

# Copay Plans

Copay 25 | Copay 35 | Copay Saver

**Copay Plans** are designed for individuals and families who prefer the convenience of copay benefits for routine health care expenses.

**NEW! Saver Plans.** Golden Rule now offers a Saver option, designed to provide the coverage you need most at a price you can afford. Saver Plans provide inpatient coverage and coverage for the more costly outpatient health care expenses, such as surgery, CAT scans, and MRIs.

[www.goldenrule.com](http://www.goldenrule.com)

**Golden Rule<sup>®</sup>**  
Golden Rule Insurance Company



A UnitedHealth Group Company

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# Copay Plans

## Benefit Highlights

|   | <b>Copay 25</b>   | <b>Copay 35</b>  | <b>NEW! Copay Saver</b>  |
|---|---|--|--|
| <b>Design Basics</b>  |   |  |  |
| Plan Type   | Preferred Network Included  |  |  |
| Calendar Year Deductible Choices<br>(maximum 2 per family, per calendar year)   | \$500 \$750 \$1,250   | \$500 \$750 \$1,250  | \$2,000  |
| Coinsurance<br>(per covered person, per calendar year)  | 80/20 to \$10,000<br>then 100%  | 80/20 to \$15,000<br>then 100%   | 80/20 to \$15,000<br>then 100%   |
| Lifetime Maximum Benefit<br>(per covered person)  | \$3 million   | \$3 million  | \$3 million  |
| Initial Rate Guarantee<br>(subject to benefit and address changes)  | 12 months   | 12 months  | 12 months  |
| <b>Coverage percentages below are effective AFTER deductibles have been met unless otherwise indicated.</b>   |   |  |  |
| <b>Inpatient Expense Benefits</b>   |   |  |  |
| Inpatient Hospital and Surgical Fees Included on the Hospital Bill<br>(Room and Board, Intensive Care Unit, Operating and Recovery Room, Inpatient Drugs, and Diagnostic Testing) | 100% after \$500 copay -- maximum of 2 copays per person, per calendar year<br>(in network not subject to calendar year deductible) | 80% after \$500 copay -- maximum of 2 copays per person, per calendar year<br>(in network not subject to calendar year deductible) | 80% after calendar year deductible   |
| Other Covered Inpatient Services  | 80%   | 80%  | 80%  |
| <b>Outpatient Expense Benefits</b>  |   |  |  |
| Surgeon, Assistant Surgeon, and Facility Fees   | 80%   | 80%  | 80%  |
| Hemodialysis, Radiation, Chemotherapy, and Organ Transplant Drugs   | 80%   | 80%  | 80%  |
| CAT Scans, MRIs   | 80%   | 80%  | 80%  |
| Outpatient X-ray and Lab<br>(performed in the doctor's office or elsewhere)   | 80%   | 80%  | 80% if performed within 14 days of surgery or confinement                          |
| Emergency Room Fees   | 80% -- additional \$100 Copay for illness if not admitted   | 80% -- additional \$100 Copay for illness if not admitted  | 80% -- additional \$500 Copay if not admitted                                      |
| Other Covered Outpatient Expenses   | 80%   | 80%  | See page 6   |
| <b>Routine Health Benefits</b>  |   |  |  |
| Doctor Office Visit Fees for History and Exam<br>(in network not subject to calendar year deductible)   | \$25 Copay, then 100%   | \$35 Copay, then 100%  | \$35 Copay, then 100%<br>(maximum 2 visits per person, per year, then not covered) |
| Outpatient Prescription Drugs<br>(name brand reimbursed at generic price if generic available)  | Generic - \$20 copay;<br>Namebrand - \$50 copay after \$150 calendar year, per person deductible                                    | Generic - \$20 copay;<br>Namebrand - \$50 copay after \$250 calendar year, per person deductible                                   | Not Covered -- Preferred Price Card Included                                       |
| Mammography, Pap Smear, and PSA Testing   | 80%   | 80%  | 80%  |
| Adult Preventive Care<br>(covers up to \$150 per year after 12 months for each adult 19 or older)   | See Doctor Office Visit Fees and Doctor Office X-Ray and Lab  | See Doctor Office Visit Fees and Doctor Office X-Ray and Lab   | Not covered  |
| Dental and Vision Discounts -- <i>Programs Are Not Insurance</i>  | Discounts through FACT membership provided by Health Allies -- save up to 50% on dental and vision.                                 |  |  |
| Optional Benefits   | NEW! Preventive Care Benefits Package -- see page 4. Maternity, Supplemental Accident, Term Life -- see page 4.                     |  |  |

**This chart only summarizes standard covered expenses, exclusions, and limitations of each plan. To be considered for reimbursement, expenses must qualify as covered expenses. Expenses are also subject to reasonable and customary limits, unless you use a network. We recommend review of the more detailed plan information on pages 6-10, and the state variations on pages 11 and 12.**

# Why Choose Golden Rule?

## Experience and Expertise

Golden Rule has been a leader in the individual health market for nearly 60 years. Serving individuals and families is our primary focus. Because we are dedicated to this market, we have developed a unique understanding of the health insurance needs of individuals and families. This knowledge is reflected throughout your experience with Golden Rule -- in our high quality products, our handling of claims, and our customer service.

## Product Leadership

Golden Rule's experience and expertise in the individual health market drive the development of plans that strive to make health coverage more affordable for more Americans. A recognized pioneer -- and one of the nation's leading providers -- of Health Savings Accounts, Golden Rule continues to seek and embrace new ways to build plans with the benefits you need at prices you can afford.

## Claims Satisfaction

At Golden Rule, we recognize the critical importance of being responsive to the service needs of our customers. That's why more than 94 percent of all health insurance

claims are processed within 10 working days or less.\* With Golden Rule, you can be confident that your claims will be promptly processed.

## Preferred Network Discounts

With a Golden Rule insurance plan, you gain access to a quality network of health care professionals and facilities available in your area. Having access to our Preferred Networks can mean substantial discounts in what you pay for your health care. The combined buying power of networks on behalf of large numbers of customers can translate into significant savings for you, including covered out-of-pocket health care expenses incurred before you meet your deductible.

## Strength in Numbers

Golden Rule is proud to be a member of the UnitedHealth Group family of businesses. As an innovative leader in the health and well-being industry, UnitedHealth Group currently serves nearly 55 million individuals nationwide, with products and services to help people achieve better health.

\* Actual 2004 results

# World of FACT Value

These health insurance plans are available only to members of FACT. If you're not already a member, you must join FACT.

## World of FACT Value

FACT makes it possible for members to pick and choose from a full menu of important benefits:

- Dental Discounts -- you can save up to 50% on general dental, x-rays, and orthodontics
- Vision discounts -- typical savings of 20-60% for eye exams, eye-glasses, contact lenses, and LASIK correction surgery
- Prescription drug discounts
- Van line discounts
- Health insurance plans
- Consumer library

- Consumer hotline referral service
- Amusement park discounts
- Travel service and savings
- Informative newsletter

## Plus ...

- You may apply for: FACT scholarships, classroom grants, and community project grants
- You are eligible to request: Financial assistance in the event of a natural disaster
- You are kept aware of matters of importance through: FACT's Eye-On-Washington Reports

Benefits and suppliers change from time to time. For the most current information: Visit FACT's Web site at [www.fact-org.org](http://www.fact-org.org) or call toll-free at 1-800-USA-FACT.

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# 4 Optional Benefits

## Optional Benefits

Further customize your health insurance coverage to meet your specific needs.

### NEW! Preventive Care Benefits Package

Golden Rule now offers you the choice of adding coverage for adult and child preventive care services with any of our Preferred Network health insurance plans. If elected, this option replaces preventive care benefits otherwise included within the plan. This package waives the deductible and provides 100% for the following covered expenses:

| Preventive Care Benefits Package   |   |
|--|---|
| <b>Routine well child care visits through age 18</b>                                   | 100% in network for covered services; deductible does not apply           |
| <b>Childhood immunizations</b>   | 100% in network; deductible does not apply                                |
| <b>Mammogram, Pap smear, and PSA test</b>  | 100% in network for one test per calendar year; deductible does not apply |
| <b>Adult preventive care age 19 and older (12 month wait on adult preventive care)</b> | \$35 copay, then 100% in network -- limited to \$300 per calendar year    |

### Maternity Benefit

This optional benefit helps cover the costs for routine pregnancy and delivery. You choose the maximum benefit amount -- \$2,500 or \$4,000. Payment is limited to 50% of the maximum benefit during the first year. After the first year, the plan will pay 100% of the maximum benefit. To be covered, pregnancy must begin while maternity benefits are in effect. (Not available in AR, MD, or VA.)

| Benefit Amount | Year 1 | Year 2 & On |
|----------------|--------|-------------|
| \$2,500        | 50%    | 100%        |
| \$4,000        | 50%    | 100%        |

### Supplemental Accident Benefit

This benefit provides up-front coverage for unexpected injuries. This benefit is limited to \$500 of first-dollar benefits for treatment of an injury within 90 days of an accident.

### Term Life Benefit

You may choose an optional decreasing term life insurance benefit for you and your spouse if your spouse is also a covered person under the health policy. The amount of life insurance protection provided for you and your spouse depends on the primary insured's attained age at the time of death, as shown in the table.

| Attained Age of Primary Insured at Death | Primary Insured Benefit Amount | Covered Spouse Benefit Amount* |
|--|--------------------------------|--------------------------------|
| 49 or less                               | \$30,000                       | \$15,000                       |
| 50-59                                    | \$18,000                       | \$9,000                        |
| 60-64                                    | \$12,000                       | \$6,000                        |

\*Equal to the primary insured's benefit amount for certificates issued to residents of Maryland.

# Health Care Provider Networks

## **Preferred Networks**

Available in most areas. A Preferred Network includes physicians, hospitals, and other health care providers that have agreed to provide quality health care at reduced costs.

Lower costs mean lower premiums. Most applicants choose one of our Preferred Networks to take advantage of these premium reductions.

In return for the premium reduction, you agree to use physicians, hospitals, and other health care providers in your Preferred Network.

If you are insured under a Preferred Network plan and receive non-emergency services outside your Preferred Network, covered expenses are:

- Reduced by 25%; and
- Subject to a separate deductible amount equal to the calendar-year deductible.

If you are under a Copay Plan (which requires Preferred Network), office visit expenses outside your network are not eligible for copay benefits.

To find or view network providers for any network, visit **[www.goldenrule.com](http://www.goldenrule.com)**

# 6 Covered Expenses

**Subject to all policy provisions, the following expenses are covered.**

## Copay Saver

### **Inpatient Expense Benefits**

- Daily hospital room-and-board and nursing services at the most common semiprivate rate.
- Charges for intensive care unit.
- Drugs, medicines, dressings, sutures, casts, or other necessary medical supplies.
- Artificial limbs, eyes, larynx, or breast prosthesis (but not replacements).
- Professional fees of doctors and surgeons (but not for standby availability).
- Hemodialysis, processing, and administration of blood or components.
- Charges for an operating, treatment, or recovery room for surgery.
- Cost and administration of an anesthetic, oxygen, or other gases.
- Radiation therapy or chemotherapy and diagnostic tests using radiologic, ultrasonographic, or laboratory services.
- Local ground ambulance service to the nearest hospital for necessary emergency care if followed by confinement. Air ambulance, within U.S., if requested by police or medical authorities at the site of emergency.

### **Outpatient Expense Benefits**

- Charges for outpatient surgery, including the fee made by an outpatient surgical facility, the primary surgeon, the assistant surgeon, and/or administration of anesthetic.
- Hemodialysis, radiation, and chemotherapy.

- Prescription drugs to protect against organ rejection in transplant cases.
- Mammography, Pap smear, and PSA test fees.
- Hospital emergency room treatment of an injury or illness (subject to limitations shown on page 2).
- CAT scan and MRI testing.
- Diagnostic testing related to, and performed within, 14 days prior to surgery or inpatient confinement.
- Copay Saver plan includes two doctor office copay visits per year (see page 2).

### **Important note about Saver Plans:**

Premiums for Saver Plans are significantly less because coverage is not provided for most outpatient services. Outpatient expenses not specifically listed in the policy are not covered. Please review the Saver Plans' inpatient and outpatient expense benefits, exclusions, and limitations for details.

Some outpatient expenses not covered under the Saver Plans include:

- Diagnostic testing, prescription drugs, and other outpatient medical services not specifically listed under the Medical Benefits or Transplant Expense Benefits; outpatient doctor office visit fees are limited;
- Outpatient professional fees of licensed physical therapists, durable medical equipment, and medical supplies, except those covered under the Home Health Care Expense Benefits;
- Outpatient expenses incurred for mental or nervous disorders or substance abuse; and
- Preventive care office visits (unless the optional Preventive Care Package is added).

# Covered Expenses (continued)

**Subject to all policy provisions, the following expenses are covered.**

## Copay 25 and Copay 35 Plans

### **Medical Expense Benefits**

- Daily hospital room-and-board and nursing services at the most common semiprivate rate.
- Charges for intensive care unit.
- Hospital emergency room treatment of an injury or illness (subject to an additional \$100 copay each time the emergency room is used for illness not resulting in confinement).
- Surgery at an outpatient surgical center.
- Professional fees of doctors and surgeons (but not for standby availability).
- Dressings, sutures, casts, or other necessary medical supplies.
- Professional fees for outpatient services of licensed physical therapists.
- Diagnostic testing using radiologic, ultrasonographic, or laboratory services, in or out of the hospital.
- Local ground ambulance service to the nearest hospital for necessary emergency care. Air ambulance, within U.S., if requested by police or medical authorities at the site of emergency.
- Charges for operating, treatment, or recovery room for surgery.
- Dental expenses due to an injury which damages natural teeth if expenses are incurred within six months.
- Surgical treatment of TMJ disorders (see limitations on page 9).
- Cost and administration of anesthetic, oxygen, and other gases.
- Radiation therapy or chemotherapy.
- Prescription drugs.
- Hemodialysis, processing, and administration of blood and components.
- Mammography, Pap smear, and PSA test fees.
- Artificial eyes, larynx, breast prosthesis, or basic artificial limbs (but not replacements).

### **Preventive Care Expense Benefits**

- See page 2 for coverage details.

For information on additional Plan provisions, including Transplant Expense Benefit, Limited Exclusion for AIDS or HIV-related Disease, Notification Requirements, Preexisting Conditions, General Exclusions, General Limitations, and Other Plan Provisions, read pages 8-10.

# 8 Provisions That Apply to All Plans

This brochure is only a general outline of the coverage provisions. It is not an insurance contract, nor part of the insurance policy or certificate. You'll find complete coverage details in the policy and certificates. In most cases, coverage will be determined by the master policy issued in Illinois and subject to Illinois law.

## **Health Care Provider Networks**

All Golden Rule Copay plans include access to one of our Preferred Networks. See page 5 of this brochure for more information.

## **Transplant Expense Benefit**

**The following types of transplants are eligible for coverage under the Medical Benefits provision:**

Cornea transplants, artery or vein grafts, heart valve grafts, and prosthetic tissue replacement, including joint replacements and implantable prosthetic lenses, in connection with cataracts.

## **Transplants eligible for coverage under the Transplant Expense Benefit are:**

Heart, lung, heart and lung, kidney, liver, and bone marrow transplants.

Golden Rule has arranged for certain hospitals around the country (referred to as our "Centers of Excellence") to perform specified transplant services. If you use one of our "Centers of Excellence," the specified transplant will be considered the same as any other illness, and will include a transportation and lodging incentive (for a family member) of up to \$5,000. Otherwise, the acquisition cost for the organ or bone marrow will not be covered, and covered expenses related to the transplant will be limited to \$100,000 and one transplant in a 12-month period.

To qualify as a covered expense under the Transplant Expense Benefit, the covered person must be a good candidate, and the transplant must not be experimental or investigational. In considering these issues, we consult doctors with expertise in the type of transplant proposed.

## **The following conditions are eligible for bone marrow transplant coverage:**

Allogenic bone marrow transplants (BMT) for treatment of: Hodgkin's lymphoma or non-Hodgkin's lymphoma, severe aplastic anemia, acute lymphocytic and nonlymphocytic leukemia, chronic myelogenous leukemia, severe combined immunodeficiency, Stage III or IV neuroblastoma, myelodysplastic syndrome, Wiskott-Aldrich syndrome, thalassemia major, multiple myeloma, Fanconi's anemia, malignant histiocytic disorders, and juvenile myelomonocytic leukemia.

Autologous bone marrow transplants (ABMT) for treatment of: Hodgkin's lymphoma, non-Hodgkin's lymphoma, acute lymphocytic and nonlymphocytic leukemia, multiple myeloma, testicular cancer, Stage III or IV neuroblastoma, pediatric Ewing's sarcoma and related primitive neuroectodermal tumors, Wilms' tumor, rhabdomyosarcoma, medulloblastoma, astrocytoma, and glioma.

## **Home Health Care**

To qualify for benefits, home health care must be:

- Provided in lieu of medically necessary inpatient care in a hospital or hospice; and
- Provided through a licensed home health care agency.

Covered expenses for home health aide services will be limited to seven visits per week, and a lifetime maximum of 365 visits. Registered nurse services will be limited to a lifetime maximum of 1,000 hours.

## **Hospice Care**

To qualify for benefits, a Hospice Care program for a terminally ill covered person must be licensed by the state in which it operates. Benefits for inpatient care in a hospice will be limited to 180 days in a covered person's lifetime. Covered expenses for room and board are limited to the most common semiprivate room rate of the hospital or nursing home with which the hospice is associated.

## **Notification Requirements**

**You must notify us by phone on or before the day a covered person:**

- Begins the fourth day of an inpatient hospitalization; or
- Is evaluated for an organ or tissue transplant.

Failure to comply with Notification Requirements will result in a 20 percent reduction in benefits, to a maximum of \$1,000.

If it is impossible for you to notify us due to emergency inpatient hospital admission, you must contact us as soon as reasonably possible.

Our receipt of notification does not guarantee either payment of benefits or the amount of benefits. Eligibility for, and payment of, benefits are subject to all terms and conditions of the policy. You may contact Golden Rule for further review if coverage for a health care service is denied, reduced, or terminated.

## Preexisting Conditions

Preexisting conditions will not be covered during the first 12 months after an individual becomes a covered person. This exclusion will not apply to conditions which are both: (a) fully disclosed to Golden Rule in the individual's application; and (b) not excluded or limited by our underwriters.

A preexisting condition is an injury or illness: (a) for which a covered person received medical advice or treatment within 24 months prior to the applicable effective date for coverage of the illness or injury; or (b) which manifested symptoms which would cause an ordinarily prudent person to seek diagnosis or treatment within 12 months prior to the applicable effective date for coverage of the illness or injury.

## Limited Exclusion for AIDS or HIV-Related Disease

AIDS or HIV-related disease are treated the same as any other illness unless the onset of AIDS or HIV-related disease is: (a) diagnosed before the coverage has been in force for one year; or (b) first manifested before the coverage has been in force for one year. If diagnosed or first manifested before coverage has been in force for one year, AIDS or HIV-related disease claims will never be covered. Details of this limited exclusion are set forth in the policy and certificates.

## General Exclusions

### No benefits are payable for expenses which:

- Are due to pregnancy (except for complications of pregnancy) or routine newborn care (unless optional coverage is selected).
- Are for routine or preventive care unless provided for in the policy.
- Are incurred while confined primarily for custodial, rehabilitative, or educational care or nursing services.
- Result from employment-related injury or illness if the covered person is insured or is required to be insured, by workers' compensation insurance under applicable state or federal law.
- Are in relation to, or incurred in conjunction with, investigational treatment.
- Are for dental expenses or oral surgery, eyeglasses, contacts, eye refraction, hearing aids, or any examination or fitting related to these.
- Are for modification of the physical body, including breast reduction or augmentation.
- Are incurred for cosmetic or aesthetic reasons, such as weight modification or surgical treatment of obesity.
- Would not have been charged in the absence of insurance.

- Are for eye surgery to correct nearsightedness, farsightedness, or astigmatism.
- Result from war, intentionally self-inflicted bodily harm (whether sane or insane), or participation in a felony (whether or not charged).
- Are for treatment of temporomandibular joint disorders, except as may be provided for under covered expenses.
- Are incurred for animal-to-human organ transplants, artificial or mechanical organs, procurement or transportation of the organ or tissue, or the cost of keeping a donor alive.
- Are incurred for marriage, family, or child counseling.
- Are for recreational or vocational therapy or rehabilitation.
- Are incurred for services performed by an immediate family member.
- Are not specifically provided for in the policy or incurred while your certificate is not in force.
- Are for any drug treatment or procedure that promotes conception.
- Are for any procedure that prevents conception or childbirth.

Benefits will not be paid for services or supplies that are not medically necessary to the diagnosis or treatment of an illness or injury, as defined in the policy.

## General Limitations

- Expenses incurred by a covered person for treatment of tonsils, adenoids, middle ear disorders, hemorrhoids, hernia, or any disorders of the reproductive organs, will not be covered during the covered person's first six months of coverage under the policy. This provision will not apply if treatment is provided on an "emergency" basis. "Emergency" means a medical condition manifesting itself by acute signs or symptoms which could reasonably result in placing a person's life or limb in danger if medical attention is not provided within 24 hours.
- Covered expenses will not include more than what was determined to be the reasonable and customary charge for a service or supply.
- Transplants eligible for coverage under the Transplant Expense Benefit are limited to two transplants in a ten-year period.
- Charges for an assistant surgeon are limited to 20 percent of the primary surgeon's covered fee.
- Covered expenses for surgical treatment of TMJ, excluding tooth extractions, will be limited to \$10,000 per covered person.

- All diagnoses or treatments of mental disorders, as defined in the policy, including substance abuse, will be limited to a lifetime maximum benefit of \$3,000. Covered expenses for outpatient diagnosis or treatment of mental disorders will be further limited to \$50 per visit. As with any other illness or injury, inpatient care which is primarily for educational or rehabilitative care will not be covered.
- Covered outpatient expenses relating to diagnosis or treatment of any spine or back disorders will be limited to a maximum of \$2,000 per calendar year. CAT scan and MRI tests are not subject to this limitation.
- Covered expenses will be limited to no more than a 34-day supply for any one outpatient prescription drug order or refill.

### Effective Date

For **injuries**, the effective date for a mailed application will be the later of: (a) the requested effective date, if any, shown on the application; or (b) the date upon which the original application is actually received by Golden Rule at its Home Office.

For an application sent by any electronic method, the effective date for injuries will be the later of: (a) the requested effective date, if any, shown on the application; or (b) the day after the date upon which the application is actually received by Golden Rule at its Home Office.

The effective date for **illnesses** will be the same as for injuries if you are replacing prior coverage within 62 days of application for this coverage and disclose replacement information on the initial application for insurance. If replacement information is not disclosed on the initial application for insurance, the effective date for illnesses will be the 15th day after the effective date for injuries. Illnesses that begin prior to that 15th day will be treated as a preexisting condition and will not be covered until the individual has been a covered person for 12 months.

### Premium

We may adjust the premium rates from time to time. Premium rates are set by class, and you will not be singled out for a premium change regardless of your health. The policy plan, age and sex of covered persons, type and level of benefits, time the certificate has been in force, and your place of residence are factors that may be used in setting rate classes. Premiums will increase the longer you are insured.

### Dependents

For purposes of this coverage, eligible dependents are your lawful spouse and eligible children. Eligible children must be unmarried, living with and financially dependent on you, and under 19 years of age, or under 23 years of age if attending an accredited college or vocational school on a full-time basis.

### Termination of a Covered Person

A covered person's coverage will terminate on the date that person no longer meets the eligibility requirements, or if the covered person commits fraud or intentional misrepresentation.

### Continued Eligibility Requirements

A covered person's eligibility will cease on the earlier of the date a covered person:

- Ceases to be a dependent; or
- Becomes insured under an individual plan providing medical or hospital, surgical, or medical services or benefits. (This does not apply to stand-alone cancer, ICU, or accident-only policies.)

### Renewability

You may renew coverage by paying the premium as it comes due. We may decline renewal only:

- For failure to pay premium; or
- If we decline to renew all certificates just like yours issued to everyone in the state where you are then living.

### Underwriting

Coverage will not be issued as a supplement to other health plans that you may have at the time of application.

### Conditions Prior to Legal Action

To help resolve disputes before litigation, the policy requires that you provide us with written notice of intent to sue as a condition prior to legal action. This notice must identify the source of the disagreement, including all relevant facts and information supporting your position. Unless prohibited by law, any action for extra-contractual or punitive damages is waived if the contract claims at issue are paid or the disagreement is resolved or corrected within 30 days of the written notice.

### Group -- COB

If, after coverage is issued, a covered person becomes insured under a group plan, benefits will be determined under the Coordination of Benefits (COB) clause. COB allows two or more plans to work together so that the total amount of all benefits will never be more than 100 percent of covered expenses. COB also takes into account medical coverage under auto insurance contracts.

### Medicare -- Carve-Out

Covered persons who reach the age of Medicare eligibility and obtain Medicare coverage will be provided an alternative health insurance benefit called "Carve-out." Basically, "Carve-out" pays the difference between what Golden Rule benefits normally would pay and what is paid by Medicare.

# State Variations

Please review the information provided below, which summarizes the major variations in coverage by state from these described in this brochure.

## Alaska

- Copay Plans are not available in this state.
- Formulas necessary for the treatment of phenylketonuria are covered the same as any other illness.

## Arizona

- The references to 24 and 12 months in the definition of a preexisting condition are both changed to 6 months.
- Dependent children do not have to live with you to meet the definition of eligible children.
- The limited exclusion for AIDS does not apply.
- Portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants. Review the application for insurance for details.

## Arkansas

- The exclusion for TMJ disorders does not apply.
- Limited coverage is provided for children's preventive health care services.
- Childhood immunizations are not subject to the deductible.

## Colorado

- The limitation on expenses incurred during the first six months for treatment of tonsils, adenoids, middle ear disorders, hemorrhoids, hernia, or any disorders of the reproductive organs does not apply.
- The 14-day waiting period for the coverage of illnesses does not apply.
- The preexisting conditions limitation is reduced from 24 to 6 months.
- The limited exclusion for AIDS does not apply.
- Limited routine newborn care.
- Expenses for mammography exams, prostate screening, and child health services are not subject to the deductible.
- Mental or nervous disorders: The exclusion under the Saver Plans and the \$3,000 lifetime limit under other plans are removed. Instead, you will receive certain limited benefits mandated by Colorado.
- Certain types of biologically based mental illnesses will be covered, subject to all the terms and conditions of the certificate.
- The age limit for a dependent is increased from 23 to 24, and can include a dependent medically certified as disabled.
- No benefits will be paid for treatment of intractable pain as defined in the certificate.

## CoverColorado Notice Form

You and/or your dependents may qualify for health insurance from CoverColorado as Eligible Individuals, as defined under the federal "Health Insurance Portability and Accountability Act of 1996."

Generally, you are eligible if you:

- Have had 18 months of continuous prior health insurance coverage;
- Were most recently covered under a group health plan;\*
- Have elected and exhausted COBRA or state continuation of benefits coverage;
- Are not eligible for any other group health coverage, Medicare, or Medicaid; and
- Do not have other health insurance.

\* *Group health plan = coverage existing in connection with employment.*

You also may be eligible for participation in the plan, without first requiring application to a carrier for health coverage, if a licensed physician has diagnosed you with a medical condition that is on the list of presumptive medical conditions established by the CoverColorado Board of Directors.

Other eligibility requirements, exclusions, and limitations may apply.

You may apply to CoverColorado for a determination of your eligibility for insurance on application forms available from CoverColorado. A premium will be charged for this insurance if your application is accepted.

For more information regarding CoverColorado, including benefits and exclusions, please contact:

Plan Representative  
CoverColorado  
425 South Cherry Street, Suite 160  
Glendale, CO 80246  
(877) 461-3811  
(800) 259-2656 (TDD)

## Florida

- Covered child health supervision services (well-child care services) are not subject to the deductible.
- Portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants. Review the application for insurance for details.

## Georgia

- There is a carry-over deductible feature which allows for expenses incurred and applied to the calendar-year deductible during the last three months of the year to be applied towards satisfying your deductible for the next calendar year. This does not apply to the HSA Plans<sup>SM</sup>.
- The limited exclusion for AIDS does not apply.

- The limiting age for a child attending an accredited college on a full-time basis to be considered a dependent is changed from 23 to 25.
- Child-wellness benefits are not subject to the deductible.

## Indiana

- The limited exclusion for AIDS does not apply.

## Iowa

- The spine and back limitation does not apply.
- The preexisting conditions 12-month waiting period may be reduced for persons covered by qualifying prior coverage.
- The limited exclusion for AIDS does not apply.
- The maternity expense benefits rider does not cover maternity expenses until 300 days after the rider effective date.

## Maryland

- The limited exclusion for AIDS does not apply.

## Michigan

- The reference to 24 months in the definition of a preexisting condition is changed to 6 months.
- **Provider Network Continuity of Treatment:** If your provider leaves the network while you are receiving treatment for an "injury or illness," your first subsequent visit will be covered as if your provider were still in the network, and we will notify you that the provider is no longer a network provider so that you may choose a new network provider.
- **Grievance Procedure Information**  
**Phone Number:** (317) 297-4189. Upon request, we will provide you with the telephone number for the Michigan Department of Consumer and Industry Services.
- Expenses incurred for diagnosis and treatment of pain will be covered expenses to the same extent as for any other illness or injury.

## Mississippi

- The references to 24 and 12 months in the definition of a preexisting condition are both changed to 6 months.

## Quality Assurance Program Summary

If you select a UnitedHealthcare network, UnitedHealthcare will administer their Quality Improvement Program to improve your health care experience. Components of the program include:

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- Providing Clinical Profile reports on key clinical measures to your physician or other health care providers so he or she can deliver better quality medical care to you and your family;
- Public accountability through the accreditation process and reporting to regulatory agencies;
- Credentialing the physician and provider network; and
- Reporting on, and improving performance on, clinical measures and measures of customer satisfaction.

### Missouri

- The limited exclusion for AIDS does not apply.
- Portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants. Review the application for insurance for details.
- The exclusion for intentionally self-inflicted bodily harm does not apply if the intentionally self-inflicted bodily harm resulted from a suicide attempt while insane.
- The exclusion for suicide while insane in the Decreasing Term Life Insurance Rider does not apply.
- Notification Requirements do not apply.
- Covered childhood immunizations are not subject to the deductible.

### Ohio

- On all plans except Saver Plans: The lifetime maximum benefit limit for inpatient diagnosis or treatment of a mental disorder or substance abuse and for outpatient diagnosis or treatment of substance abuse is \$3,000 per covered person; professional fees of a medical practitioner for outpatient treatment of substance abuse are limited to \$50 per visit; and professional fees of a medical practitioner for outpatient diagnosis and treatment of a mental disorder are limited to \$550 per covered person, per calendar year.
- The limited exclusion for AIDS does not apply.
- State of Ohio Basic and Standard portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants.
- Limited coverage is provided for child health supervision services.

### Oklahoma

- Expenses for mammography exams are not subject to the deductible or coinsurance.
- The spine and back limitation does not apply.
- The preexisting conditions 12-month waiting period may be reduced for persons covered by qualifying prior coverage.
- Covered childhood immunizations are not subject to the deductible.

### Pennsylvania

- Covered childhood immunizations are not subject to the deductible.

- Formulas or nutritional supplements for PKU and other metabolic disorders are covered and are not subject to the deductible.

### South Carolina

- The preexisting conditions reference to treatment within 24 months prior to the applicable effective date is changed to 12 months. This 12-month waiting period may be reduced for persons covered by qualifying prior coverage.

### Tennessee

- Portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants. Review the application for insurance for details.

### Texas

- Treatment of TMJ disorders is covered the same as any other illness.
- Formulas necessary for the treatment of phenylketonuria are covered the same as any other illness.
- The optional maternity benefit is added by use of a rider and requires additional premium.
- With respect to fees charged for covered expenses, reasonable and customary charges mean the most common charge for similar expenses within the area in which the expense is incurred so long as these charges are reasonable. What is reasonable and customary will be determined by Golden Rule based on the factors stated in the policy.
- Inpatient diagnosis or treatment of mental or nervous disorders or mental incapacity will be covered the same as any other illness, subject to the \$3,000 lifetime maximum benefit and other terms of the policy. For example, as with any other illness or injury, inpatient treatment which is primarily for educational or rehabilitative care will not be covered.
- If a designated "Center of Excellence" is not used for a listed transplant, covered expenses will be reduced by 25 percent.
- A preexisting condition is an injury or illness for which the covered person received medical advice or treatment within the 12 months immediately preceding the effective date of coverage. This 12-month waiting period may be reduced for persons covered by qualifying prior coverage.
- Limited benefits are provided for the diagnosis and treatment of chemical dependency.
- AIDS and HIV-related disease claims will be limited to \$5,000 per calendar year, provided the conditions under the limited exclusion for AIDS or HIV-related disease are met.
- Medically necessary is a defined term and means that a service, medicine, or supply is necessary and appropriate for the treatment of an illness or injury as determined by Golden Rule based on factors stated in the policy.
- The Coordination of Benefits provision also takes into account personal injury protection

coverage, whether provided under a group or individual contract.

- Covered childhood immunizations are not subject to the deductible.
- Dependent children are covered to age 25.
- Notification Requirements do not apply for plans with network.

### Virginia

- Work-related injuries are covered unless benefits are payable by Workers' Compensation.
- **Coordination of Benefits:** If, after Golden Rule coverage is issued, a person becomes insured under (an)other group plan(s), benefits of the plans will be determined under the Coordination of Benefits (COB) clause. One plan will be determined to pay primary based on COB rules described in the policy/certificate. Some of the rules which usually result in a plan paying primary include: not having an appropriate COB clause; covering a person as other than a dependent; with regard to a dependent covered under both parents' plans, the plan issued to the parent with the earlier date of birth or determined to be primary under the terms of a court decree or determinations based on custody; covering the person as an active employee/dependent of an active employee; or which plan has provided coverage longer.
- Portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants. Review the application for insurance for details.

### West Virginia

- The lifetime maximum benefit for all diagnosis or treatment of mental disorders, including substance abuse, is \$10,000.
- The exclusion of TMJ disorders does not apply.
- Childhood immunizations are not subject to the deductible.
- Portability plans (guarantee issue without preexisting conditions exclusions) are available to eligible applicants. Review the application for insurance for details.

### Wisconsin

- The limited exclusion for AIDS does not apply.
- The spine and back limitation does not apply.
- Covered expenses for all diagnoses or treatments of mental or nervous disorders and substance abuse are subject to the deductible and coinsurance, and will be limited to a policy year maximum benefit of \$7,000. Outpatient treatment is further limited to a maximum benefit of \$2,000.
- Limited coverage for nonsurgical treatment of TMJ is provided.
- Covered child immunization services are not subject to the deductible.
- Covered expenses for home health aide services will be limited to 40 visits in a 12-month period.



A UnitedHealth Group Company

# Golden Rule® Notice of Information Practices

## **THIS NOTICE DESCRIBES HOW MEDICAL AND OTHER PERSONAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED. IT ALSO DESCRIBES HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW THE NOTICE CAREFULLY.**

You entrust us with individually identifiable health and financial information (referred to as "personal information" in the rest of this notice). You are our best and most important source of information about you and others listed on your application. We may also collect personal information about you from others, such as health care providers, employers, or insurance companies.

### **EXAMPLES OF INFORMATION WE MAY COLLECT AND MAINTAIN**

Your name, address, telephone number, social security number, date of birth, income, E-mail address, policy or account number, account balance, policy coverage, premium payment, claims history, medical information, and motor vehicle reports.

### **INFORMATION WE ARE PERMITTED TO USE AND DISCLOSE WITHOUT AN AUTHORIZATION**

We may use and share the personal information described above. We will use and share it only as permitted or required by law. Examples include, but are not limited to, the following situations:

- To affiliates, but limited to transaction and experience information.
- To those who act on our behalf. They are required to keep the information confidential. They are required to use the information only to provide the services we have asked them to provide. They may include payment processing companies, mailing houses, data processing companies, business consultants, system support vendors, Internet vendors, and those that provide access to provider discounts for our insureds.
- To financial institutions with which we jointly offer, endorse, or sponsor a financial product or service.
- To the individual who is the subject of the information.
- To an insurance regulatory authority.
- For payment, such as using details received from an insurance company to coordinate benefits.
- For payment, such as to a health care provider to identify insurance coverage or benefits.
- For treatment, such as to your health care providers to help them provide medical care.
- For health care operations, such as exchanging information with another insurance company to detect or prevent criminal activity, fraud, and material misrepresentation.
- To provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to you.
- To a group health plan sponsor.
- For public health activities such as to prevent or control disease, injury, or disability.

- To persons involved with your care, such as a family member, when you are incapacitated or in an emergency.
- To health oversight agencies for compliance purposes.
- In response to a court or administrative order.
- In response to a subpoena, discovery request, or other lawful process by another person involved in a dispute.
- For law enforcement purposes.
- To coroners, medical examiners, or funeral directors.
- To avert a serious threat to health or safety to you, another person, or the public.
- To federal officials for intelligence, counter-intelligence, and other national security activities.
- To worker's compensation or other programs that provide benefits for work-related injuries or illness.

### **ALL OTHER USES AND DISCLOSURES OF PERSONAL INFORMATION**

All other uses and sharing of personal information, not permitted or required by law, will be made only with your written authorization. You may revoke the authorization in writing. If you do, we will no longer use or share the information for the reasons covered by the authorization -- unless we have taken action based on the authorization. We are unable to withdraw any disclosures we have already made with your authorization.

### **YOUR RIGHTS REGARDING YOUR PERSONAL INFORMATION**

With respect to your personal information, you have the following rights:

- To view it during regular business hours and to obtain a copy of it.
- To request that we amend it. (If we do not agree, you may file a statement of your disagreement that we will maintain in your file.)
- To receive details about our sharing of it.

Additionally, with respect to your personal health information, you have the following rights:

- To request that we communicate with you about it by alternative means or at an alternative location if our sharing of all or part of it could endanger you.
- To request that we restrict the use and sharing of it. (We do not have to agree.)

Additional rights may be available under state law. There are some exceptions to these rights. Please send a written request to the address below.

### **FORMER CUSTOMERS**

If your customer relationship with Golden Rule ends, we will still treat your information as described in this notice.

### **SECURITY OF PERSONAL INFORMATION**

We maintain physical, administrative, and technical safeguards to guard your information. We limit employee access to information based on job duties.

### **FAIR CREDIT REPORTING ACT NOTICE**

In some cases, we may ask a consumer-reporting agency to compile an investigative consumer report about you. If we request such a report, we will notify you promptly with the name and address of the agency that will furnish the report. You may request in writing to be interviewed as part of the investigation. The agency may retain a copy of the report. The agency may disclose it to other persons as allowed by the federal Fair Credit Reporting Act.

### **MEDICAL INFORMATION BUREAU**

We or our reinsurers may make a report of personal information in conjunction with our membership in the Medical Information Bureau (MIB). This is a nonprofit organization of life insurance companies, which operates an information exchange on behalf of its members.

If an application or claim for benefits is submitted to another Bureau member company for life or health insurance coverage, the Bureau, upon request, will supply such company with information in its file.

If you question the accuracy of information in the Bureau's file, you may seek a correction in accordance with the procedures set forth in the federal Fair Credit Reporting Act. Contact the Bureau at: MIB, Inc., P.O. Box 105, Essex Station, Boston, MA 02112, 866-692-6901, [www.mib.com](http://www.mib.com)

### **OUR DUTIES**

We are required to keep your personal information private. We are providing this notice of our legal duties and privacy practices. We will abide by the terms of this notice as currently in effect.

If you believe your privacy rights have been violated, you may send a written complaint to Golden Rule at the address below. You may also write to the Secretary of the Department of Health and Human Services. We will not take action against you for filing the complaint.

You will receive this notice each year. We reserve the right to change the terms of our notice. We reserve the right to make the new notice apply to all personal information that we maintain. We will send a new notice within 60 days of any material change. We will mail it to your last known address or by E-mail if you have agreed to electronic notice. For more information or to obtain a copy, please contact:

Golden Rule Insurance Company  
Attn: Privacy Official  
712 Eleventh Street  
Lawrenceville, IL 62439  
618-943-5064

This notice, effective January 2005, is being provided on behalf of Golden Rule Insurance Company and the following affiliated companies: *Ad-Ventures, Inc.; All Savers Insurance Company; and Golden Rule Financial Corporation.*

**To obtain an authorization for Golden Rule to release your personal information to another party, please go to [goldenrule.com](http://goldenrule.com) and click on "Customer Service." Then select "Download Health Insurance Forms."**

TO BE COMPLETED BY BROKER ONLY IF PERSONALLY COLLECTING INITIAL PREMIUM PAYMENT.

CONDITIONAL RECEIPT FOR \_\_\_\_\_

THIS FORM LIMITS OUR LIABILITY.

Proposed Insured: \_\_\_\_\_

Amount Received: \_\_\_\_\_

Date of Receipt: \_\_\_\_\_

**NO INSURANCE WILL BECOME EFFECTIVE UNLESS ALL SIX CONDITIONS PRIOR TO COVERAGE ARE MET. NO PERSON IS AUTHORIZED TO ALTER OR WAIVE ANY OF THE FOLLOWING CONDITIONS. YOUR CANCELLED CHECK WILL BE YOUR RECEIPT.**

THIS CONDITIONAL RECEIPT DOES NOT CREATE ANY TEMPORARY OR INTERIM INSURANCE AND DOES NOT PROVIDE ANY COVERAGE EXCEPT AS EXPRESSLY PROVIDED IN THE CONDITIONS PRIOR TO COVERAGE.

  
Signature of Secretary

\_\_\_\_\_  
Signature of Agent/Broker

### CONDITIONS PRIOR TO COVERAGE (APPLICABLE WITH OR WITHOUT THE CONDITIONAL RECEIPT)

Subject to the limitations shown below, insurance will become effective if the following conditions are met:

1. The application is completed in full and is unconditionally accepted and approved by Golden Rule Insurance Company (Golden Rule) at its Home Office or Indianapolis Office.
2. The person is a member of the Federation of American Consumers and Travelers.
3. All medical examinations, if required, have been *satisfactorily completed*.
4. The persons proposed for insurance must be, on the *effective date for injuries*, not less than a standard risk acceptable to Golden Rule according to its regular underwriting rules and standards for the exact plan and amount of insurance applied for.
5. The first full premium, according to the mode of premium payment chosen, has been paid on or prior to the *effective date for injuries*, and any check is honored on first presentation for payment.
6. The certificate is: (a) issued by Golden Rule exactly as applied for within 45 days from date of application; (b) delivered to the proposed insured; and (c) accepted by the proposed insured.

#### Definitions:

1. "*Satisfactorily completed*" means that no adverse medical conditions or abnormal findings have been detected which would lead Golden Rule to decline issuing the certificate or to issue a specially ridered certificate.
2. "*Effective date for injuries*" for a mailed application means the later of: (a) the requested effective date, if any, shown on the application; or (b) the date upon which the original application is actually received by Golden Rule at its Home Office.
3. "*Effective date for injuries*" for an application sent by any electronic method means the later of: (a) the requested effective date, if any, shown on the application; or (b) the day after the date upon which the application is actually received by Golden Rule at its Home Office.

#### Limitation:

If, for any reason, Golden Rule declines to issue a certificate or issues a certificate other than a standard certificate as applied for, Golden Rule shall incur no liability under this receipt except to return any premium amount received. Interest will not be paid on premium refunds.

### NOTICE TO APPLICANT REGARDING REPLACEMENT OF ACCIDENT AND SICKNESS INSURANCE

If you intend to lapse or otherwise terminate existing insurance and replace it with a new plan from Golden Rule, you should be aware of and seriously consider certain factors that may affect your coverage under the new plan.

1. Full coverage will be provided under the new plan for preexisting health conditions: (a) that are fully disclosed in your application; and (b) for which coverage is not excluded or limited by name or specific description. Other health conditions that you now have may not be immediately or fully covered under the new plan. This could result in a claim for benefits being denied, reduced, or delayed under the new plan, whereas a similar claim might have been payable under your present plan.
2. If after due consideration, you still wish to terminate your present insurance and replace it with new coverage, be certain to truthfully and completely answer all questions on the application concerning your medical and health history. Failure to include all material medical information, correct information regarding the tobacco use of any applicant, or information concerning other health plans may cause the company to deny a future claim and to void your coverage as though it has never been in force. After you have completed the application and before you sign it, reread it carefully. Be certain that all information has been properly recorded.
3. You may wish to secure the advice of your present insurer or its agent regarding the proposed replacement of or addition to your present plan. You should be certain that you understand all the relevant factors involved in replacing or adding to your present coverage.
4. Finally, we recommend that you not terminate your present plan until you are certain that your application for the new plan has been accepted by Golden Rule.

### A COPY OF YOUR AUTHORIZATION FOR MONTHLY P.A.C.

I (we) hereby authorize FACT or Golden Rule to initiate debit entries to the account indicated below.

I also authorize the named depository to debit the same to such account.

I agree this authorization will remain in effect until you actually receive written notification from me (or either of us) of its termination.

### A COPY OF YOUR AUTHORIZATION TO OBTAIN AND DISCLOSE HEALTH INFORMATION

I authorize Golden Rule Insurance Company's Insurance Administration and Claims Departments to obtain health information that they need to underwrite or verify my application for insurance. Any health care provider, the Medical Information Bureau (MIB), or insurance company having any information as to a diagnosis, the treatment, or prognosis of any physical or mental conditions about my family or me is authorized to give it to Golden Rule's Insurance Administration and Claims Departments. This includes information related to substance use or abuse.

I understand any existing or future requests I have made or may make to restrict my protected health information do not and will not apply to this authorization, unless I revoke this authorization.

Golden Rule may release this information about my family or me to the MIB or any member company for the purposes described in Golden Rule's Notice of Information Practices.

I (we) have received Golden Rule's Notice of Information Practices. This authorization shall remain valid for 30 months from the date below.

I (we) understand the following:

- A photocopy of this authorization is as valid as the original.
- I (we) or my (our) authorized representative may obtain a copy of this authorization by writing to Golden Rule.
- I (we) may request revocation of this authorization as described in Golden Rule's Notice of Information Practices.
- Golden Rule may condition enrollment in its health plan or eligibility for benefits on my (our) refusal to sign this authorization.
- The information that is used or disclosed in accordance with this authorization may be redisclosed by the receiving entity and may no longer be protected by federal or state privacy laws regulating health insurers.

I have retained a copy of this authorization.

**KEEP THIS DOCUMENT.  
IT HAS IMPORTANT INFORMATION.**