan year, for the years 2015 and beyond.

- **If you choose a brand-name drug when a generic equivalent is available**, you'll pay an amount equal to the generic DNP, up to a maximum of \$16 in 2013 and 2014, and \$18 in 2015, plus 100 percent of the cost difference between the brand-name and generic drug; the fixed dollar maximum copays do not apply. You will not have to pay the cost difference between the brand-name and generic drug (and the single-source and multi-source brand-name drug coverage will apply) if your doctor certifies that you are medically unable to take the generic version of the medication, and this exception is approved by Express Scripts' procedures for approval of treatment or services.

- **If You Are a Medicare-Eligible Retiree:**

— **For single-source brand-name drugs**, you'll pay 30 percent of the DNP for each prescription drug, but no more than a \$50 copay in 2013 and 2014. The \$50 maximum copay will increase 6 percent per year in 2015 and beyond.

— **For multi-source brand-name drugs**, you'll pay 40 percent of the DNP for each prescription drug, but no more than a \$60 copay in 2013, 2014 and 2015.

There is no deductible for mail-order prescriptions.

Initial Orders

There are three ways to order a prescription by mail:

- Access Express Scripts' website (www.express-scripts.com/verizon) and follow the instructions to order a new prescription. Your prescription will be filled by Express Scripts, Liberty Medical, or Arriva Medical, as appropriate.
- Send your original prescription and your payment to Express Scripts using a mail-order form.
- Have your doctor call 1-888-EASYRX1 (1-888-327-9791) for instructions on faxing the prescription.

For the fastest service, ask your doctor to send the prescription directly to Express Scripts by e-prescribing.

Your prescription will be sent to your home by United States Postal Service mail or UPS within 14 days after Express Scripts receives your order.

If you can't wait two weeks to receive your medication, ask your physician to write two prescriptions – one that you can use at your local pharmacy and one for your ongoing supply that you can use for the mail-order pharmacy.

Note: Medications cannot be mailed outside the United States.

Refills

There are three ways to order refills:

- Access Express Scripts' website and follow the instructions for refilling prescriptions.
- Call Express Scripts at the number listed on your ID card.
- Mail your refill slip to Express Scripts using a mail-order form.

Verizon-Sponsored Medicare Part D Plan (PDP) Administered by Express Scripts

If you or a covered family member is or becomes eligible for Medicare, you and your dependents will generally receive your prescription drug coverage through a Verizon-sponsored group Medicare Part D plan with a supplemental “wrap around” benefit (often referred to as an employer group waiver plan plus wrap or EGWP). Verizon designed this supplemental “wrap-around” plan to preserve a comprehensive level of prescription drug benefits. The Medicare Part D plan sponsored by Verizon is called “Express Scripts Medicare (PDP) for Verizon” and is administered by Express Scripts. If you or your family members become eligible for Medicare, you will receive information about the Verizon-sponsored Medicare Part D plan from Express Scripts prior to his or her coverage effective date. If you have moved to this Verizon-sponsored Medicare Part D plan with a supplemental wrap-around benefit, you will receive additional information about this program each year.

Under Medicare Part D, including the Verizon-sponsored Medicare Part D plan, you may be eligible to receive help with premiums and copays if you have limited income and resources. In addition, if you have yearly income that exceeds a certain threshold, you may need to pay an extra Medicare Part D premium amount to the federal government. (The specified threshold amounts are \$85,000 or above in 2014 for an individual filing an individual tax return [or married individual filing separately] or \$170,000 or above in 2014 for married couples filing a joint tax return.) If you are impacted, the Social Security Administration will send you a letter outlining the extra amount and you must contact the Verizon Benefits Center for assistance.

In addition:

- You can get up to three 30-day supplies of a covered medication per visit at a retail pharmacy; however, three times the retail copay would apply.
- You can request an Explanation of Benefits for each month prescriptions have been filled which will detail your prescription drug costs and will help you to understand your total out-of-pocket costs (total out-of-pocket costs are what you and others pay on your behalf, including manufacturer discounts but excluding plan premiums or payments made by the Medicare prescription drug plan).

What Is Covered

The prescription program covers the following items. If you have questions about covered charges, you should contact Express Scripts.

- Medications that require a prescription and that are medically necessary. Medically necessary means appropriate with regard to general medical standards and effective in prevention, diagnosis or treatment according to accepted clinical evidence, as determined by the claims administrator.
- Biologicals, immunization agents, and vaccines.
- Allergy sera, at a retail pharmacy.

- Diabetes therapy:
 - Insulin, needles and syringes.
 - Diabetic kits (insulin, apparatus and supplies), available through Express Scripts. You pay a single payment when the order is placed as one prescription on the same day with insulin or other oral agents. If you request the medication and supplies be refilled, but part of the request is made too soon, then the prescriptions will not be dispensed together.
 - Over-the-counter insulin and diabetic supplies ordered separately (not as a kit). If you are Medicare-eligible, diabetic supplies are covered by Medicare, not by the prescription program.
- Medications with special considerations. Some medications in the following treatment categories have limitations or considerations for age, gender or supply amounts.
 - Asthma.
 - Erectile dysfunction.
 - Acne.¹
 - Flu prevention and treatment.
 - Contraceptives.
 - Hormone replacement.¹
 - Irritable bowel syndrome.¹
 - Medications as required by the Affordable Care Act.

Special Purchase Requirements for Certain Medications

Special requirements apply for the purchase of certain medications. For example:

- Before dispensing medications with the potential of a drug interaction with other drugs, the prescription program will alert the pharmacist who will determine if the doctor should be contacted.
- After clinical reviews are performed, patients who potentially may be overusing highly addictive narcotics may be limited to purchasing their medications at one participating retail pharmacy of their choice and through mail order.

¹ If you are Medicare-eligible, the medications/category limitations or considerations do not apply.

Generic Medications

Generic prescription drugs have the same chemical makeup, but usually cost less, than brand-name drugs. In fact, using a generic can save you hundreds of dollars each year. If you take medication – or are being prescribed a drug for the first time – be sure to ask your doctor if the medication is available as a generic.

Compound Medications

Compound medications are custom-made by a pharmacy according to a doctor's prescription. Often, these medications are made up of several ingredients, each with its own, unique identification number, called a National Drug Code (NDC).

Special rules apply for submitting claims for compound medications. See the "Filing Prescription Claims" section for more information.

Medications That Require a Coverage Review

Certain medications must undergo a coverage review before they are covered under the prescription program.

If you have a prescription that needs this review, the pharmacist will coordinate with the prescribing doctor. If you have a question about whether a medication will require a coverage review, call Express Scripts. For faster approval or if you or your doctor has a question, you or your doctor can contact the Express Scripts coverage review unit. Usually, approval takes two to three business days to process a request for review.

Generally, medications are selected for coverage review before dispensing if:

- The medication is often associated with complications.
- The medication has a high potential for adverse reactions.
- More information is needed to determine whether the drug meets the Plan's coverage criteria.
- The medication is needed to treat complex conditions.
- The medication is effective only for some individuals or with other therapies.
- The medication is costly and has the potential for misuse.

Examples of drugs subject to a coverage review include those in the categories listed below. The list changes from time to time as new drugs are approved, new clinical guidelines for appropriate use are developed or problems are identified.

- Acne therapy.¹
- Alzheimer's therapy.¹
- Anticonvulsants (seizure medications).
- Appetite suppressants and other weight loss medications.
- Erectile dysfunction medications.
- Erythroid stimulants (correct anemia in patients with dialysis, HIV, etc.).
- Hepatitis C therapy.¹
- Hereditary angioedema.¹
- Human growth hormones.
- Interferons (used to treat immune disorders and infections).
- Miscellaneous dermatologicals.¹
- Myeloid stimulants (used to fight infection and treat low white-blood cell counts).
- Platelet proliferation stimulants.

Quantity Dispensing Limits

Some medications are limited to specific quantities, such as the number of pills or total dosage. The quantity is based on guidelines approved by the U.S. Food and Drug Administration and published by the manufacturer, as well as accepted medical practice. If your medication is prescribed for quantities or doses outside these guidelines, a coverage review may be required to determine whether the medication meets the Plan's coverage criteria.

When a review is complete, Express Scripts will notify you and your doctor of the decision. If coverage is approved, the letter will inform you of the length of time of your coverage approval. If the medication is not covered under the Plan, the letter will include the reason for the denial and how to submit an appeal if you choose.

¹ If you are Medicare-eligible, coverage review in this category does not apply.

Examples of categories of prescription drugs that have limits include the following:

- Anti-influenza agents.
- Cholesterol medications (Crestor).
- Erectile dysfunction agents.
- Hereditary angioedema agents.
- Migraine medications.

Medicare Part B Medications and Supplies

Certain prescriptions are eligible for coverage by both Medicare Part B and your Verizon prescription benefit. The following provisions apply if you or your dependent is Medicare-eligible and Medicare pays primary (first) under the Medicare secondary payer rules. Medicare generally pays primary if you are a retired employee or the dependent of a retired employee.

If you are eligible for Medicare and Medicare is primary, **Verizon will coordinate as if you are enrolled in Medicare Part B, even if you are not. Accordingly, if you are eligible for Medicare and Medicare pays primary, you may lose important benefits if you haven't enrolled in Medicare Part B.** Please see the "When you Become Eligible for Medicare" section for more details.

Retail Prescription Coverage

You need to show your Medicare ID card when you use a retail pharmacy. If your prescription is eligible for Medicare Part B coverage, after you meet the Medicare Part B deductible, the retail pharmacy will bill Medicare and submit any costs not paid by Medicare to Express Scripts for coverage under your Verizon prescription benefit. You will not need to take any additional action other than show your Medicare ID card. **Your out-of-pocket cost will not be any more than it would have been without this coordination.**

Mail-Order Prescription Coverage

You will continue to order your initial prescriptions in the same way you do today. If your prescription is eligible for Medicare Part B coverage, after you meet the Medicare Part B deductible, Express Scripts will transfer your prescription request to Arriva Medical, Liberty Medical or Accredo, mail-order pharmacies that specialize in Medicare Part B. Arriva Medical, Liberty Medical or Accredo will provide you with instructions on how to order refills if you need them. **Your out-of-pocket cost will not be any more than it would have been without this coordination.**

What Is Not Covered

The prescription program does **not** cover:

- Medications not approved by the U.S. Food and Drug Administration (FDA).
- Medications that states restrict for sale or distribution.
- Medications that are not medically necessary or that do not treat an accidental injury, illness or pregnancy, except those identified under “What Is Covered.”
- Therapeutic devices, bandages, heat lamps, braces or artificial appliances. However, the Plan may cover insulin, needles and syringes, over-the-counter diabetic supplies (unless covered by Medicare), and diaphragms and IUDs that require a prescription.
- Health and beauty aids and medications for cosmetic purposes, such as Renova, Retin-A or Solage for age spots or as a wrinkle cream, and Propecia or Rogaine for hair loss.
- Charges for the administration or injection of any drug.
- Medications for experimental use.
- Medication covered by Workers’ Compensation laws or similar government programs, or for which no charge is made.
- Charges covered by Medicare, including both Medicare Part A and Part B – regardless of whether or not you have enrolled in or received Medicare Part A and Part B benefits.
- Blood or blood plasma.¹
- Medication you receive in a hospital or outpatient surgical center.^{1, 2}
- Medication you receive while you are a patient in a skilled nursing facility or similar institution when medications provided by those institutions are covered by a medical plan, including Medicare.^{1, 2}
- Prescriptions refilled in excess of the number of times the doctor specified or any refill dispensed after one year from the doctor’s original order.
- Mifeprex, for termination of intrauterine pregnancy.

¹ May be covered under the Verizon Medical Plan. Claims should be submitted to the appropriate claims administrator.

² Medications administered while you are an inpatient at a hospital, skilled nursing care facility or similar facility generally are covered under your medical option – not the prescription drug program. However, prescriptions filled at a pharmacy associated with a personal care facility, such as a nursing home, are covered under the prescription program. Benefits are based on whether the retail pharmacy is a participating or non-participating pharmacy.

- Over-the-counter (OTC) medications and their equivalents available by prescription (except insulin, diabetic supplies and products included in the Affordable Care Act).
- Ostomy supplies.

Filing Prescription Claims

If you use a participating retail pharmacy or mail order, you do not have to file claims. You need to show your ID card when you use a participating retail pharmacy.

If you use a non-participating retail pharmacy, you need to submit claims to Express Scripts.

If your claim is denied, you have a right to appeal. See the “If a Benefit Is Denied” section for information on filing an appeal.

Claims for Compound Medications

There are two ways to submit claims for compound medications:

- Take the prescription to a participating retail pharmacy, and ask the pharmacist to submit the claim directly to Express Scripts so that you only need to make your copay at the time of service. (Note: Effective January 1, 2014, Express Scripts will not dispense compound prescriptions through mail order.)
- If you paid the entire cost of your compound medication, you will need to submit a claim form to Express Scripts to receive reimbursement.

You must send in your pharmacy receipt, as well as a list of all the ingredients in the medication and each ingredient’s National Drug Code (NDC), which your pharmacist can provide. (See the claim form for details.)

If you submit a claim, you will be responsible for any cost differences between what the pharmacy charges and what the Plan allows for reimbursement.

If your claim is denied, you have a right to appeal. See the “If a Benefit Is Denied” section for information on filing an appeal.

When You Become Eligible for Medicare

Once you're eligible for Medicare, it is your primary plan – the plan that pays benefits first, before Verizon coverage. Because Verizon medical benefits are handled differently if you or your dependents are eligible for Medicare, it's important to review this section carefully.

General Information About Medicare

You become eligible for Medicare when you reach age 65 (or before age 65 under certain circumstances, such as disability). Medicare is a government-funded program that provides you with basic medical coverage.

Medicare is made up of two parts: Part A and Part B.

- **Part A** covers hospitalization and similar services. If you are receiving Social Security benefits when you turn age 65, you are automatically enrolled in Part A. If you are age 65 or close to age 65 and have not begun receiving Social Security benefits, you must apply for Part A. (If you're not applying for Social Security benefits, you can enroll separately in Medicare benefits.)
- **Part B** covers outpatient and doctors' visits, as well as many other services. You pay a monthly premium for Medicare Part B, which will be deducted from your Social Security check.

You can enroll in Medicare during a seven-month period that begins three months before and ends three months after the month in which you reach age 65. Medicare Part B is optional, and you can disenroll, if you wish. **However, you should enroll in Part B coverage because your Verizon plan will determine benefits assuming that you do have Medicare Part B coverage and you have received your Part B benefits. Your Verizon plan then pays any remaining balance up to the Plan maximum, so the total amount paid does not exceed the amount the Verizon plan would have paid on its own. If you are not enrolled in Medicare Parts A and B, you may not receive the maximum amount of benefits you may be entitled to receive.**

The following chart shows what Medicare Parts A and B cover:

Medicare Part A	Medicare Part B
Inpatient hospitals	Physicians' services
Post-hospital skilled nursing facilities	Outpatient hospital services
Home health care	Diagnostic X-rays and lab tests
Hospice care	Other outpatient services

Under both Part A and Part B, you have a deductible to meet and copays to make. These amounts change each year. In addition, from time to time, the government changes the services and supplies covered under Medicare.

Reimbursement of Medicare Part B Premiums

The Plan will reimburse a portion of the required Medicare Part B premium for retirees eligible for a service or disability pension, your spouse, and eligible disabled Class I Dependents, provided that:

- The individual for whom reimbursement is paid is enrolled in Medicare Part B.
- Medicare is primary coverage for the individual for whom reimbursement is paid.

Your spouse and eligible disabled Class I Dependents also are eligible for the reimbursement during the 12-month period of coverage following your death.

Medicare-Eligible Participants and Prescription Drug Coverage

The primary prescription drug coverage offered to Medicare-eligible retirees and dependents is a Verizon-sponsored Medicare Part D plan. If you enroll in either Medicare Part D, including Verizon-sponsored Medicare Part D coverage, or creditable prescription drug coverage and maintain such coverage as long as you are Medicare Part D eligible, you will not be subject to a late enrollment penalty if you later enroll in a Medicare Part D plan that is not sponsored by Verizon. To avoid or reduce a Medicare Part D late enrollment penalty, you should consider enrolling in the Verizon-sponsored Medicare Part D plan or a creditable prescription drug coverage option. (A prescription drug coverage option is “creditable,” if, on average for all plan participants, it is expected to pay out as much as standard Medicare prescription drug coverage pays.)

Starting with the end of the last month that you are first eligible to join a Medicare Part D drug plan but do not join (i.e., generally once you are eligible for Medicare Part A and/or Part B), if you go 63 continuous days or longer without Medicare Part D coverage or other prescription drug coverage that’s creditable, 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 19 months without Medicare Part D or creditable prescription drug coverage, your premium may consistently be at least 19% higher than the Medicare base beneficiary premium if you later enroll in Medicare Part D. You may have to pay this higher premium (penalty) as long as you have Medicare prescription drug coverage.

If you enroll in a prescription drug option through a Medicare Advantage HMO, you should confirm at the time of enrollment whether the prescription drug coverage is Part D or is creditable coverage. A notice is not required to be issued if the coverage is Part D and confirming the creditable status of the Medicare Advantage HMO will help you avoid a late enrollment penalty if you later enroll in Medicare Part D.

Medicare and the Coordination of Benefits

The rules for coordination of benefits (COB) when a retiree or dependent is covered by more than one medical plan are described in the “Coordination of Benefits” section. However, for covered persons eligible for or entitled to Medicare, the Plan is automatically considered the primary plan and Medicare is secondary with respect to the following persons entitled to Medicare:

- A covered person who is eligible for or entitled to Medicare because of end-stage renal disease. In this case, Medicare will be the secondary plan and the Verizon-sponsored medical plan will be primary for the first 30 months of Medicare eligibility or entitlement. After the first 30 months of Medicare eligibility or entitlement because of end-stage renal disease, Medicare will become the primary plan and the Verizon-sponsored medical plan will become secondary.
- For all other persons entitled to Medicare, Medicare is primary and the Verizon-sponsored medical plan is the secondary plan. Benefits are coordinated as follows:
 - The Verizon-sponsored medical plan determines the benefit amount it would pay if there were no other coverage, and then subtracts any benefits payable under Medicare.
 - The Verizon-sponsored medical plan takes into account the benefits you are or would be eligible to receive from both Medicare Parts A and B.

Note: When covered persons eligible for or entitled to Medicare also are covered under a Verizon medical plan for active employees or an active employee plan through a spouse's/same-sex domestic partner's employer, generally, the active employee plan is considered the primary plan and Medicare is secondary, until the active employee coverage is no longer available.

A note about Medicare Parts C and D:

- **Medicare Part C** allows for Medicare Advantage plans, which are alternative systems of health care that combine delivery of care and payment to promote cost-effective health care. Verizon may offer a Medicare Advantage plan from time to time. A monthly premium may apply.
- **Medicare Part D** provides prescription drug coverage. Verizon offers you an employer-sponsored Medicare Part D plan, sometimes referred to as an employer group waiver plan (EGWP) plus supplemental wrap. If you decide to enroll in Part D through the individual market, you will be disenrolled from Verizon-sponsored Part D coverage (and your Verizon-sponsored medical coverage) – you cannot be enrolled in Part D through Verizon and through another Part D plan in the individual market.

For more information about Medicare, contact the Social Security Administration.

Coordination of Benefits

How Coordination Works

If you or your eligible dependent is covered by more than one medical plan, special rules apply for determining who pays benefits first (the primary plan) and how benefits are determined when another plan is secondary (pays benefits after the primary plan). This section describes these rules.

The coordination of benefits (COB) feature eliminates duplicate payments for the same service when you or your dependents are covered by more than one medical plan. When benefits coordinate, one plan will pay benefits first (the primary plan), another second (the secondary plan), and so on. This section does not apply to benefits payable under the prescription drug program.

When the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees (the Plan) is primary, it pays benefits up to the limits described in this SPD. When the Plan is secondary, the claims administrator for this Plan subtracts the primary plan's payment from the actual amount charged. The Plan's secondary payment and the primary plan's payment, added together, will never exceed the amount of actual charges (100 percent). (Under the MCN or MEP-PPO options, benefits for covered services or supplies received on an in-network basis or from a PPO provider will not exceed the applicable NNF.) The Verizon claims administrator pays the lesser of what would have been paid if the Plan was primary, or the difference between the actual charge and amount paid by the primary plan. If you have coverage through a Health Maintenance Organization (HMO), the reasonable cash value of each service provided under your coverage will be deemed the benefit paid for purposes of the COB provisions of the Plan.

Priority of Payment

Under the Plan's COB provisions, the order of payment is as follows:

- A plan that covers a patient as an active, inactive or former associate pays before a plan that covers the patient as a dependent.
- For a dependent child, Verizon uses the "birthday rule." This means that if a child is covered by both parents' group medical coverage, the parent whose birthday falls first during the calendar year pays benefits first. So, if the mother's birthday is April 27 and the father's birthday is October 23, the mother's plan pays benefits first. (The parents' age has no effect on whose plan pays benefits first.) If, however, the plan covering the parent who is not a Plan participant does not use the birthday rule, then that plan (not this Plan) pays benefits first.
- In the case of a divorce or separation, the plan of the parent with court-ordered financial responsibility for the dependent child pays benefits for the child first. If there is no court order establishing financial responsibility or if both parents have joint legal custody, the plan of the parent with physical custody of the child pays first. If the court order provides they have joint physical custody, the birthday rule applies.

Note: If both parents elect coverage under a Verizon-sponsored medical plan, their child can be covered under only one parent's plan.

When the above rules do not establish an order of benefit determination, the plan that covers the person as an active employee is the primary plan, and the plan that covers the person as an inactive or former associate is the secondary plan. If this rule does not establish an order of benefit determination, the plan that has covered the person for the longer period of time is the primary plan, and the plan that has covered the person for the shorter period of time is the secondary plan.

A plan that does not have a COB feature is considered the primary plan.

See “Medicare and the Coordination of Benefits” in the “When You Become Eligible for Medicare” section for information for those eligible for Medicare.

Subrogation and Third-Party Reimbursement

If you recover any charges for covered expenses from a third party (for example, as a result of a lawsuit from an automobile accident), the Plan’s provision for subrogation and reimbursement takes effect. Under these procedures, the claims administrator’s subrogation vendor tries to recover money that has been paid (or should be paid) on behalf of a third party (the other driver, in this example) whose negligence or wrongful actions caused illness or injury to a Plan participant. In this example of a car accident, should the Plan provide benefits because of your accident, the Plan has the right to recover the amount of those benefits from the negligent person or by obtaining a reimbursement from that person’s insurance company – or from you if settlement amounts have been paid to you by the negligent person or his or her insurer.

If you are a covered person under a self-insured Plan option, you can contact the subrogation vendor directly with questions. If you are a covered person under an insured Plan option, you can contact the claims administrator with questions.

The subrogation and reimbursement provisions also mean that if you make a liability claim against a third party after you have received benefits from the Plan, you must include the amount of those benefits as part of the damages you claim. If the claim proceeds to a settlement or judgment in your favor, you must reimburse the Plan for the benefits you received. You and your dependents must grant a lien to the Plan and you and your dependents must assign to the Plan any benefits received under any insurance policies or other coverages. As a condition of eligibility for benefits, you and your dependents must agree to cooperate with the claims administrator’s subrogation vendor in carrying out the Plan’s subrogation and reimbursement rights. Cooperation means you must respond promptly and fully with inquiries from the claims administrator’s subrogation vendor and take what action the claims administrator’s subrogation vendor requests to help recover the value of benefits provided under the Plan. If you don’t, any amounts which could have been recovered through subrogation may be deducted from future Plan payments. In any case, Verizon will require payment from you only for amounts recovered that are net of your legal costs related to the action.

The covered person must sign any documents requested by the Plan to enable the Plan to exercise its rights under this provision.

The Plan is not responsible for your legal costs.

Right of Recovery

If, for any reason, the Plan pays a benefit that is larger than the amount allowed, the claims administrator has a right to recover the excess amount from the person or agency who received it. The person receiving benefits must produce any instruments or papers necessary to ensure this right of recovery.

HMOs, the National EPO Mid-Atlantic Option, and Medicare Advantage Plans

HMOs

As an alternative to the MCN and MEP-PPO options, you may continue coverage in your HMO at retirement, if:

- You remain eligible for the HMO;
- You remain continuously enrolled in the HMO in which you were enrolled as a covered associate (as long as the HMO is offered to covered retirees); and
- You are not eligible for Medicare.

If you were not enrolled in an HMO as a covered associate when you retired, you cannot enroll in an HMO as a covered retiree.

The HMOs available to you will vary depending on where you live. Some HMOs offer programs for people eligible for Medicare; others do not. Your enrollment materials will explain which HMOs (if any) are offered to covered retirees.

How HMOs Typically Work

When you join an HMO, all your care generally must be provided through the HMO's network of doctors and hospitals in order to be covered.

In general, HMOs cover routine physicals, annual gynecological exams, and immunizations. HMOs also cover your medical expenses when you're sick or injured.

Every HMO has its own coverage provisions. If you are thinking of continuing your enrollment in an HMO, you should access the BenefitsConnection website or contact the HMO directly to get full information about the HMO's coverage provisions. Upon request and free of charge, you'll receive written materials describing the services provided by the HMO, the conditions for eligibility to receive those services, the circumstances under which services may be denied, the procedures to be followed in obtaining covered services, and the procedures for review of claims for services that are denied in whole or in part.

The remainder of this section describes some typical features of most HMOs.

Be Sure Your Dependents Are Eligible for HMO Coverage

The eligibility rules for an HMO may differ from the general rules that apply to the Plan. **If so, the HMO's eligibility rules will override the general rules.** Because of this, if you have dependents you want to cover, be sure to check with the HMO to make sure they will be eligible for coverage under the HMO's rules.

Sponsored Dependents: If you are considering moving a Sponsored Dependent from one HMO to another, be sure to check with the new HMO regarding their rules for eligible dependents. If a Sponsored Dependent enrolled in an HMO changes to another Verizon-sponsored plan, you will not be able to enroll the sponsored dependent in an HMO at a later date. Contact the Verizon Benefits Center for additional information and eligibility restrictions.

Choosing a Primary Care Physician (PCP)

When you join an HMO, you'll typically need to choose a PCP from the HMO's network of doctors. Your PCP will be your primary doctor – the physician who coordinates all your care and guides you through the HMO's services and network. You may also contact the HMO to obtain a list of the network of doctors. The HMO may refer you to a website, but you also have a right to receive a paper copy, free of charge.

Procedures for Receiving Care

In most HMOs, your care is covered only if it is provided by your PCP or with a referral from your PCP. Because of this, the first thing you should do when you need care is contact your PCP. Your PCP will then decide whether to treat you or to refer you to other doctors or medical facilities within the HMO's network.

Patient Protections Disclosure

HMOs generally require the designation of a PCP. You have the right to designate any PCP who participates in the HMO network and who is available to accept you or your family members. Until you make this designation, it is possible that your HMO may designate one for you. For information on how to select a PCP, and for a list of the participating PCPs, please contact the HMO directly. You may obtain contact information for your HMO by calling the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

For children, you may designate a pediatrician as the PCP.

You do not need prior authorization from the HMO or from any other person (including a PCP) in order to obtain access to obstetrical or gynecological care from a health care professional in the HMO network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, contact your HMO.

Emergencies

Most HMOs do not require you to contact your PCP first when you need care in a serious medical emergency. (You may need to contact your PCP if you need urgent care, however.) You should check with your HMO for complete details on emergency coverage.

Your Costs

Generally, all you pay for in an HMO is a copay of \$20 per visit for your PCP and \$25 for a specialist (no more than \$75 for an emergency room visit, which is waived if admitted) each time you receive care. However, there is a \$150 per admission hospital copay. Most other services are covered at 100 percent by the HMO. Typically, you will not receive any bills for care and all claims will be handled directly by the HMO.

Prescription Drug Coverage for Most Non-Medicare HMOs

Prescription drug coverage for most Verizon-sponsored non-Medicare HMOs is provided by Express Scripts – instead of by the HMOs. The BenefitsConnection website medical charts will indicate whether or not Express Scripts is your prescription drug provider.

The Express Scripts Prescription Drug Program

The Express Scripts prescription drug program for non-Medicare HMOs is the same as that for the MCN and MEP-PPO options. See the “Prescription Drug Program for the MCN and MEP-PPO Options” section for details of the program.

Changes to HMO Options

The HMO benefits design, administrators and service areas may change from time to time. However, any changes will be made in correspondence with the annual enrollment period. Review the information you receive during annual enrollment for any Plan changes. For details regarding your HMO benefits and cost sharing, contact the Verizon Benefits Center or your HMO directly and request a summary of coverage/insurance. This document will be provided to you free of charge upon request.

If an HMO option is terminated and you are enrolled in such HMO and you fail to elect another available medical option within the time and manner specified by Verizon, you will be defaulted into the MCN option with the coverage level you elected before the HMO option was terminated.

The National EPO Mid-Atlantic Option

With the EPO option, when you receive in-network care from participating providers, you pay no deductible; your cost for in-network medical care consists of a fixed copay, depending on the type of service provided. On the other hand, generally, if you receive care from out-of-network providers, your expenses are not covered.

Additional EPO Eligibility Provisions

You cannot enroll in the EPO option after October 19, 2012. If you were enrolled in the EPO option on October 19, 2012, you can continue to be covered under the EPO provided that you remain continuously eligible for the Medical Plan, remain enrolled in the EPO option, and are not Medicare-eligible. If you change to another medical option at any time after October 19, 2012 and are no longer enrolled in the EPO option, you will no longer be eligible to re-enroll in the EPO option.

If you are enrolled in the EPO option at retirement and you are eligible for retiree medical coverage under the Plan, then you and your eligible dependents may remain continuously enrolled in the EPO option if:

- You and your eligible dependents remain continuously eligible for the Plan;
- You are enrolled in the EPO option; and
- You are not Medicare-eligible.

For details regarding the benefits provided by the EPO, including cost sharing, contact the Verizon Benefits Center for a copy of the EPO summary of coverage (SOC). In addition, you should know that the following copays apply for in-network care:

- Copay for an office visit to a primary care physician (including OB-GYN) will be no greater than \$20.
- Copay for a specialist office visit will be no greater than \$25.
- Copay for an emergency room visit will be no more than \$75.
- Copay for inpatient hospital admissions will be no more than \$150.

Additional Details About EPO Benefits

For details regarding your EPO benefits and cost sharing, contact the Verizon Benefits Center or your EPO claims administrator directly and request a summary of coverage/insurance. This document will be provided to you free of charge upon request. You also have the right to receive a copy of the network provider listing, free of charge, from your EPO claims administrator.

Medicare Advantage Plans (Medicare Advantage HMOs)

Medicare Advantage plans or Medicare Advantage HMOs offer Medicare-eligible individuals cost-effective alternatives to original Medicare. To enroll in a Medicare Advantage HMO, you must be enrolled in both Medicare Part A (hospital coverage) and Part B (physician coverage). You must continue to pay premiums for Medicare Part B if you enroll in a Medicare Advantage HMO. You should contact the Medicare Advantage HMO directly for a detailed schedule of benefits, free of charge.

If you enroll in a Medicare Advantage HMO, you generally must use your PCP in order to receive benefits. Medicare Advantage HMOs provide the same types of services as non-Medicare HMOs, but with a focus on the special needs of Medicare-eligible members. Generally, you only pay a small copay or have no cost sharing for covered services. You have a right to receive a network provider listing, free of charge, from the Medicare Advantage HMO.

This type of option will be offered to you only if you live in a Medicare Advantage plan service area. A Medicare Advantage HMO is approved by the Centers for Medicare and Medicaid Services, a division of the Social Security Administration, and **replaces** your original Medicare coverage. The Medicare Advantage HMO is responsible for coordinating all your health care needs and providing all the services covered by original Medicare.

A Medicare Advantage HMO may or may not offer Medicare Part D; it depends on the particular Medicare Advantage plan. You should ask the insurer/administrator whether the Medicare Advantage plan offers Medicare Part D, another type of prescription drug coverage or no prescription drug coverage.

Keep Your Medicare Card

Even if you select a Medicare Advantage HMO, keep your Medicare card. You will need your Medicare card if you later choose to enroll in a medical option that is not a Medicare Advantage HMO.

Enrolling in a Medicare Advantage HMO

To enroll in a Medicare Advantage HMO through Verizon, you or your dependent must be:

- Medicare-eligible per Medicare guidelines.
- Enrolled in both Medicare Parts A and B.
- A permanent resident of a Medicare HMO service area.

You can enroll in a Medicare Advantage HMO (or possibly change Medicare Advantage HMOs) at any time. You also have the option to leave the Medicare HMO and re-enroll in the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees and ordinary Medicare.

If you are enrolling yourself or your dependent in a Medicare Advantage HMO for the first time, an HMO enrollment form must be completed for yourself and each Medicare-eligible dependent. If you (or a dependent) are disenrolling from a Medicare Advantage HMO, an HMO disenrollment form must be completed for yourself and each Medicare-eligible dependent. Your election will not be effective immediately, but will be effective as soon as administratively possible once your enrollment or disenrollment form is approved. Until your election form is effective, you will continue to be covered under your previously elected medical option.

Under federal rules, no one is eligible for Medicare Advantage HMO coverage if he or she doesn't meet the guidelines above, is undergoing renal dialysis treatment, or has had a kidney transplant within the last 36 months.

How to Enroll

When enrolling in a Medicare Advantage HMO, you may enroll via the BenefitsConnection website or by calling the Verizon Benefits Center and speaking with a representative.

If You Travel for Part of the Year

Some Medicare Advantage HMOs have made provisions for retirees who live away from their permanent residence for more than 90 consecutive days each year. These plans allow you to receive coverage at both your permanent and temporary residences. You should call the HMO to check if the HMO has these provisions.

Coverage for Dependents

If you or a dependent is Medicare-eligible, the following rules apply:

- Your Medicare-eligible family members must all select the same option.
- All family members who are not Medicare-eligible must select the same option.

Note: If you choose to elect no coverage if you have other Verizon medical coverage (e.g., coverage under a spouse's plan), your family members also must elect no coverage.

Changes to Medicare Advantage HMO Options

The Medicare Advantage HMO benefits design, administrators, and service areas may change from time to time. However, any changes will be made in correspondence with the annual enrollment period. Review the information you receive during annual enrollment for any Plan changes. For details regarding your Medicare Advantage HMO benefits and cost sharing, contact the Verizon Benefits Center or your Medicare Advantage HMO directly and request a summary of coverage/insurance. This document will be provided to you free of charge upon request.

If a Medicare Advantage HMO option is terminated and you are enrolled in such HMO and you fail to elect another available medical option within the time and manner specified by Verizon, you will be defaulted into the MCN option with the coverage level you elected before the Medicare Advantage HMO option was terminated.

Other Benefits

The benefits described in this section are provided without regard to the medical option you choose. Eligibility rules are described below.

Reimbursement of Medicare Premiums

Medicare Part B reimbursement of \$29.90 per month is available to retired associates eligible for a service or disability pension, enrolled spouses, and eligible disabled Class I Dependents. To qualify for reimbursement, Medicare must be your primary plan (as defined in the “When You Become Eligible for Medicare” section). Contact the Verizon Benefits Center for more information.

Laser Vision Correction (LASIK) Discount

Davis Vision provides you and your eligible dependents with the opportunity to receive Laser Vision Correction Services at discounts of up to 25% off a participating provider’s normal charges, or 5% off any advertised special (please note that some providers have flat fees equivalent to these discounts). Please check the discount available to you with the participating provider. For more information, please call Davis Vision at 1-877-999-7006 or online at www.davisvision.com.

Continuing Coverage If Eligibility Ends

Generally, your coverage or a dependent's coverage will end when your eligibility or your dependent's eligibility for the Plan ends. In some circumstances, however, coverage can be continued for a period of time if you agree to pay the cost.

Important Note

If you have questions about the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA) or wish to enroll, contact the Verizon Benefits Center. You can access COBRA information via the BenefitsConnection website.

Continuation of Coverage Under COBRA

COBRA and its subsequent amendments provide special rules that allow you and your eligible dependents (qualified beneficiaries) to continue coverage for a period of time after coverage would otherwise end. (Special COBRA rules would apply if Verizon were ever to become bankrupt. For more information, contact the Plan administrator.)

Eligible dependents include your spouse or same-sex domestic partner and children covered at the time coverage would otherwise end. (Note that same-sex domestic partners are not included under COBRA rules, but Verizon has chosen to extend COBRA-like coverage to same-sex domestic partners and children of same-sex domestic partners in the same manner as an eligible covered spouse and children.)

Sponsored Dependents and Grandfathered Class II Dependents who are not your children are not eligible for continuation of coverage. Also, if you have or adopt a child or if a child is placed with you for adoption during the continuation period, you can add coverage for that child who then will become a qualified beneficiary. During the continuation period, you or your dependent must pay the full cost of the coverage on an after-tax basis, plus a 2 percent administrative charge.

Coverage continuation is available in the following situations:

- **If you, your covered spouse (or same-sex domestic partner) or dependent child loses coverage under the Plan, or there is a substantial reduction in coverage** under the Plan, because of Verizon's bankruptcy, special rules may allow coverage to be continued for a certain period.
- **If your covered spouse (or same-sex domestic partner) or dependent child becomes ineligible for coverage** under the Plan because you become legally separated or divorced, your same-sex domestic partner relationship ends or you die, your spouse (or same-sex domestic partner) or children will have the opportunity to continue coverage for up to **36 months from the date coverage would otherwise have ended**.
- **If your covered dependent child becomes ineligible for coverage** under the Plan because of that child's age, loss of student status or marriage, your dependent child can continue Verizon coverage for up to **36 months from the date coverage would otherwise have ended**.

- **If your covered dependent loses coverage** under the Plan because you elect to be covered by Medicare, your dependents can continue coverage for up to **36 months from the date coverage would otherwise have ended**.

Note: If the Company's health care coverage changes during the period that your spouse or your dependents are continuing coverage, the changes apply to their COBRA coverage as well.

Notification Requirements

To be eligible for COBRA continuation coverage, you or a dependent must notify the Verizon Benefits Center within 60 days from the later of the date of the event that causes your dependent to lose coverage or the date coverage ends. Your dependent also has 60 days to make a decision as to whether he or she will elect continued coverage. This 60-day period begins on the later of the date that coverage ends or the date the written notice of the right to continue coverage is provided to your dependent. If he or she elects continued coverage, that coverage will be effective on the date that prior coverage ended. If your dependent fails to elect continued coverage within the applicable time frame, he or she will lose the opportunity to continue coverage under COBRA.

It is your responsibility to notify the Company **within 60 days** when a spouse or dependent child becomes ineligible for coverage, so he or she can receive information about continued coverage opportunities.

Paying for Continued Coverage

Your dependent or someone on his or her behalf has 45 days from the date of the election to continue coverage under COBRA to make the first payment. The first payment will include payment for coverage prior to the date of the election. Payments will be due regularly thereafter. If your dependent fails to make a required payment, coverage will end 30 days after the required payment was due but not paid.

How Continued Coverage Could End

Continued coverage will end for your dependents on the date the earliest of these situations occurs:

- The period of continued coverage expires.
- The Plan is terminated by the Company.
- You or your dependent does not make the required monthly payments on a timely basis.
- You or your dependent becomes eligible for coverage under another group medical plan (for example, a new employer) after electing COBRA, unless the new plan has a pre-existing condition limitation or exclusion that applies to your dependent. If a pre-existing condition does apply, this Plan will be primary only for covered services and supplies related to that condition; this Plan will be secondary for all other covered services and supplies.
- You or your dependent becomes entitled to Medicare after electing COBRA.

If You Have Questions

If you have questions about COBRA or wish to enroll, contact the Verizon Benefits Center. You can access COBRA information via the BenefitsConnection website. You also can call the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

Additional Information

Claims and Appeals Procedures

The authority and discretion to designate each of the claims and appeals administrators is granted to the Verizon Employee Benefits Committee (VEBC) and the Verizon Claims Review Committee (VCRC), and to the individuals who chair each of these committees.

At the time of publication of this summary plan description (SPD), there are several claims and appeals administrators for the Plan. The VEBC or the VCRC may change these designations at any time.

There are two types of claims: **eligibility** claims and **benefit** claims. See “If A Benefit Is Denied” later in this section for more information.

Claims Regarding Eligibility to Participate in the Plan

At this time, for eligibility-related claims, the claims and appeals administrator is the VCRC.

Eligibility claims should be directed to the Verizon Claims Review Unit at:

Verizon Claims Review Unit
P.O. Box 8998
Norfolk, VA 23501-8998

Eligibility appeals should be directed to the Verizon Claims Review Committee c/o the Verizon Claims Review Unit at:

Verizon Benefits Center
Attn: Verizon Claims Review
P.O. Box 8998
Norfolk, VA 23501-8998

The Verizon Benefits Center works under the direction of the VCRC, which has discretionary authority to determine claims and appeals related to eligibility and enrollment in the Plan.

Claims Regarding Scope/Amount of Benefits Under the Plan

At this time, for benefit-related claims, the VCRC has delegated its authority to finally determine claims to the health plans. The following table lists the claims and appeals administrators who have discretionary authority to decide claims and appeals for Plan benefits (not including Health Maintenance Organizations [HMOs]):

Coverage	Claims and Appeals Administrators
Managed Care Network (MCN) Option (for hospital, surgical and medical benefits)	Anthem Blue Cross and Blue Shield
MEP Preferred Provider Organization (MEP-PPO) Option (for hospital, surgical and medical benefits)	Anthem Blue Cross and Blue Shield
Prescription Drug Program	Express Scripts

If you choose an HMO, your HMO will handle claims and appeals related to benefits provided through the HMO. If your HMO prescription drug program is “carved out” and administered by Express Scripts, Express Scripts will handle your prescription drug claims and appeals. The vast majority of HMOs have accepted the responsibility of being the claims fiduciary. If your HMO has not, you will be notified in your claim denial notice, which will indicate that you should appeal to the VCRC. In such an instance, the VCRC will be the claims and appeals fiduciary (i.e., final decision-maker at the appeal level) for your benefit-related claim or appeal.

The addresses of the claims and appeals administrators for the Plan are listed above. If you have a claim or appeal, you should contact the appropriate claims and appeals administrator for the type of claim or appeal you have.

The claims and appeals administrators have discretionary authority to:

- Interpret the Plan based on its provisions and applicable law and make factual determinations about claims arising under the Plan.
- Determine whether a claimant is eligible for benefits.
- Decide the amount, form and timing of benefits.
- Resolve any other matter under the Plan that is raised by a participant or a beneficiary, or that is identified by either the claims or appeals administrator.

The claims and appeals administrators have discretionary authority to decide claims under the Plan and review and resolve any appeal of a denied claim. In case of an appeal, the claims and appeals administrators’ decisions are final and binding on all parties to the full extent permitted under applicable law, unless the participant or a beneficiary later proves that a claims and appeals administrator’s decision was an abuse of administrator discretion.

If a Benefit Is Denied

The following chart applies to **medical and prescription** drug claims:

Disagreements about benefit eligibility or benefit amounts can arise. If the Verizon Benefits Center is unable to resolve the disagreement, Verizon has formal appeal procedures in place for Employee Retirement Income Security Act of 1974 (ERISA) covered plans. You must request your benefits or file a claim within 15 months of the receipt of service or onset of illness or injury, whichever is later, or your claim will be denied.

The claims and appeals procedures are slightly different, depending on whether you have an “**eligibility**” claim or a “**benefit**” claim. An **eligibility** claim is a claim to participate in a plan or plan option or to change an election to participate during the year. A **benefit** claim is a claim for a particular benefit under a plan.¹ It typically will include your initial request for benefits.

Note: If you are enrolled in a fully-insured medical option, such as an HMO, the procedures may vary slightly from this summary. Upon request, the insurer will notify you of its specific process.

Benefit claims and appeals are divided into four categories:

- ***Post-service***
A claim for reimbursement of services already received. This is the most common type of claim.
- ***Pre-service***
A claim for a benefit for which prior authorization is required by the Plan.
- ***Concurrent care***
A claim for ongoing treatment over a period of time or a number of additional treatments that have been approved.
- ***Urgent care***
A claim for medical care or treatment that, if the longer time frames for non-urgent care were applied, the delay: (1) could seriously jeopardize the health of the claimant or his or her ability to regain maximum function; or (2) in the opinion of a physician with knowledge of the claimant’s medical condition, would subject the claimant to severe pain that could not be managed without care or treatment that is the subject of the claim.

¹ A benefit claim includes a rescission (e.g., retroactive termination) of coverage.

Under the Affordable Care Act, medical benefit claims (not eligibility claims²) offered under a non-grandfathered health plan and first filed on or after January 1, 2013 are eligible for an external review (Step 3 of the claims and appeals process) by an independent review organization (IRO). To be eligible for the external review, the medical benefit claim must involve medical judgment,³ excluding claims that involve only contractual or legal interpretation without any use of medical judgment as determined by the external reviewer. You will be provided with information regarding this new external review if you receive a final internal adverse benefit determination (i.e., your claim is denied after completing Step 2 of the claims and appeals process).

You cannot request an external review unless you have exhausted the internal claims and appeals process and receive a final adverse benefit determination.

Following is a summary of the claims and appeals procedure that generally applies to all Verizon non-grandfathered medical plan options. The claims administrator will be able to provide you with more details regarding this process specific to your medical or prescription drug plan option. The claims fiduciary must comply with this process or you may be entitled to argue that the process has been exhausted. If you believe that the claims fiduciary has violated this process, you may write to the Verizon Claims Unit or the claims administrator, and they must respond with an appropriate explanation within 10 days.

References to “you” refer to the claimant, including his or her authorized representative.

² An eligibility claim is a claim to participate in a plan or plan option or to change an election to participate during the year. The only eligibility-type claim eligible for the IRO is a rescission.

³ An adverse benefit determination is eligible for the external review if it involves medical judgment, i.e., the Plan's requirements for medical necessity, health care setting, level of care, effectiveness of a covered benefit, or involves a determination that a treatment is experimental or investigational. It also includes rescissions (a retroactive termination of coverage).

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
Internal Claims (Internal Benefit Determination) – Step 1:				
<p>How to file a claim To file an eligibility claim, request a Claim Initiation Form from the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367). You (or your authorized representative) must return the form to the address on the form.</p> <p>To file a benefit claim, you (or your authorized representative, including your provider) should write to the medical or prescription drug plan administrator (e.g., Anthem or Express Scripts) (the “claims administrator”). Refer to the “Claims and Appeals Administrators” section for claims administrator contact information.</p> <p>You must include:</p> <ul style="list-style-type: none"> • A description of the benefits for which you are applying. • The reason(s) for the request. • Relevant documentation. 				<p>To file an urgent care claim, you should call the Verizon Benefits Center or your health plan. In addition, you must state that you are filing an urgent care claim.</p>
<p>What happens if you do not follow procedure If you misdirect your claim, but provide sufficient information to an individual who is responsible for benefits administration, you will be notified of the proper procedure within (see columns to the right) of receipt of the claim.</p>	<p>Not applicable. Response time frame does not begin until claim is properly filed.</p>	<p>5 days</p>	<p>Not applicable. Response time frame does not begin until claim is properly filed. If claim involves urgent care, 24 hours.</p>	<p>24 hours</p>

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>When you will be notified of the claim decision You will be notified of the decision within (see columns to the right) of the Verizon Claims Unit's or the claims administrator's receipt of your Claim Initiation Form or the health plan's receipt of your claim letter. If your claim is denied, it is referred to by ERISA as an adverse benefit determination.</p>	<p>30 days</p> <p>This period may be extended for 15 days. You will be notified within the initial 30-day period.</p>	<p>15 days</p> <p>This period may be extended for an additional 15 days. You will be notified within the initial 15-day period.</p>	<p>A time period sufficiently in advance of the reduction or termination of coverage to allow you to appeal and obtain a response to that appeal before your coverage is reduced or terminated.</p> <p>For concurrent care that is urgent, within 24 hours (provided that you submitted a claim at least 24 hours in advance of reduction or termination of coverage); otherwise, within 72 hours.</p>	<p>72 hours</p>

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>How you will be notified of the claim decision</p> <p>If your claim (benefit determination) is approved, the Verizon Claims Unit or the claims administrator will notify you in writing. For benefit claims, if this notification is provided in writing, it is commonly referred to as an explanation of benefits or EOB.</p> <p>If your claim is denied (adverse benefit determination), in whole or in part, the Verizon Claims Unit or the claims administrator will notify you in writing, except for urgent care. Your denial notice will contain:</p> <ul style="list-style-type: none"> • The specific reason(s) for the denial. • The Plan provisions on which the denial was based. • Information sufficient to identify the claim involved (date of service, the health care provider, claim amount [if applicable], and upon request, the availability of the diagnosis and treatment codes and their corresponding meanings). • Any additional material or information you may need to submit to complete the claim. • Any internal procedures or clinical information on which the denial was based (or a statement that this information will be provided free of charge, upon request). • The Plan’s appeal procedures. • The availability of and contact information for any office of health insurance consumer assistance or ombudsman available to assist with the appeals process. <p>Your notice will be written in a culturally and linguistically appropriate manner. Depending on where you live, you may be able to receive the denial notice in Spanish, Tagalog, Chinese or Navajo.</p> <p>In addition:</p> <ul style="list-style-type: none"> • If the Verizon Benefits Center or the claims administrator relies on new evidence to deny your claim, you will be notified in advance, free of charge, with the rationale so that you can respond in advance of the final internal adverse benefit determination. • You have a right to review your claim file. 				<p>If your claim is denied, the Verizon Claims Unit or claims administrator will notify you by telephone. Within 3 days of the oral denial, you will receive a written denial notice, as explained under the general procedure. The denial notice also will explain the expedited review process.</p>
<p>Internal Appeals (Benefit Determinations on Review) – Step 2:</p>				
<p>About appeals and the claims fiduciary</p> <p>Before you can bring any action at law or in equity to recover Plan benefits, you must exhaust this process. Specifically, you must file an appeal or appeals, as explained in this Step 2, and the appeal(s) must be finally decided by the claims fiduciary.</p> <p>The Verizon Claims Review Committee (VCRC) is the claims fiduciary for all eligibility claims. The VCRC has delegated its authority to finally determine claims to the claims administrators for benefit claims. The vast majority of claims administrators have accepted the responsibility of being the claims fiduciary. If the claims administrator has not, you will be notified in your claim denial notice, which will ask you to appeal with the VCRC.</p> <p>The claims fiduciary is authorized to finally determine appeals and interpret the terms of the Plan in its sole discretion. All decisions by the claims fiduciary are final and binding on all parties.</p>				

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>How to file an appeal If your claim is denied and you want to appeal it, you must file your appeal within (see columns to the right) from the date you receive notice of your denied claim (adverse benefit determination). You may request access, free of charge, to all documents relating to your appeal.</p> <p>You should write to the party identified in your claim denial notice (adverse benefit determination) and include:</p> <ul style="list-style-type: none"> • A copy of your claim denial notice. • The reason(s) for the appeal. • Relevant documentation. 	180 days	180 days	180 days	180 days You may orally file your appeal with the Verizon Claims Unit for eligibility-related claims or with the claims administrator (e.g., the claims and appeals fiduciary) for benefit-related claims. At the time your claim is denied, the Verizon Claims Unit or claims administrator, as applicable, will give you instructions about how to file your appeal. You must identify that you are appealing an urgent care claim.
<p>The individual/committee (and any medical expert) reviewing your appeal will be independent from the individual/committee who reviewed your initial claim. In addition, if your appeal involves a medical judgment, the claims administrator will consult with a health care professional who has appropriate relevant experience. You are entitled to learn the identity of such an expert, upon request.</p>				

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>When you will be notified of the appeal decision</p> <p>You will be notified of the decision within (see columns to the right) of the VCRC's or claims administrator's receipt of your appeal.</p>	<p>Eligibility appeals: 60 days</p> <p>Benefit appeals:</p> <ul style="list-style-type: none"> • 60 days if VCRC/claims administrator provides 1 level of mandatory appeal. • 30 days, if claims administrator provides 2 levels of mandatory appeal. 	<p>Eligibility appeals: 30 days</p> <p>Benefit appeals:</p> <ul style="list-style-type: none"> • 30 days, if VCRC/claims administrator provides 1 level of mandatory appeal. • 15 days, if claims administrator provides 2 levels of mandatory appeal. 	<p>Eligibility and benefit appeals:</p> <p>Before a reduction or termination of benefits would occur (the claims administrator may respond within 72 hours).</p> <p>If the concurrent care claim involves urgent care, 72 hours.⁴</p>	<p>Eligibility and benefit appeals:</p> <p>72 hours⁴</p>

How you will be notified of the appeal decision

If your appeal is **approved or denied**, the VCRC or claims administrator will notify you in writing.

If your appeal is **denied (final internal adverse benefit determination)**, in whole or in part, your denial notice will contain:

- The specific reason(s) for the denial.
- The Plan provisions on which the denial was based.
- Information sufficient to identify the claim involved (date of service, the health care provider, claim amount [if applicable], and upon request, the availability of the diagnosis and treatment codes and their corresponding meanings).
- A statement regarding the documents to which you are entitled, upon request and free of charge.
- Any internal procedures or clinical information on which the denial was based (or a statement that this information will be provided free of charge, upon request).
- Information pertaining to your right to an external review (and if applicable, any second level internal appeal).
- The availability of and contact information for any office of health insurance consumer assistance or ombudsman available to assist with the appeals process.
- A statement of your right to bring a civil action under Section 502(a) of ERISA.

Your notice will be written in a culturally and linguistically appropriate manner. Depending on where you live, you may be able to receive the denial notice in Spanish, Tagalog, Chinese or Navajo.

⁴ If the claims administrator provides 2 mandatory appeals, both appeals must occur within the 72-hour time frame.

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
External Review – Step 3:				
<p>If you receive a final internal adverse benefit determination with respect to your medical benefit claim/appeal, you have the right to file an external review. Only medical benefit claims/appeals are eligible for an external review, including rescissions as explained above.</p> <p>Your claim will be reviewed de novo (afresh or anew) by an IRO, if it's eligible for the external review. The IRO is not bound by any decisions or conclusions reached during the Plan's internal claims and appeals process.</p> <p>Standard external review You may request a Standard External Review within four months after the date of receipt of notice of an adverse benefit determination or final internal adverse benefit determination.</p> <p>Expedited external review You may make a request for an expedited external review at the time you receive:</p> <ul style="list-style-type: none"> • An internal adverse benefit determination if the determination involves a medical condition where the time frame for completion of a standard external review would seriously jeopardize your life or health or your ability to regain maximum function and you have filed a request for an expedited internal appeal; or • A final internal adverse benefit determination, if (1) you have a medical condition where the time frame for completion of a standard external review would seriously jeopardize your life or health or your ability to regain maximum function or (2) the final internal adverse benefit determination concerns an admission, availability of care, continued stay, or health care item or service for which you received emergency services, but have not been discharged from a facility. 				

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>Preliminary review Within (see columns to the right) following receipt of the request, the claims administrator must complete a preliminary review of the request to determine whether:</p> <ul style="list-style-type: none"> • You were covered under the Plan at the time the medical care, item, or service was requested; • The adverse benefit determination does not relate to your failure to meet the eligibility requirements under the terms of the Plan, except for a rescission (again, external review generally does not apply to eligibility-type requests or claims); • You have exhausted the Plan’s internal appeal process; and • You have provided all the information and forms required to process the external review. 	5 business days	5 business days	5 business days Immediately if the concurrent care claim involves urgent care.	Immediately

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>Issue written notice to claimant The claims administrator is required to issue a written notice and explain its preliminary review determination within (see columns to the right):</p> <ul style="list-style-type: none"> • If the request is eligible for external review, the claims administrator on behalf of the Plan must assign the review an IRO. • If the request is incomplete, the notice must state what is needed to complete the request for external review. • If the request is complete but not eligible for external review, the notice must state the reasons for ineligibility and provide EBSA’s contact information at 1-866-444-EBSA (3272). 	<p>1 business day</p> <p><i>If a request is incomplete, claimant must provide required information within the 4-month filing period or 48 hours following notice, whichever is later.</i></p>	<p>1 business day</p> <p><i>If a request is incomplete, claimant must provide required information within the 4-month filing period or 48 hours following notice, whichever is later.</i></p>	<p>1 business day</p> <p>Immediately if the concurrent care claim involves urgent care.</p>	<p>Immediately</p>
<p>Provide IRO with all documentation The claims administrator must provide the IRO any documents and information considered in making the adverse benefit determination within (see columns to the right) after the date of assignment.</p>	<p>5 business days</p>	<p>5 business days</p>	<p>5 business days</p> <p>If the concurrent care claim involves urgent care, refer to “Expedited external review.”</p>	<p>Refer to “Expedited external review.”</p>

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>Provide claimant with written notice of acceptance of external review request The IRO must provide you written notice of acceptance of external review request within (see columns to the right) and include a statement that you may submit additional information in writing within 10 business days to be considered by the IRO.</p> <p>Upon receipt of additional information, the IRO has 1 business day to forward the information to the claims administrator.</p>	Timely	Timely	Timely If the concurrent care claim involves urgent care, refer to "Expedited external review."	N/A
<p>Reconsider adverse benefit determination Upon the IRO's receipt of any information submitted by you, the IRO must forward the information to the claims administrator. The claims administrator may then reconsider its adverse benefit determination, but will not delay the external review.</p> <p>If the claims administrator reverses its decision, they must notify you and the IRO within (see columns to the right) following the decision, and the IRO must terminate the external review. The amount of time that it takes to review and reverse a decision may vary by claims administrator. For Express Scripts, it is 72 hours.</p>	1 business day following decision	1 business day following decision	1 business day following decision If the concurrent care claim involves urgent care, refer to "Expedited external review."	Refer to "Expedited external review."

General procedure	Post-service claim	Pre-service claim	Concurrent care claim	Urgent care claim
<p>When you will be notified of the external appeal decision The IRO must provide (oral or written) notice of the final external review decision to you and the claims administrator within (see columns to the right) after the IRO receives the request for external review.</p>	<p>Written notice: 45 days</p>	<p>Written notice: 45 days</p>	<p>Written notice: 45 days</p> <p>Oral notice: 72 hours, if the concurrent care claim involves urgent care.</p> <p>If the initial notice is not in writing, the IRO must provide written confirmation of decision to the claimant and the claims administrator within 48 hours.</p>	<p>Oral notice: 72 hours</p> <p>If the initial notice is not in writing, the IRO must provide written confirmation of decision to the claimant and the claims administrator within 48 hours.</p>
<p>IRO external review decision notice The decision notice must include:</p> <ul style="list-style-type: none"> • General description of the reason for the request for external review, including sufficient information to identify the claim (i.e., date[s] of service, health care provider, claim amount [if applicable], diagnosis, and treatment codes and their meaning, and the reason for the previous denial); • Date IRO received the assignment to conduct the external review and date of the IRO’s decision; • References to evidence or documentation, including specific coverage provisions and evidence-based standards considered; • Discussion of the principal reason(s) for its decision, including rationale and any evidence-based standards relied upon; • Statement that the determination is binding except to the extent other remedies may be available under state or federal law to either the Plan or to the claimant; • Statement that judicial review may be available to the claimant; and • Current contact information, including phone number, for any applicable office of health insurance consumer assistance or ombudsman. 				
<p>If IRO reverses claims administrator’s decision The claims administrator must provide coverage or payment for the claim within (see columns to the right).</p>	<p>Immediately</p>	<p>Immediately</p>	<p>Immediately</p>	<p>Immediately</p>

Your Rights Under ERISA

As a participant in the Plan, you are entitled to certain rights and protections under the Employee Retirement Income Security Act of 1974 (ERISA) and its subsequent amendments. ERISA provides that all Plan participants are entitled to:

- Examine, without charge at the Plan administrator's office and at other specified locations, such as worksites and union halls, all Plan documents and, if applicable, insurance contracts and collective bargaining agreements, and a copy of the latest annual report (Form 5500 Series) filed by the Plan with the U.S. Department of Labor and available at the Public Disclosure Room of the Employee Benefits Security Administration.
- Obtain, upon written request to the Plan administrator, copies of documents governing the operation of the Plan, including insurance contracts and collective bargaining agreements, and copies of the latest annual report (Form 5500 Series) and updated summary plan description (SPD). The Plan administrator may make a reasonable charge for the copies.
- Receive a summary of the Plan's annual financial report. The Plan administrator is required by law to furnish you with a copy of this summary annual report.
- Continue health care coverage for yourself, your spouse or your eligible dependents if there is a loss of coverage under the Plan as a result of a qualifying event. You or your dependents may have to pay for such coverage (see the "Continuing Coverage If Eligibility Ends" section for more information on rules governing your COBRA continuation coverage rights).
- You should be provided a Certificate of Creditable Coverage, free of charge, from your Plan or health insurance issuer when you lose coverage under the Plan, when you become entitled to elect COBRA continuation coverage, when your COBRA continuation coverage ceases, if you request it before losing coverage, or if you request it up to 24 months after losing coverage. Without evidence of creditable coverage, you may be subject to a pre-existing condition exclusion for 12 months (18 months for late enrollees) after your enrollment date in your coverage. (See the "When Participation Ends" section for more information.)

In addition to establishing rights for Plan participants, ERISA imposes certain duties upon the persons who are responsible for the operation of the Plan. The people who operate your Plan, called "fiduciaries" of the Plan, have a duty to do so prudently and in the interest of you and other Plan participants and beneficiaries.

No one, including your employer, your Union or any other person, may fire you or otherwise discriminate against you in any way to prevent you from obtaining a benefit or exercising your rights under ERISA. If your claim for a benefit is denied or ignored in whole or in part, you have the right to know why this was done, to obtain copies of documents relating to the decision without charge, and to appeal any denial, all within certain time schedules.

Under ERISA, there are steps you can take to enforce the above rights.

For instance, if you request a copy of Plan documents or the latest annual report from the Plan and do not receive them within 30 days, you may file suit in a federal court. In such a case, the court may require the Plan administrator to provide the materials and pay you up to \$110 a day until you receive the materials, unless the materials were not sent because of reasons beyond the control of the Plan administrator.

If you have a claim for benefits that is denied or ignored, in whole or in part, you may file suit in a state or federal court. In addition, if you disagree with the Plan's decision or lack thereof concerning the status of a medical child support order, you may file suit in federal court. If it should happen that Plan fiduciaries misuse the Plan's money or if you are discriminated against for asserting your rights, you may seek assistance from the U.S. Department of Labor or you may file suit in a federal court.

The court will decide who should pay court costs and legal fees. If you are successful, the court may order the person you have sued to pay these costs and fees. If you lose, the court may order you to pay these costs and fees (for example, if it finds your claim to be frivolous).

Assistance With Your Questions

If you have any questions about the ERISA-covered Plan, you should contact the Plan administrator. If you have any questions about this statement or about your rights under ERISA, or if you need assistance in obtaining documents from the Plan administrator, you should contact the nearest office of the Employee Benefits Security Administration, U.S. Department of Labor, listed in your telephone directory, or write to:

Division of Technical Assistance and Inquiries
Employee Benefits Security Administration
U.S. Department of Labor
200 Constitution Avenue, N.W.
Washington, D.C. 20210

You also may obtain certain publications about your rights and responsibilities under ERISA by calling the publication hotline of the Employee Benefits Security Administration.

Summary Health Information Required by the Patient Protection and Affordable Care Act

As required by the Affordable Care Act, Summaries of Benefits and Coverage (SBCs) are available on the BenefitsConnection website at: www.verizon.com/benefitsconnection. If you would like a paper copy of the SBCs (free of charge), you may contact the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

Verizon is required to make SBCs available that summarize important information about health benefit plan options in a standard format, to help you compare across plans and make an informed choice. The health benefits available to you provide important protection for you and your family in the case of illness or injury, and choosing a health benefit option is an important decision. SBCs are available in addition to other Plan information on BenefitsConnection. Click on See My Medical Plan Provisions and select My Medical Plan Options.

Consumer Protections Under the Affordable Care Act

Preventive Care

The Verizon medical options available to you are not grandfathered and accordingly, these medical options must offer certain preventive care benefits to you in-network without cost-sharing. Under the Affordable Care Act, the medical plans generally may use reasonable medical management techniques to determine frequency, method, treatment, or setting for a recommended preventive care service.

The preventive care items and services that must be provided under the Affordable Care Act to you with no cost sharing if provided in-network can be found at:
<http://www.hhs.gov/healthcare/prevention/index.html>

For 2015, an additional update has been made to the preventive care benefits that must be offered without cost sharing. Specifically, if you are a woman who is at increased risk for breast cancer and at low risk for adverse medication effects, you may be eligible to receive risk reducing medications, such as tamoxifen or raloxifene, in-network without cost sharing under the Verizon medical/ prescription drug plan options. If your physician prescribes this type of medication to reduce your risk of breast cancer, contact Express Scripts (or your medical/prescription drug plan administrator) to ensure that you satisfy the administrative requirements necessary to receive this important benefit. You may be required to meet requirements beyond just submitting the prescription – for example, you and/or your physician may need to demonstrate that you are at an increased risk for breast cancer. Again, contact the Verizon medical plan option or prescription drug plan administrator, such as Express Scripts, for more details.

In-Network Out-of-Pocket Maximum

Effective as of January 1, 2014, the Affordable Care Act requires that Verizon ensure that your in-network out-of-pocket maximum meet specific requirements. In 2014, your total in-network out-of-pocket costs (including medical plan copays, but not prescription drugs) under the medical plan options available to you will not exceed \$6,350 for individual coverage and \$12,700 for family coverage. In 2015, your total in-network out-of-pocket costs under the medical plan options available to you will not exceed \$6,600 for individual coverage and \$13,200 for family coverage.

The maximum imposed by the Affordable Care Act does not change your bargained-for out-of-pocket maximum, but creates a separate legally required limit on in-network out-of-pocket costs, which requires that additional costs (such as copays and in 2015, prescription drug expenses¹) count toward these limits even if they do not apply toward your bargained-or out-of-pocket maximum. Costs that apply toward your total in-network out-of-pocket maximum include, for example, deductibles, copays, coinsurance, and in 2015, eligible prescription drug expenses.¹ Out-of-pocket expenses that do not apply toward your in-network out-of-pocket maximums include, for example, premium contributions, spending for non-covered items and services, out-of-network items and services, and the additional cost if you purchase a brand-name prescription drug in a situation where a generic drug was available and medically appropriate as determined by your physician. Please refer to your Health Plan Comparison Charts on the BenefitsConnection website for more details.

¹ Eligible prescription drug expenses do not apply towards this legally required out-of-pocket maximum for participants enrolled in the Verizon-sponsored Medicare Part D Plan.

If you are a Medicare-eligible retiree who participates in the Verizon-sponsored Medicare Part D Plan (PDP), prescription drug expenses will **not** apply towards this extra layer of out-of-pocket cost protection under the Affordable Care Act.

Provider Nondiscrimination

Effective as of January 1, 2014, the Plan will not discriminate against an eligible health care provider based on his or her license or certification to the extent the provider is acting within the scope of his or her license or certification under state law. This rule is subject to certain limitations and does not require the Plan to accept all types of providers into a network.

The U.S. Department of Labor is contemplating the application of these consumer protections (also known as group market reforms) to employer-sponsored Medicare Part D plans, such as Verizon's. If you are Medicare-eligible and have questions regarding the application of these consumer protections on the Verizon-sponsored Medicare Part D Plan, contact Express Scripts.

Your Rights Following a Mastectomy (Women's Health and Cancer Rights Act of 1998)

Any health plan option that you select under a Verizon medical plan includes coverage for a medically necessary mastectomy and patient-elected reconstruction after the mastectomy. Specifically, for you or your covered dependent who is 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.
- Treatment of physical complications at all states of mastectomy, including lymphedema.

Benefits will be subject to the same annual deductibles and coinsurance provisions as for all other medically necessary procedures under your medical option.

These benefits already complied with the Women's Health and Cancer Rights Act that was enacted in October 1998.

For more information on mastectomy coverage, call the claims administrator listed on your ID card.

HIPAA Privacy Rights

The information provided in the notice that follows is required under the Health Insurance Portability and Accountability Act (HIPAA).

HIPAA Privacy Notice

NOTICE OF PRIVACY PRACTICES FOR THE VERIZON COMMUNICATIONS INC. HEALTH PLANS

**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION
ABOUT YOU MAY BE USED AND DISCLOSED
AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.**

PLEASE REVIEW THIS NOTICE CAREFULLY.

I. Background Information and Effective Date

The Department of Health and Human Services published a final regulation addressing the privacy of Protected Health Information (as defined in section III below) in August of 2002 (the "Privacy Rule"). As a result, the Verizon Communications Inc. ("Verizon") health plans listed in section II below will have to comply with the Privacy Rule, effective April 14, 2003 (the "Effective Date"). This Notice, which is required by the Privacy Rule, is effective on the Effective Date.

II. Plans on Behalf of Which this Notice is Being Provided

For purposes of this Notice, the term "Verizon Health Plans" has special meaning. This Notice applies to the following Verizon plans, which collectively are referred to in this Notice as the "Verizon Health Plans:"

- Verizon Plan 550 (EIN: 23-2259884, PIN: 550)

Note: Verizon Plan 550 is a hybrid entity under the Privacy Rule. In that case, this Notice shall only apply and be interpreted to apply to that portion of these plans that are subject to the Privacy Rule as a group health plan.

In addition, in the event you are covered by an insured health plan, your insurer will be providing you with a separate notice that describes the insurer's use and disclosure of your Protected Health Information.

III. Health Information to Which this Notice Applies

This Notice applies to "Protected Health Information," which is defined as any written, oral, or electronic health information that meets the following three requirements:

- The information is created or received by a health care provider, a Verizon Health Plan, or Verizon.
- The information includes specific identifiers that identify you or could be used to identify you.

- The information relates to one of the following:
 - Providing health care to you;
 - Your past, present, or future physical or mental condition; or
 - The past, present, or future payment for your health care.

This includes any of the following documentation, if the documentation reveals your identity and your health status or payment issues: medical records (such as hospital charts or doctor's notes); medical bills (such as bills for hospital or doctor's services); claims data (such as data on claims payments made by one of the Verizon Health Plans on your behalf); and insurance payment information (such as an Explanation of Benefits).

IV. Uses and Disclosures of Protected Health Information by the Verizon Health Plans

The Verizon Health Plans may use or disclose your Protected Health Information for purposes of making or obtaining payment for your health care, for purposes of conducting health care operations, or for certain other specified purposes. The Verizon Health Plans have established a policy to guard against unnecessary uses and disclosures of your Protected Health Information.

The purposes for which your Protected Health Information may be used and disclosed by the Verizon Health Plans may be summarized as follows:

A. To Make or Obtain Payment for Health Care

The Verizon Health Plans may use or disclose your Protected Health Information to make payment for, or to obtain or facilitate payment of, your health care claims. Payment for health care includes such activities as: making eligibility or coverage determinations; claims management or adjudication; claims appeals determinations; coordination of benefits with another health plan; medical necessity determinations; concurrent or retrospective review of services; utilization review of services; pre-certification or pre-authorization of services; subrogation of claims; billing; determination of cost sharing amounts; risk adjusting based on enrollee health status and demographics; disclosure to consumer reporting agencies; obtaining payment under a contract of reinsurance; and collection activities.

For example, a Verizon Health Plan may provide Protected Health Information regarding your coverage or treatment to other health plans to coordinate the payment of benefits between or among the other plans and the Verizon Health Plan.

B. To Conduct Health Care Operations

The Verizon Health Plans may use or disclose your Protected Health Information to facilitate the administration and operation of the Verizon Health Plans. Health care operations include such activities as: case management and care coordination; conducting or arranging for medical review, auditing, or legal services; population-based activities to improve health or reduce health care costs; contacting providers or patients with information regarding treatment alternatives; clinical guideline and protocol development; reviewing the competence or qualifications of health care professionals and evaluating health plan performance; underwriting and premium rating; fraud and abuse detection; and activities relating to the creation, renewal, or replacement of a health care contract. Pursuant to the provisions of the Genetic Information Nondiscrimination Act of 2008, the Verizon Health Plans do not use or disclose Protected Health Information that is "genetic information" for underwriting purposes as defined under such Act.

For example, a Verizon Health Plan may use Protected Health Information regarding your coverage or treatment for case management to help ensure that appropriate treatment is being provided for your condition.

C. For Treatment Alternatives or Distribution of Health-Related Benefits and Services

The Verizon Health Plans may use or disclose your Protected Health Information to tell you about treatment alternatives, or to provide you with information about other health-related benefits or services that may be of interest to you.

D. To Assist Verizon as Plan Sponsor

The Verizon Health Plans may disclose your Protected Health Information to Verizon, as sponsor of the Verizon Health Plans, to assist Verizon in the performance of plan administrative functions. The Verizon Health Plans also may provide summary health information to Verizon, as plan sponsor, so that Verizon may obtain premium bids or modify, amend, or terminate the Verizon Health Plans. Summary health information does not directly identify you, but summarizes claims history, claims expenses, or types of claims experienced. Finally, the Verizon Health Plans may disclose your enrollment and disenrollment information to Verizon as plan sponsor.

E. When Legally Required

The Verizon Health Plans may disclose your Protected Health Information when required to do so by any federal, state, or local law.

F. In Connection With Judicial and Administrative Proceedings

The Verizon Health Plans may disclose your Protected Health Information in the course of any judicial or administrative proceeding in response to an order of a court or administrative tribunal as expressly authorized by the order. The Verizon Health Plans also may disclose your Protected Health Information in the course of any judicial or administrative proceeding in response to a subpoena, discovery request, or other lawful process, but only when the Verizon Health Plan involved receives satisfactory assurance from the party seeking the Protected Health Information that that party made reasonable efforts to either notify you about the request or to obtain an order protecting your Protected Health Information.

G. For Law Enforcement Purposes

The Verizon Health Plans may disclose your Protected Health Information to a law enforcement official for certain law enforcement purposes. For example, the Verizon Health Plans may disclose your Protected Health Information pursuant to a law requiring the reporting of certain types of wounds or other physical injuries.

H. For Health Oversight Activities

The Verizon Health Plans may disclose your Protected Health Information to a health oversight agency for health oversight activities authorized by law, including: audits; civil, administrative, or criminal investigations; inspections; licensure or disciplinary actions; civil, administrative, or criminal proceedings or actions; or other activities necessary for appropriate oversight of the health care system, certain government benefit programs, certain entities subject to government regulatory programs, or certain entities subject to civil rights laws. The Verizon Health Plans may not disclose your Protected Health Information if you are the subject of an investigation and the investigation does not arise out of and is not directly related to your receipt of health care or public benefits.

I. In the Event of a Serious Threat to Health or Safety

Under certain circumstances, the Verizon Health Plans may, consistent with applicable law and standards of ethical conduct, use or disclose your Protected Health Information if the Verizon Health Plans, in good faith, believe that the use or disclosure is necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or to the health or safety of the public.

J. For Specified Government Functions

Under certain circumstances, the Verizon Health Plans may use or disclose your Protected Health Information to facilitate specified government functions related to: the military and veterans; national security and intelligence activities; protective services for the President of the United States and others; or correctional institutions and inmates.

K. For Public Health Activities

The Verizon Health Plans may disclose your Protected Health Information for public health activities, such as to assist public health authorities or other legal authorities to prevent or control disease, injury, or disability, or for other public health activities as specified in the Privacy Rule.

L. For Disaster Relief Purposes

Under certain circumstances, the Verizon Health Plans may use or disclose your Protected Health Information to a public or private entity authorized by law or by its charter to assist in disaster relief efforts.

M. In Connection with Decedents

The Verizon Health Plans may disclose your Protected Health Information to funeral directors or coroners to enable them to carry out their lawful duties.

N. For Workers' Compensation Purposes

The Verizon Health Plans may disclose your Protected Health Information to the extent necessary to comply with laws related to workers' compensation or similar programs established by law that provide benefits for work-related injuries or illnesses without regard to fault.

O. For Involvement In, and Notification Of, Your Care

The Verizon Health Plans may use or disclose your Protected Health Information to your relatives or other persons you identify who are involved in your care or payment for your care, or to notify family members or others responsible for your care of your condition or location. In these situations, when you are present and not incapacitated, the Verizon Health Plans will either (1) provide you with an opportunity to disagree to the use or disclosure and, if you do not disagree, your Protected Health Information may be used or disclosed, or (2) obtain your agreement to the use or disclosure.

P. To Assist Victims of Abuse, Neglect, or Domestic Violence

The Verizon Health Plans may, under certain circumstances, disclose Protected Health Information about individuals who are reasonably believed to be a victim of abuse, neglect, or domestic violence to a government authority, including a social service or protective services agency, authorized by law to receive such reports.

Q. For Cadaveric Organ, Eye, or Tissue Donation

The Verizon Health Plans may use or disclose Protected Health Information to organ procurement organizations or other entities engaged in the procurement, banking, or transplantation of cadaveric organs, eyes, or tissue for the purpose of facilitating organ, eye, or tissue donation and transplantation.

R. For Certain Government-Approved Research Activities

The Verizon Health Plans may use or disclose Protected Health Information about you for research as provided under the Privacy Rule.

S. To Other Covered Entities

The Verizon Health Plans may disclose Protected Health Information to health care providers to assist them in connection with their treatment or payment activities. In addition, the Verizon Health Plans may disclose Protected Health Information to other entities subject to the Privacy Rule to assist them with their payment activities or certain of their health care operations. For example, the Verizon Health Plans might disclose your Protected Health Information to a health care provider when needed by the provider to render treatment to you.

T. With an Authorization

Other than as stated above, the Verizon Health Plans will not use or disclose your Protected Health Information without your written authorization. If you authorize a Verizon Health Plan to use or disclose your Protected Health Information, you may revoke that authorization in writing at any time. If you revoke the authorization, the Verizon Health Plan will no longer use or disclose your Protected Health Information for the reasons covered by your written authorization. Your revocation will not affect any uses or disclosures a Verizon Health Plan has already made prior to the date the Verizon Health Plan receives notice of the revocation.

V. Your Rights Regarding Your Protected Health Information

You have the following rights regarding the Protected Health Information retained by a Verizon Health Plan:

A. Right to Request Restrictions

You have the right to request that a Verizon Health Plan restrict:

- Uses and disclosures of your Protected Health Information to carry out payment or health care operations.
- Certain uses and disclosures for disaster relief and other notification purposes and for involvement in your care.

If you make a request to a Verizon Health Plan for a restriction as described above, the Verizon Health Plan is not required to agree to such a restriction in certain situations.

However, the Verizon Health Plan must comply with your requested restriction if: (1) except as otherwise required by law, you request a restriction on the disclosure to a health plan of your Protected Health Information for payment or health care operations; and (2) the Protected Health Information relates solely to a health care item or service for which a health care provider has been paid out of pocket in full.

If you wish to make a request for a restriction, please make a request in writing to the privacy contact identified in paragraph IX below. Your request should include the following: (1) what uses and/or disclosures you want to limit; and (2) to whom you want the restriction to apply (for example, disclosures to your spouse).

B. *Right to Receive Confidential Communications*

You have the right to request that a Verizon Health Plan communicate with you in a certain way if you feel that the disclosure of your Protected Health Information could endanger you. For example, you may ask that a Verizon Health Plan only communicate with you at a certain telephone number. If you wish to receive confidential communications, please make your request in writing to the privacy contact identified in paragraph IX below. Your request must be reasonable and should include the following: (1) an alternative address or other means of contacting you; and (2) a statement that the disclosure of all or part of the Protected Health Information to which the request pertains could endanger you. The Verizon Health Plan(s) will attempt to accommodate these requests for confidential communications.

C. *Right to Inspect and Copy*

In general, you have the right to inspect and obtain a copy of your Protected Health Information. If a Verizon Health Plan uses or maintains an electronic health record with respect to your Protected Health Information, you have the right to request and obtain a copy of this information in an electronic format. A request to inspect or obtain a copy of your Protected Health Information must be made in writing to the privacy contact identified in paragraph IX below and must include: (1) the desired form or format of access; (2) a description of the Protected Health Information to which the request applies; and (3) appropriate contact information. If you request a copy of your Protected Health Information, you may be charged a reasonable fee for the costs of copying, postage, and other supplies associated with your request. Under very limited circumstances, your request to inspect or obtain a copy of your Protected Health Information may be denied. In most cases, if your request is denied, you may request a review of the denial in accordance with the privacy complaint procedure, a copy of which can be obtained from the privacy officer in care of the Verizon HIPAA Unit at the address in paragraph IX below.

D. *Right to Amend*

If you believe that Protected Health Information a Verizon Health Plan has about you is inaccurate or incomplete, you may ask that Verizon Health Plan to amend that Protected Health Information. You have the right to request an amendment for as long as the Protected Health Information is kept by the Verizon Health Plan.

A request to amend your Protected Health Information must be made in writing to the privacy contact identified in paragraph IX below. The request to amend must include the name of the Verizon Health Plan(s) to which the request applies, a description of the amendment requested, and a reason to support the request.

Your request for an amendment may be denied if you request an amendment of Protected Health Information that the Verizon Health Plan determines: (1) was not created by the Verizon Health Plan, unless the originator of the Protected Health Information is no longer available to make the amendment; (2) is not part of the Verizon Health Plan's records; (3) is not Protected Health Information that you would be permitted to inspect or copy; or (4) is accurate and complete.

If your request is denied, you may request a review of the denial in accordance with the privacy complaint procedure, a copy of which can be obtained from the privacy officer in care of the Verizon HIPAA Unit at the address in paragraph IX below.

E. Right to an Accounting of Disclosures

You have a right to request a list of the disclosures made by a Verizon Health Plan of your Protected Health Information. The list will not include the following types of disclosures: (1) disclosures to you of your own Protected Health Information; (2) disclosures for purposes of payment and health care operations; (3) disclosures you authorize; (4) disclosures to persons involved in your care or for disaster relief or other notification purposes; (5) disclosures for national security, intelligence, or law enforcement purposes; (6) disclosures that are part of a limited data set, as defined in the Privacy Rule; or (7) disclosures that are incident to a use or disclosure otherwise permitted or required by the Privacy Rule.

A request for an accounting must be made in writing to the privacy contact identified in paragraph IX below. The request must specify the name of the Verizon Health Plan(s) to which the request applies, as well as the time period for which you are requesting the accounting. The time period for which you request an accounting may not start earlier than the April 14, 2003 Effective Date of the Privacy Rule and may not be for a period of time going back more than six (6) years. The first accounting you request within a 12-month period will be free of charge. For additional accountings within that same 12-month period, you may be charged a reasonable fee for the costs of providing the accounting. You will be notified in advance of the cost involved, and you may choose to withdraw or modify your request at that time before any costs are incurred.

F. Right to Receive a Paper Copy of this Notice

You have the right to request and receive a paper copy of this Notice at any time, even if you received this Notice previously or agreed to receive this Notice electronically. To obtain a paper copy of this Notice, please contact the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

VI. Other Obligations of the Verizon Health Plans

In addition to the other obligations set forth in this Notice, the Verizon Health Plans are required to:

- Maintain the privacy of your Protected Health Information in a manner consistent with the Privacy Rule.
- Provide you with this Notice of their legal duties and privacy practices with respect to your Protected Health Information.
- Abide by the terms of this Notice.

When and as required, the Verizon Health Plans will notify you in the event of an impermissible or unauthorized acquisition, access, use, or disclosure of your Protected Health Information, that compromises the security or privacy of such Protected Health Information, under the Privacy Rule.

VII. Changes to this Notice

The Verizon Health Plans reserve the right to change this Notice and to make the revised or changed Notice effective for Protected Health Information the Verizon Health Plans already have about you, as well as for any such information received in the future. If the Verizon Health Plans change any of their privacy policies and procedures, the Verizon Health Plans will revise the Notice as appropriate and will provide a copy of the revised Notice to you within 60 days of the material change. You may also obtain a paper copy of this Notice from the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

VIII. Complaints

If you believe that your privacy rights have been violated, you may file a complaint with the privacy officer in care of the Verizon HIPAA Unit identified in paragraph IX below or with the Secretary of the United States Department of Health and Human Services. All complaints must be submitted in writing. You will not be retaliated against in any way for filing a complaint.

IX. Contact Information

In some cases, your Protected Health Information may be held internally at Verizon by members of the Verizon workforce who perform functions on behalf of the Verizon Health Plans. In most cases, however, your Protected Health Information will be held by privacy contacts, such as the health insurers or health plan option administrators, who pay claims on behalf of one or more of the Verizon Health Plans.

Contact your health insurer or health plan option administrator:

If you have a question, concern, complaint, or request regarding Protected Health Information held by a **health insurer or health plan option administrator**, contact your health insurer or health plan option administrator directly. Contact information for your health insurer or health plan option administrator can be found in your summary plan description, your insurance cards, on the BenefitsConnection website at www.verizon.com/benefitsconnection or by calling the Verizon Benefits Center toll-free at 1-855-4VzBens (1-855-489-2367).

Contact the Privacy Officer for the Verizon Health Plans:

If you have a question, concern, complaint, or request regarding Protected Health Information held internally at Verizon, contact the privacy officer for the Verizon Health Plans as follows:

HIPAA Privacy Officer
c/o Verizon HIPAA Unit
P.O. Box 1483
Lincolnshire, IL 60069-1483
1-908-559-3628

IF YOU HAVE ANY QUESTIONS REGARDING THIS NOTICE, PLEASE CONTACT THE PRIVACY OFFICER DESIGNATED IN PARAGRAPH IX ABOVE.

The Notice of Privacy Practices for the Verizon Communications Inc. Health Plans is available on the BenefitsConnection website at www.verizon.com/benefitsconnection. Generally, the Notice of Privacy Practices for the Verizon Communications Inc. Health Plans available on BenefitsConnection is the most up to date. Once you have logged on to BenefitsConnection, select the Library link from the home page and click on the Benefit Forms tab in order to view the Notice. You may view the Notice on the website and/or print a paper copy from the website. You may also request a paper copy of the Notice at any time by calling the Verizon Benefits Center at 1-855-4VzBens (1-855-489-2367).

Administrative Information

Administrative information about the Plan is provided in this section.

Important Telephone Numbers

You can connect to the Verizon Benefits Center and other Verizon benefit providers by calling the toll-free number 1-855-4VzBens (1-855-489-2367). If you prefer, you can call the benefit providers directly via the telephone numbers shown on your ID card.

Plan Sponsor/Employer

The Plan sponsor/employer is:

Verizon Communications Inc.
One Verizon Way
Basking Ridge, NJ 07920

Plan Administrator

The Plan administrator is:

Chairperson of the VEBC
c/o Verizon Benefits Center
P.O. Box 8998
Norfolk, VA 23501-8998

Telephone number: 1-855-4VzBens (1-855-489-2367) and follow the instructions to reach the Verizon Benefits Center.

You may communicate to the Plan administrator in writing at the address above. But, for questions about Plan benefits, you should contact the Verizon Benefits Center. The Verizon Benefits Center administers enrollment and handles participant questions, requests, and certain benefit claims, but it is not the Plan administrator. Claims relating to the scope and amount of benefits under the Plan are administered by the administrators listed below.

The Plan administrator (or a person designated by the administrator) has the full and final discretionary authority to publish the Plan document and benefit Plan communications, to prepare reports and make filings for the Plan, and to otherwise oversee the administration of the Plan. However, most of your day-to-day questions can be answered by the Plan's benefits administrator or a Verizon Benefits Center Representative. Do not send any benefit claims to the Plan administrator or to the Verizon legal department. Instead, submit them to the claims administrator for the Plan (see the "Additional Information" section for more information).

Benefits Administrators

The benefits administrators have the authority and responsibility to perform daily administration of benefits under the Plan. You can call the benefits administrators via the telephone numbers shown on your ID card.

If you need a list of participating providers, please contact your benefits administrator. They may direct you to a website, but also will provide you with a list, free of charge, upon request.

- Anthem Blue Cross and Blue Shield.
- Express Scripts.

Claims and Appeals Administrators

There are several claims and appeals administrators for the Plan.

The claims administrator has the authority to make final determinations regarding claims for benefits.

The claims administrator is authorized to determine eligibility for benefits and interpret the terms of the Plan in its sole discretion, and all decisions by the claims administrator are final and binding on all parties.

Verizon Claims Review Committee (VCRC)

The VCRC is responsible for enrollment and eligibility claims. The VCRC can be reached at the following address:

Verizon Claims Review Committee
c/o Verizon Benefits Center
P.O. Box 8998
Norfolk, VA 23501-8998

The administrators listed here are the benefits administrators responsible for authorizing benefit payments, considering appeals, resolving questions, obtaining records, filing reports, and the distribution of information to Plan participants.

Coverage	Benefits Administrators
Managed Care Network (MCN) Option	Anthem Blue Cross Blue Shield P.O. Box 105187 Atlanta, GA 30348 1-866-832-1229
Medical Expense Plan (MEP-PPO) Option	Anthem Blue Cross Blue Shield P.O. Box 105187 Atlanta, GA 30348 1-866-832-1229

Coverage	Benefits Administrators
<p>Prescription Drug Program Express Scripts is the claims and appeals administrator for the retail program and the mail service pharmacy. Express Scripts is responsible for authorizing benefit payments, considering appeals, resolving questions, maintaining records, filing reports, and distributing information to Plan participants.</p>	<p>Express Scripts P.O. Box 631850 Irving, TX 75063 Attn: Appeals 1-877-877-1878</p>
<p>Disease Management Program</p>	<p>Anthem Blue Cross Blue Shield P.O. Box 105187 Atlanta, GA 30348 1-866-832-1229</p>
<p>Subrogation vendor</p>	<p>Healthcare Recoveries Attention: Verizon Subrogation Unit P.O. Box 32200 Louisville, KY 40232 1-800-395-5568</p>

HMOs

Under an HMO option, your HMO is the benefits administrator responsible for exercising the discretion to determine benefit payments, and it also is the claims administrator for claims relating to the scope or amount of benefits under this option. You should check the literature you receive from your HMO for its address and telephone number. If your HMO prescription drug program is “carved out” and administered by Express Scripts, Express Scripts is the claims and appeals administrator for the prescription drug portion of your coverage. The vast majority of HMOs have accepted the responsibility of being the claims fiduciary. If your HMO has not, you will be notified in your claim denial notice, which will indicate that you should appeal to the VCRC. In such an instance, the VCRC will be the claims and appeals fiduciary (i.e., final decision-maker at the appeal level) for your benefit-related claim or appeal.

Qualified Medical Child Support Orders (QMCSOs)

The Verizon Benefits Center is responsible for the administration of QMCSOs and can be reached at the following address:

Verizon Benefits Center
P.O. Box 8998
Norfolk, VA 23501-8998

Plan Funding

Except for certain HMO benefits, the Plan is not financed by an insurance company, nor are Plan benefits guaranteed under a contract of insurance. The claims and appeals administrators listed earlier in this section do not insure or guarantee Plan benefits.

Except for certain HMO benefits, the Company has the discretion to pay claims out of the general assets of the Company, and certain benefits are currently funded through a trust. The trustee is:

Bank of New York Mellon
One Mellon Bank Center
Room 151-1335
Pittsburgh, PA 15258

A list of HMOs that may insure certain benefits is available on request from the Plan administrator.

Plan Identification

Medical coverage is provided through the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees, which is a component plan of Verizon Plan 550. It is a welfare plan that is a group health plan, listed with the Department of Labor under two numbers: The employer identification number (EIN) is 23-2259884, and the Plan number (PN) is 550.

In addition to the benefits described in this SPD, Verizon Plan 550 provides other benefits to Mid-Atlantic associates and “post-89” associate retirees of Verizon and other component plan documents and SPDs apply. With respect to **retirees**, Verizon Plan 550 also includes Verizon’s Dental Expense Plan for Mid-Atlantic Post-1989 Associate Retirees and Verizon Life Insurance Plan for Mid-Atlantic Associate Retirees. Dental and life insurance benefits are described in separate SPDs.

Plan Year

Plan records are kept on a plan-year basis, which is the same as the calendar-year basis.

Agent for Service of Legal Process

The agent for service of legal process is the Plan administrator. Legal process must be served in writing to the Plan administrator at the address stated earlier in this section.

In addition, a copy of the legal process involving this Plan should be delivered to:

Verizon Legal Department
Employee Benefits Group
Verizon Communications Inc.
One Verizon Way
Basking Ridge, NJ 07920

Legal process also may be served on the trustee.

Official Plan Document

This SPD is a summary of the official Plan documents.

Collective Bargaining Agreements

The terms of your benefits may also be governed by a collective bargaining agreement between Verizon and your Union. You and your beneficiaries may review the collective bargaining agreement at your location and you also can request a copy by writing to the Plan administrator.

Participating Companies

The following is a list of participating companies as of January 1, 2013. This list may change from time to time.

- Verizon Advanced Data Inc.
- Verizon Delaware Inc.
- Verizon Maryland Inc.
- Verizon New Jersey Inc.
- Verizon Pennsylvania Inc.
- Verizon Services Corp.
- Verizon South Inc. (Virginia)
- Verizon Virginia Inc.
- Verizon Washington, D.C. Inc.
- Verizon Corporate Services Corp.

Glossary

A

Accidental Injury

An injury caused by a chance event or unknown causes.

Affordable Care Act

In March of 2010, Congress passed the Patient Protection and Affordable Care Act and Health Care and Education Reconciliation Act. These new laws are commonly referred to as “Health Care Reform.” For purposes of this SPD, they are collectively referred to as the “Affordable Care Act.”

Ambulatory Surgical Facility

An institution, either freestanding or part of a hospital, equipped and operated for surgery, for patients who are usually admitted for fewer than 24 hours.

Attending Physician

The physician who is directing the covered person’s care.

B

Brand-Name Drug

Brand-name drugs are patented by their manufacturers, so only their makers can sell them – usually at a high retail price. But when the patent expires, these same drugs can be produced as generics by other makers, who often sell them at a much lower price.

C

Chiropractor

A person who is licensed to perform manipulation and specific adjustment of body structures to heal the body.

Clinical Psychologist

A psychologist who is licensed or certified in the state where the service is provided and has a doctoral degree in psychology with at least two years of clinical experience in a recognized health setting.

COBRA

A federal law (Consolidated Omnibus Budget Reconciliation Act of 1985 and its subsequent amendments) allowing continuation of health plan coverage for a period of time at the participant’s expense if a participant loses plan coverage because of certain qualifying events.

Coinsurance

The cost sharing percentage that applies for certain services and supplies based on the network negotiated fee (NNF) for in-network care and the maximum allowed amount (MAA) for out-of-network care if you are enrolled in the Managed Care Network (MCN) option or the MEP-PPO option.

Copay

A fixed dollar amount you pay for certain services or supplies.

Covered Person

Any retiree and his or her dependents enrolled in the Plan, or any eligible individual who has elected coverage under COBRA.

Covered Services

The services, treatments or supplies identified as payable in the official Plan document. Covered services must be medically necessary (as determined by the claims administrator) to be payable.

Creditable Prescription Drug Coverage

A prescription drug coverage option is “creditable,” if on average for all plan participants, it is expected to pay out as much as standard Medicare prescription drug coverage pays.

Custodial Care

Services and supplies that are primarily intended to help you meet personal needs. Custodial care can be prescribed by a physician or given by trained medical personnel. It may involve artificial methods such as feeding tubes, ventilators or catheters.

D

Deductible

The amount of the network negotiated fee (NNF) or maximum allowable amount (MAA) for covered expenses you pay before certain options pay benefits for specific care.

Discounted Network Price (DNP)

The price negotiated with a pharmacy by the benefits administrator of the prescription drug program. A covered person pays a portion of this price when he or she purchases medications at a network pharmacy with a prescription drug ID card.

E

Educational or Developmental

A service or supply, the primary purpose of which is to provide the covered person with training in the activities of daily living, instruction in scholastic skills such as reading and writing, preparation for an occupation, treatment for a learning disability, or to promote development beyond any level of function previously demonstrated.

Emergency Care

The first treatment provided in a hospital’s emergency room after an accidental injury or the onset of a sudden, serious, and life-threatening illness that requires hospital care, as determined by the claims administrator because:

- Care cannot be provided safely and adequately other than in a hospital.
- Adequate care is not available elsewhere in the area at the time and place needed.

- If hospital care is not given, the covered person's condition could (as determined by the claims administrator) reasonably be expected to result in:

- Loss of life or limb.
- Significant impairment to a bodily function.
- Permanent dysfunction of a body part.

Experimental or Investigational

A service or supply, the medical use of which still is under study and is not yet recognized throughout the medical profession in the United States as safe and effective for diagnosis and treatment, as determined by the claims administrator. This includes but is not limited to:

- All phases of clinical trials.
- All treatment protocols based on or similar to those used in clinical trials.
- Drugs approved by the U.S. Food and Drug Administration (FDA) under its Treatment Investigational New Drug regulation.
- FDA-approved drugs used for unrecognized treatment indications.

A drug, device, procedure or treatment shall be determined to be experimental or investigational if:

- There are insufficient outcomes data available from controlled clinical trials published in the peer-review literature to substantiate its safety and effectiveness for the illness or injury involved.
- If approval is required by the FDA, such approval has not been granted for marketing.
- A recognized national medical or dental society or regulatory agency has determined, in writing, that it is experimental, investigational or for research purposes.
- The written protocol or protocols or the written informed consent used by the treating facility or by another facility studying substantially the same drug, device, procedure or treatment states that it is experimental, investigational or for research purposes.

However, effective as of January 1, 2014, because the medical options offered under the Plan are not grandfathered, you will be eligible for coverage of routine costs for items and services furnished in connection with your participation in an approved clinical trial. The clinical trial must relate to the treatment of cancer or another life-threatening disease or condition. Contact your Benefits Administrators for details.

G **Generic Drug**

A prescribed medication that is chemically equivalent to a brand-name medication that no longer is under patent protection.

H

HMO

A Health Maintenance Organization (HMO) that has entered into a written contract with Verizon with the purpose of being included as a coverage option under the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees.

Home Health Care

Care provided in a covered person's home when his or her condition is such that hospitalization would have been medically necessary if home health care were not available.

Hospice Care

Inpatient or home care given to a terminally ill covered person, by or under arrangement with a hospice care agency, to enable the covered person to be as comfortable, alert, and capable of participating in life as is possible.

Hospital

An institution that is licensed as a hospital. It must maintain on its premises all facilities needed for medical and surgical treatment, provide such treatment on an inpatient basis for compensation under the supervision of physicians, and provide 24-hour service by registered graduate nurses.

"Hospital" does not include an institution that is primarily a place for rest, a place for the aged or a nursing home.

I

Illness

A non-occupational bodily disorder.

Imputed Income

Most dependents are considered Internal Revenue Service (IRS) tax dependents. You do not pay imputed income for IRS tax dependents.

If you cover a same-sex domestic partner, a domestic partner's child or another person who is not considered an IRS tax dependent, Verizon is required to report income for you that reflects the value of the coverage for tax-reporting purposes. This is known as imputed income. You will receive a W-2 annually for the value of coverage for any dependent who is not an IRS tax dependent.

Verizon assumes all dependents are IRS tax dependents, except same-sex domestic partners and their children. You must contact the Verizon Benefits Center if your same-sex domestic partner and his or her children are your IRS tax dependents or if you cover other dependents who are not IRS tax dependents.

Injury

A non-occupational bodily injury.

Inpatient Treatment

Care that requires an overnight stay at a hospital or clinic.

IRS Tax Dependent

An IRS tax dependent for Medical Plan purposes changed under the Health Care and Education Reconciliation Act. While Verizon always recommends that you consult with a tax adviser, the definition provided here is a summary of these complex rules for **federal** tax purposes. State tax rules may differ.

General Rule

Your spouse, including your same-sex spouse, is an IRS tax dependent. In addition, your child who has not attained the age of 27 as of the end of the taxable year is an IRS tax dependent. This rule is more generous than the eligibility rule that applies to covering a child under the Plan. To meet this general rule, the child must be your (the associate retiree's) son, daughter, stepson, stepdaughter or eligible foster child¹. A son or daughter includes your legally adopted child or a child who is lawfully placed with you for adoption. This exclusion does **not** apply to the child of your domestic partner.

Other Categories

If you are covering an individual who is not an IRS tax dependent under the general rule, he or she may still be an IRS tax dependent if he or she is a U.S. citizen or resident who is a "qualifying child" or a "qualifying relative."

A "qualifying child" generally is a person who meets **all** of these requirements:

- Is younger than the associate covering the child.
- Is unmarried (i.e., has not filed a joint tax return during the calendar year at issue).
- Is under the age of 19 (or 24 in the case of a student) or is permanently and totally disabled.
- Is your child, grandchild, brother, sister, stepbrother or stepsister or niece or nephew.
- Does not provide over one-half of his or her own support for the calendar year.
- Lives with you for more than one-half of the calendar year.

If a person does not meet the definition of "qualifying child," he or she might be an IRS tax dependent by satisfying the "qualifying relative" requirements.

A "qualifying relative" generally is a person who meets **all** of these requirements:

- Is not your qualifying child or any other taxpayer's qualifying child during the calendar year.
- Receives over one-half of his or her support from you for the calendar year.
- Is "related to you" or "lives with you for the entire calendar year as a member of your household."

¹ An "eligible foster child" is an individual who is placed with you by an authorized placement agency or by judgment, decree or other order of any court of competent jurisdiction.

Examples

Your domestic partner might be your IRS tax dependent if he or she is a U.S. citizen or resident, receives over one-half of his or her support from you and lives with you for the entire calendar year as a member of your household. Even though a domestic partner is not a “relative” in the traditional sense, he or she may meet the definition of “qualifying relative.”

Your domestic partner’s child typically will not be your IRS tax dependent, unless the domestic partner also is your tax dependent.

L

Legally Separated

A covered person and his or her spouse are legally separated if they do not live together and if they have a signed document or a legal proceeding, such as a separation agreement, that indicates that the former associate or his or her spouse intends to live separately.

M

Maximum Allowed Amount (MAA)

For covered services you receive from an out-of-network provider under the MCN or MEP-PPO, the maximum allowed amount is 315 percent of the national Medicare schedule.

Medically Necessary

A service or supply provided by a hospital, physician or other provider of health care services to diagnose or treat an illness or injury, which service or supply is consistent with the covered person’s condition and which meets all of the following tests, as determined by the claims fiduciary:

- It must be ordered by a physician.
- It must be recognized throughout the provider’s profession as safe, appropriate, effective, and essential; it must be required for the diagnosis or treatment of the particular illness or injury; and it must be employed appropriately in a manner and setting consistent with generally accepted United States medical standards.
- It must be the most efficient and economical service or supply that can safely be provided.
- It must be neither educational or developmental nor experimental or investigational in nature.

Services or supplies that are provided only because an unnecessary service or supply is being provided shall not be considered medically necessary.

In the case of a hospital stay, in addition to meeting the above tests, the length of the stay and hospital services and supplies shall be considered medically necessary only to the extent that the claims fiduciary determines them to be not allocable to the scholastic education or vocational training of the covered person.

A service or supply furnished to a newborn child shall not be considered medically necessary for medical care of a diagnosed illness or injury, unless the service or supply meets either of these conditions:

- It is furnished for the medical care of a diagnosed illness (including a congenital defect or birth abnormality) or injury and meets all of the foregoing tests.
- It is furnished immediately after the child's birth and is one of the following:
 - Hospital room and board.
 - Other supplies and nonprofessional services furnished to newborns by the hospital for medical care in that hospital.

The foregoing definition shall be applied solely for purposes of determining Plan benefits and not for determining what type of medical care should be provided; all decisions related to the type of medical care to be provided shall be made independently by the covered person and the covered person's physician.

N

Network Negotiated Fee (NNF)

The NNF is the fee the provider has agreed with the claims administrator to accept as payment in full for covered services or supplies provided on an in-network basis under the MCN or when provided by a PPO provider under the MEP-PPO option.

Non-Occupational Injury

A non-occupational injury is an accidental bodily injury that does not:

- Arise out of (or in the course of) any work for pay or profit.
- Result in any way from an injury which does.

O

Out-of-Pocket Maximum

The maximum amount you will have to pay in one plan year for covered expenses.

Outpatient Treatment

Care that does not require an overnight stay at a hospital or clinic.

P

Participating Company

Verizon or any corporation or partnership which is an affiliate of Verizon which has elected to participate in the Verizon Managed Care Network and Medical Expense Plan for Mid-Atlantic Post-1989 Associate Retirees.

Participating Retail Pharmacy

A retail pharmacy that belongs to the Express Scripts Select National Network.

Physician or Doctor

A person (either an M.D. or a D.O.) who is licensed to practice medicine, prescribe and administer drugs, or perform surgery. A physician also means a certified and licensed psychologist when providing psychological services in connection with mental health treatment. The person must act within the scope and authority of his or her license.

Primary Care Physician (PCP)

With coverage in an HMO, you generally must choose a PCP. This doctor is responsible for providing your health care and coordinating your care with other specialists as needed.

S

Same-Sex Domestic Partner

To qualify as a Class I Dependent, your same-sex domestic partner must meet all of the following criteria:

- Is an adult of the same sex as you.
- Is not married to anyone else.
- Is not the same-sex domestic partner of anyone else.
- Is your only same-sex domestic partner and intends to remain so indefinitely.
- Is not related to you by blood that would prevent marriage under the law.
- Lives with you in the same permanent residence.
- Is jointly responsible, along with you, for one another's welfare and for basic living expenses.
- Is at least 18 years old and competent to contract under the law.

In addition, if you disenroll your partner, you cannot re-enroll him or her, and you cannot add a new same-sex domestic partner. However, if you are same-sex married (i.e., your domestic partner is your spouse or becomes your spouse), he or she can be enrolled or re-enrolled.

You must agree to notify the Verizon Benefits Center if your partner no longer meets the criteria listed above.

Skilled Nursing Facility

A facility that provides medically necessary, continuous professional nursing supervision to covered persons who are not in the acute phase of illness but require primarily convalescent, rehabilitative or restorative services. The facility also may include intermediate, residential or long-term care units. Beds must be set up and staffed in a unit specifically designated for this service. The facility must meet requirements as described in the Plan document.

Spouse

Before October 29, 2013 for IBEW Plant & Engineering New Jersey Local 827 and IBEW Comptroller & General New Jersey; before November 4, 2013 for IBEW Traffic Pennsylvania Local 1944; and before October 31, 2013 for CWA District 2 Potomac (DC, MD, VA & WV), CWA New Jersey Commercial, CWA New Jersey Traffic, CWA Commercial DE Local 13100, CWA Plant & Traffic DE Local 13101, CWA Plant, Services, Financial PA Local 31000, and CWA Commercial PA Local 13500, Spouse is defined under the Plan as follows:

Your spouse is a person of the opposite sex who is a husband or wife, pursuant to a legal union, under the laws of the state in which you live.

The definition of spouse specified in this document is consistent with the definition under the federal Defense of Marriage Act. The Plan uses this definition, even if state or local laws define spouse differently.

On and after October 29, 2013 for IBEW Plant & Engineering New Jersey Local 827 and IBEW Comptroller & General New Jersey; on and after November 4, 2013 for IBEW Traffic Pennsylvania Local 1944; and on and after October 31, 2013 for CWA District 2 Potomac (DC, MD, VA & WV), CWA New Jersey Commercial, CWA New Jersey Traffic, CWA Commercial DE Local 13100, CWA Plant & Traffic DE Local 13101, CWA Plant, Services, Financial PA Local 31000, and CWA Commercial PA Local 13500, Spouse is defined under the Plan as follows:

Your spouse is a person who is a husband or wife, pursuant to a legal union, under the laws of the state in which you live. The term spouse includes a person of the same sex to whom you are married under state law. "State" means any domestic or foreign jurisdiction having the legal authority to sanction marriage.

Sudden, Serious and Life-Threatening Illness

Severe symptoms that occur unexpectedly and that require immediate and urgent medical attention. Examples include, but are not limited to, an apparent heart attack, severe shortness of breath, severe allergic reactions, severe bleeding, obvious fractures, and sudden loss of consciousness. The claims administrator makes the determination as to what qualifies.