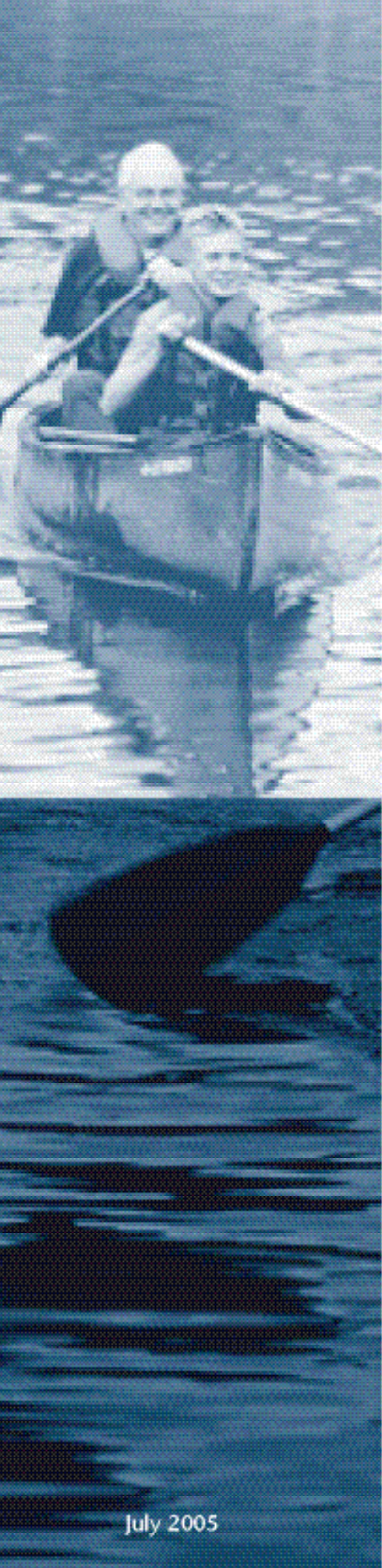




Regence
BlueCross BlueShield
of Utah

An Independent Licensee of the Blue Cross and Blue Shield Association



Individual BlueChoices

A Suite of Individual Solutions

July 2005

Discover the Choice, Affordability, and Freedom of Individual BlueChoices

INTRODUCTION

Thank you for your interest in Regence BlueCross BlueShield of Utah's Individual BlueChoices products for individuals and families. Individual BlueChoices is not only affordable, but also offers flexibility and freedom in selecting the right type of coverage for you and your family members.

Quite simply, Individual BlueChoices offers a unique line of products that give you more choice in Doctor and Hospital networks and benefits than ever before.

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Discover the Choice, Affordability, and Freedom of Individual BlueChoices

INDIVIDUAL BLUECHOICES — IN A WORD, INNOVATIVE:

- Wider range of deductible options to fit within your personal budget;
- Prescription benefits built-in;
- Worldwide coverage available when traveling;
- On-the-Job coverage for the self-employed;
- Value-Added programs offering discounts on non-covered services.

INDIVIDUAL BLUECHOICES — COMBINING YOUR CHOICE OF BENEFITS WITH YOUR CHOICE OF PROVIDER NETWORKS:

NETWORK CHOICES			
REGENCE BLUECROSS BLUESHIELD OF UTAH "TRADITIONAL" <ul style="list-style-type: none"> • 42 hospitals • >4,300 doctors 			
REGENCE VALUECARE <ul style="list-style-type: none"> • 34 hospitals • >4,000 doctors 			
		BLUEBASIC COPAYMENT & COINSURANCE PLANS AVAILABLE	BLUEADVANTAGE COPAYMENT & COINSURANCE PLANS AVAILABLE
BENEFIT CHOICES			

INDIVIDUAL BLUECHOICES — FREEDOM OF CHOICE:

Turn the pages and learn more about Individual BlueChoices and how you can customize your own health plan to meet your own unique needs.

**INDIVIDUAL BLUECHOICES OFFERS SOLUTIONS, PLAIN AND SIMPLE.
IT'S THE ULTIMATE IN NEW HEALTH CARE CHOICES.**

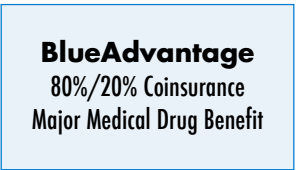
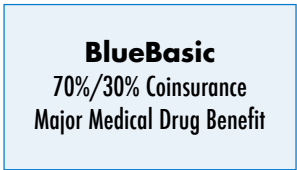
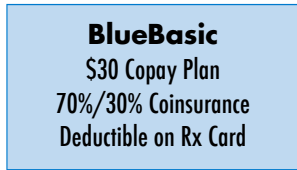
Individual BlueChoices

Choosing the Plan That's Right for You

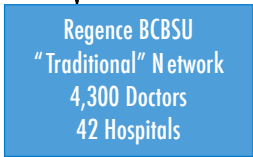
Choice One
Types of plans



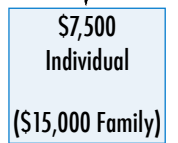
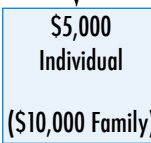
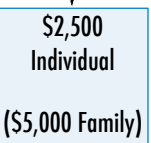
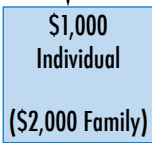
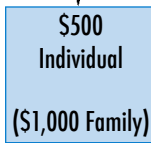
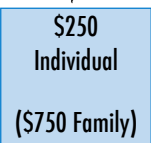
Choice Two
Health plan options



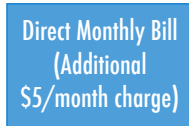
Choice Three
Provider networks



Choice Four
Deductible levels



Choice Five
Payment plans



Summary of Benefits

BENEFITS	BLUEBASIC				BLUEADVANTAGE			
	Deductibles	Individual Out-of-Pocket Maximum	Family Deductibles	Family Out-of-Pocket Maximum	Deductibles	Individual Out-of-Pocket Maximum	Family Deductibles	Family Out-of-Pocket Maximum
Deductibles. Once an individual deductible is met, benefits begin for that member, OR when the family sugarbowl (aggregate) Deductible is met, benefits begin for the entire family. No one member can contribute more than his or her individual Deductible towards the family Deductible. Out-Of-Pocket (OOP) Maximums. Deductible amounts and other OOP expenses as defined by the Plan apply to OOP Max. Copayments and Mental Health Coinsurance do not apply towards OOP Max.	\$250	\$3,000	\$750	\$6,000	\$250	\$2,500	\$750	\$5,000
	\$500	\$4,000	\$1,000	\$8,000	\$500	\$3,000	\$1,000	\$6,000
	\$1,000	\$5,000	\$2,000	\$10,000	\$1,000	\$3,500	\$2,000	\$7,000
	\$2,500	\$6,000	\$5,000	\$11,000	\$2,500	\$4,000	\$5,000	\$8,000
	\$5,000	\$7,000	\$10,000	\$13,000	\$5,000	\$6,500	\$10,000	\$12,000
	\$7,500	\$10,000	\$15,000	\$18,000	\$7,500	\$9,000	\$15,000	\$17,000
Coinsurance • In-Network • Out-of-Network	70% / 30% 55% / 45%				80% / 20% 60% / 40%			
Maximum Benefits	\$2 Million				\$2 Million			
PROFESSIONAL SERVICES:								
Office/Clinic and Urgent Care Center • Including Minor Surgical Procedures and Diagnostic Tests • Including Preventive Services (limited)	Low Deductibles After \$30 Copayment, We pay 100% of EME.		High Deductibles After Deductible, We pay 70% and You pay 30% of EME.		Low Deductibles After \$20 Copayment, We pay 100% of EME.		High Deductibles After Deductible, We pay 80% and You pay 20% of EME.	
Inpatient and Outpatient Professional Care • Outpatient Rehab and Chiropractic Care (limited) • Chemotherapy, Radiation and Dialysis • Major Surgical Procedures and Major Diagnostic Tests • Professional services not otherwise specified	After Deductible, We pay 70% and You pay 30% of EME.				After Deductible, We pay 80% and You pay 20% of EME.			
FACILITY SERVICES:								
Inpatient Hospital/SNF, Outpatient Hospital Care • Major Diagnostic Tests • Ambulatory Service Facility • Home Health Care • Home Infusion Therapy	After Deductible, We pay 70% and You pay 30% of EME.				After Deductible, We pay 80% and You pay 20% of EME.			
Emergency Department	After Deductible and \$100 Copayment, We pay 70% and You pay 30% of EME.				After Deductible and \$75 Copayment, We pay 80% and You pay 20% of EME.			
OTHER COVERED SERVICES:								
Mental Health Condition Services (including use/abuse of alcohol/drugs) (limited)	After Deductible, 50% to Maximum benefit of \$1,500. Coinsurance does not apply to out-of-pocket maximum.				After Deductible, 50% to Maximum benefit of \$1,500. Coinsurance does not apply to out-of-pocket maximum.			
DME and Supplies, Prosthetic and Orthotic Devices	After Deductible, We pay 70% and You pay 30% of EME.				After Deductible, We pay 80% and You pay 20% of EME.			
Maternity Care • All Covered Services	After \$5,000 Copayment, We pay 100%. (Copayment does not apply to Out-of-Pocket Maximum)				After \$5,000 Copayment, We pay 100%. (Copayment does not apply to Out-of-Pocket Maximum)			
ADDITIONAL BENEFITS:								
Supplemental Accident Benefit	N/A				\$1,000 per member per calendar year.			
Accidental Death Benefit	\$25,000/covered adult; \$5,000/covered dependent child or subscriber under 18.							
Rx Card	Rx Deductibles	Rx Classes	Rx Copayments		Rx Deductibles	Rx Classes	Rx Copayments	
\$250 Medical Deductible	\$100	Generic	\$10	25%	N/A	Generic	\$5	
		Formulary	50%			Formulary	25%	
\$500 Medical Deductible	\$200	Generic	\$10	50%	N/A	Generic	\$5	
		Formulary	50%			Formulary	25%	
\$1,000 Medical Deductible	\$400	Generic	\$10	50%	N/A	Generic	\$5	
		Formulary	50%			Formulary	25%	
\$2,500 Medical Deductible	Your identification card also works as a discount card at the pharmacy. Present your card at the pharmacy, pay 100% of the discounted amount, and then submit your receipt to Us. Prescription drugs will then be reimbursed at 70% after the medical plan Deductible per Calendar Year has been met. The Enrollee's 30% Coinsurance can be applied toward the Out-of-Pocket Maximum.				Your identification card also works as a discount card at the pharmacy. Present your card at the pharmacy, pay 100% of the discounted amount, and then submit your receipt to Us. Prescription drugs will then be reimbursed at 80% after the medical plan Deductible per Calendar Year has been met. The Enrollee's 20% Coinsurance can be applied toward the Out-of-Pocket Maximum.			
\$5,000 Medical Deductible								
\$7,500 Medical Deductible								

EME = Eligible Medical Expenses

Individual BlueChoices – Outline of Coverage

GENERAL INFORMATION

This outline of coverage is a benefit summary only, providing a brief description of the important features of your Health Care Agreement. It is not the insurance contract and only the actual provisions of the Health Care Agreement will control. After you are accepted, a Health Care Agreement and identification card will be mailed to you. Please read your Health Care Agreement carefully. The Health Care Agreement itself sets forth in detail the rights and obligations of both you and Regence BCBSU. It is, therefore, important that you **READ YOUR HEALTH CARE AGREEMENT CAREFULLY!**

Major Medical Coverage is designed to provide coverage for major hospital, medical, and surgical expenses incurred as a result of a covered Illness or Injury. Coverage is provided for daily hospital room and board, miscellaneous hospital services, surgical services, anesthesia services, in-hospital medical services, and out-of-hospital care, subject to any Deductibles, Copayments, Coinsurance, or other limitations which may be set forth in the Health Care Agreement.

THIS IS NOT A MEDICARE SUPPLEMENT CONTRACT

If you or a family member become eligible for Medicare, you should review the Medicare Supplement Buyer's Guide available from Regence BCBSU. If you choose to continue coverage under the Health Care Agreement and Medicare, the benefits of the Health Care Agreement shall be reduced by any amounts paid by Medicare.

YOUR RIGHTS TO WAIVE PEC WAITING PERIODS

Federal and state health insurance regulations provide portability (reduction or elimination of the pre-existing condition (PEC) waiting period because of prior coverage) for certain individuals and families who meet the established guidelines. Refer to Special Notice on page 22 in this booklet or contact our Sales Department at (801) 333-2510. Contact your insurance agent or Regence BCBSU for more information about these regulations and how they may affect your rights to receive credit toward your PEC waiting period.

WHAT IS COVERED

Benefits are available for these services and supplies when Medically Necessary.

INPATIENT AND OUTPATIENT HOSPITAL/SKILLED NURSING FACILITY

- Semi-private room accommodations
- Ancillary services and supplies
- Emergency room services
- X-ray and laboratory services

HOME HEALTH CARE/HOME INFUSION THERAPY SERVICES

- Home Health Care services provided in the Enrollee's home
- Home Infusion Therapy services provided in the Enrollee's home
- Other services and supplies

PHYSICIAN SERVICES

- Surgical services
- Assistant surgeon services
- Anesthesia services
- Inpatient medical services
- Outpatient medical services
- Diagnostic services
- Chemotherapy
- Radiation therapy

- Outpatient rehabilitation and chiropractic services (physical, speech, and occupational therapies and chiropractic care limited to \$1,500 per Enrollee per year.)
- Consultations
- Preventive services for adults and older children age 6 and over (limited to \$300 per Enrollee per calendar year.)
- Dental services for Accidental Injury
- Skilled nursing services
- Dialysis services
- Mental Health Condition (including drug/alcohol use/abuse) services (limited to \$1,500 per Enrollee per calendar year.)

MATERNITY SERVICES

PRESCRIPTION DRUGS

\$250, \$500 and \$1,000 Plans: Outpatient prescription drugs are covered under a Prescription Drug Rider issued in conjunction with the basic policy. \$2,500, \$5,000, \$7,500 Plans: Outpatient prescription drugs are covered at a coinsurance level after the medical deductible per calendar year has been met. Your identification card serves as a discount card at participating pharmacies.

OTHER SERVICES

- Durable Medical Equipment
- Medical/surgical supplies
- Ambulance services

DIABETIC SUPPLIES AND EDUCATIONAL BENEFITS

Diabetic supplies (including needles, syringes, test strips, lancets, and other disposable diabetic supplies) are covered under a Prescription Drug Rider issued in conjunction with the basic policy, if applicable, or under the basic policy benefit for Durable Medical Equipment and supplies. Diabetic education received through an accredited or certified diabetic education program is also covered.

TRANSPLANTS

Coverage is available for kidney, cornea, heart, heart/lung, lung, liver, and pancreas transplants, and bone marrow transplants for certain conditions (see the Health Care Agreement for details).

MAT/HSCS

Coverage is available for Myeloablative Therapy (MAT) With Hematopoietic Stem Cell Support (HSCS) For Malignancies. Specific criteria must be met for coverage to be provided. Prenotification is required.

PREVENTIVE SERVICES (LIMITED)

Children through age 5:

Ten professional examinations in the first 24 months of life and four professional examinations per child per year from age 2 through age 5 years, including routine diagnostic tests. Childhood immunizations covered through age 17 years. \$300 Maximum Benefit limit does not apply.

Adults and older children (age 6 and over) - Maximum Benefit \$300 per Enrollee per Calendar Year.

One routine physical examination each year for Members over age 5 years, including:

- One Pap smear each year;
- One prostate specific antigen (PSA) test each year for an Enrollee 40 years or older;
- Mammography screening in accordance with the following:
 - one baseline screening for an Enrollee 35 through 39 years;

- one screening each year for an Enrollee 35 through 39 years with documentation that the Enrollee has an inherited predisposition for cancer of the breast;
- one screening each year for an Enrollee 40 years of age or older;
- An annual test of the stool for occult blood for an Enrollee 40 through 64 years of age;
- Sigmoidoscopy and/or colonoscopy every 5 years for an Enrollee 40 years of age or older;
- Specified adult immunizations;
- One bone density scan for an Enrollee 40 years of age or older.

SPECIAL BEGINNINGS® PROGRAM

Special Beginnings® is a confidential maternity monitoring program administered by registered nurses who are dedicated to making each pregnancy a healthy experience.

To participate in the Special Beginnings® program or for 24-hour nurse access, please call 1 (800) 228-8263.

ACCIDENTAL DEATH BENEFIT

All Individual BlueChoices plans include a death benefit payable to the estate of the subscriber in the event of death caused by accidental means. Adult subscribers, covered spouses, covered children and juvenile subscribers (under age 18) are eligible for this benefit.

The death benefits are outlined below:

Insured	Death Benefit
Adult Subscriber	\$25,000
Covered Spouse	\$25,000
Covered Dependent Child	\$5,000 per child
Subscriber (under age 18)	\$5,000

Benefits are subject to the terms set forth in the Health Care Agreement.

LIMITATIONS

During the 12-month limitation period following the Enrollee’s application for coverage, NO BENEFITS will be provided for:

- Pre-existing conditions which are physical or mental conditions (including but not limited to pregnancy), for which medical advise, diagnosis, care, or treatment was recommended or received within 6 months prior to the Effective date;
- Mental Health Conditions including alcoholism, drug abuse, and other conditions related to use or abuse of alcohol or controlled substances (drugs);
- Organ transplants; bone marrow transplants;
- Pregnancy, unless the expected delivery date is more than 12 months after the Effective Date;
- Sterilization (e.g., vasectomy, tubal ligation).

We will reduce the duration of the 12 month waiting period by the amount of your combined periods of Creditable Coverage if you have been covered by Qualifying Coverage, provided there is no break in coverage greater than 63 days immediately preceding your application for coverage under this Agreement. Coverage may be concurrent.

Qualifying Coverage means only the following: group coverage (including self-funded plans); individual coverage (including student health plans); S-CHIP; Medicaid; Medicare; CHAMPUS/Tricare; Indian Health Service or tribal organization coverage; state high risk pool coverage; and public health plans (including foreign government and US government plans).

COVERAGE FOR JOB OR WORK-RELATED CLAIMS OR ILLNESSES

Normally, job or work-related claims that are paid under any workers’ compensation or employer liability insurance are excluded from coverage under the Health Care Agreement. However, if you are not required by law to be covered under workers compensation insurance, coverage may be available for the cost of care and treatment related to such a claim, in accordance with the terms, conditions, limitations, and exclusions of the Health Care Agreement. Coverage under the Health Care Agreement

will be evaluated at the time a claim for such care and treatment is received by Regence BCBSU and may require additional information from you to determine your entitlement to coverage under the Health Care Agreement.

EXCLUSIONS

No benefits will be provided for any of the following conditions, treatments, services, supplies, or accommodations, or for any direct complications or consequences thereof.

ALTERNATIVE CARE

The following types of alternative care:

- acupuncture and acupressure;
- holistic and homeopathic treatment;
- massage or massage therapy;
- naturopathy;
- faith healing;
- milieu therapy;
- hypnosis;
- sensitivity training;
- behavior modification;
- biofeedback;
- electrohypnosis, electrosleep therapy, or electronarcosis;
- ecological or environmental medicine; and
- other therapies: scream therapy; psychic surgery, channeling, sensory deprivation; rolfing; thermography; music, art, dance, or recreation therapy; crystal therapy; and hypertherapy (therapeutically induced fever) for the treatment of cancer.

APPLIANCES OR RESTORATIONS NECESSARY TO INCREASE VERTICAL DIMENSION OR RESTORE OCCLUSION

AUTOMOBILE PERSONAL INJURY PROTECTION COVERAGE

Services and supplies for the treatment of an Injury or Illness that are the responsibility of any automobile personal injury protection (“PIP”) coverage, including:

- Coverage up to the minimum amount required by state or federal law, regardless of whether or not such coverage is in force; and
- Any amount of coverage carried in excess of the minimum amount required by state or federal law, regardless of whether or not the Enrollee files a claim for benefits under such coverage.

BENEFITS NOT STATED

Services and supplies provided for which there is no stated benefit under the Agreement. When a non-covered service or supply is performed or received at the same time as a Covered Service, then only the portion of charges relating to the Covered Service will be considered eligible for payment under this Agreement.

BIRTH CONTROL/INFERTILITY

Services and supplies in connection with the following:

- non-prescription contraceptives;
- reversal of voluntary surgically performed sterilization or subsequent re-sterilization;
- artificial insemination or in vitro fertilization;
- infertility, except to the extent Covered Services are required to diagnose such condition; and
- fertility drugs and medications.

CHARGES THAT EXCEED ELIGIBLE MEDICAL EXPENSES

Any charge for services and supplies that exceed Eligible Medical Expenses.

COSMETIC/RECONSTRUCTIVE SERVICES AND SUPPLIES

Cosmetic and/or Reconstructive services and supplies, including blepharoplasty and otoplasty, except in the case of surgery that is:

- performed to restore a physical bodily function;
- related to an Accidental Injury; or
- related to breast Reconstruction following a Medically Necessary mastectomy to the extent required by law.

Cosmetic means services or supplies that are applied to normal structures of the body primarily for the purpose of improving or changing appearance.

Reconstructive means services, procedures, and surgery performed on abnormal structures of the body, caused by congenital defects, developmental abnormalities, trauma, infection, tumors, or disease. It is generally performed to restore function, but may also be done to approximate a normal appearance.

For the purposes of this Agreement, psychological factors (for example, poor self-image, difficult social or peer relations) are not relevant and are not considered a physical bodily function.

COUNSELING

Charges for counseling an Enrollee, including the following:

- marital counseling;
- family counseling;
- educational, social, occupational, or religious counseling;
- counseling in the absence of Illness or Injury; and
- counseling with a patient's family, friend(s), employer, school counselor, or school teacher.

This exclusion does not apply to services for counseling an Enrollee when incidentally provided, without separate charge, in connection with Covered Services.

COURT-ORDERED OR COURT-RELATED SERVICES/SERVICES IN CONNECTION WITH LEGAL PROCEEDINGS

Services, supplies, examinations, reports, or appearances in connection with legal proceedings or court ordered or court-related services.

CUSTODIAL, DOMICILIARY AND CONVALESCENT CARE

Custodial Care, domiciliary care, convalescent care (other than extended care), rest cures, and services provided for or in connection with institutional care which is for the primary purpose of controlling or changing the Enrollee's environment.

Custodial Care means care that mainly provides room and board (meals), or if it is for a physically or mentally disabled person who is not receiving care specifically to reduce the disability so that the person can live outside a medical care facility or nursing home. No matter where the person lives, care is considered Custodial Care if it is non-skilled nursing care, training in personal hygiene, other forms of self-care, supervisory care by a Provider, or care provided by a health-care facility licensed by the State of Utah as an assisted living facility, hospice, residential health-care facility, or small health-care facility, or that is similarly licensed by the state in which it is located.

DENTAL SERVICES

Dental Services, unless the Agreement specifically covers them.

ERECTILE DYSFUNCTION

Services and supplies for or in connection with erectile dysfunction, regardless of its origin.

EXPENSES INCURRED BEFORE COVERAGE BEGINS OR AFTER COVERAGE ENDS

Services and supplies incurred before enrollment under the Agreement or after termination under the Agreement.

EXPERIMENTAL OR INVESTIGATIONAL SERVICES

Experimental or investigational treatments or procedures; and services, supplies, and accommodations provided in connection with experimental or investigational treatments or procedures. A treatment or procedure will be considered experimental or investigational if reasonable and substantial scientific evaluation has not been completed, effectiveness has not been established, or the procedure or treatment has not been accepted and generally used by the medical Provider community for a period of 5 years. Our Medical Director will determine whether a treatment or procedure is experimental or investigational. The absence of any alternative treatment or procedure or any effective non-experimental or non-investigational treatment or procedure for an Illness or Injury shall not make or be deemed to make an experimental or investigational treatment or procedure a Covered Service.

FEES, TAXES, INTEREST, ETC.

Charges for shipping and handling, postage, interest or finance charges that a Provider might bill. We also do not cover excise, sales, or other taxes; surcharges; tariffs; duties; assessments; or other similar charges whether made by federal, state, or local government, or by another entity, unless required by law.

FOOT CARE

Foot care, including but not limited to:

- treatment of corns and calluses;
- trimming of nails (we do cover surgery for ingrown toenails);
- foot impression casting including x-rays;
- nonsurgical treatment of bunions, flat feet, fallen arches, weak feet, chronic foot strain, or other symptomatic complaints of the foot;
- arch supports;
- special shoe accessories; and
- foot orthotics other than Medically Necessary foot orthotics immediately following foot surgery.

GASTRIC PROCEDURES

Services and supplies for or in connection with gastric or intestinal bypass, gastric stapling, or other similar surgical procedure, or for or in connection with reversal or revision of such procedures.

GENETIC SERVICES

Services and supplies for or in connection with nucleic acid level genetic studies or for genetic alteration. This exclusion does not apply to chromosomal analysis.

GROWTH HORMONE

Growth hormone therapy once bone growth is complete.

HEARING TREATMENT

Routine hearing examinations, cochlear implants, programs, or treatment for hearing loss, including but not limited to hearing aids (internal or external); implantable hearing aids and the surgery and services necessary to implant them.

HIGH RISK ACTIVITIES

Services and supplies for injuries sustained in:

- aviation accidents (including accidents occurring in flight or in the course of take-off or landing), unless You are a passenger on a scheduled commercial airline flight; and
- the course of parachuting or hang-gliding.

MENTAL HEALTH TREATMENT

Care or treatment of the following:

- marital or family problems;
- social, occupational, religious, or other social maladjustment;
- conduct disorders; and
- chronic situational reactions.

MILITARY SERVICE-RELATED CONDITIONS

Services and supplies for treatment of an Illness or Injury caused by or incurred during service in the armed forces of any state or country.

OBESITY OR WEIGHT REDUCTION/CONTROL

Medical or surgical treatment (including reversals), programs, or supplies that are intended to result in weight reduction, regardless of diagnosis or psychological conditions.

ORTHOGNATHIC SURGERY

Services and supplies to change the position (augmentation or reduction procedures) of a bone of the upper or lower jaw (orthognathic surgery).

OTHER PARTY LIABILITY

Services and supplies for treatment of Illness or Injury for which a third party is responsible, including:

- Any work related Injury or Illness where benefits have been paid under any workers' compensation or employer liability insurance, including any claims that are resolved pursuant to a disputed claim settlement for which an Enrollee has or had a right to compensation; and
- Any automobile medical, personal injury protection ("PIP") carried in excess of the minimum amount required by state or federal law, automobile no-fault, underinsured or uninsured motorist coverage, homeowners coverage, commercial premises coverage, or similar contract or insurance, when such contract or insurance is issued to or makes benefits available to an Enrollee, whether or not the Enrollee, if eligible, files a claim for benefits under such coverage.

Any benefit provided contrary to this exclusion is not a waiver of Our right to reimbursement or subrogation. Refer to the Health Care Agreement for additional information.

PERSONAL COMFORT ITEMS

Items that are primarily used for personal comfort or convenience, contentment, personal hygiene, aesthetics, or other nontherapeutic purposes. For example, We do not cover telephones, television, and guest meals while in a facility if they are charged separately from the cost of the room.

PERSONALITY DISORDER, LEARNING DISABILITY, ETC.

Care or treatment of chronic organic brain syndrome, personality disorder, learning disability, or mental retardation, except to the extent Covered Services are required to diagnose such conditions.

PHYSICAL EXERCISE PROGRAMS AND EQUIPMENT

Physical exercise programs or equipment, including hot tubs, or membership fees at spas, health clubs, or other such facilities whether or not the program, equipment, or membership is recommended by the Enrollee's Provider.

PREPARATION OF FORMS/MISSED APPOINTMENTS

Charges for preparing medical reports, itemized bills or claims forms; appointments scheduled and not kept ("missed appointments").

PRIVATE DUTY NURSING

Private duty nursing or hourly nursing services, including ongoing hourly shift care in the home.

PSYCHOANALYSIS/PSYCHOTHERAPY

Psychoanalysis or psychotherapy credited toward earning a degree or furthering an Enrollee's education or training.

RIOT, REBELLION, WAR AND ILLEGAL ACTS

Services and supplies for treatment of an Illness or Injury caused by an Enrollee's unlawful instigation and/or active participation in a riot or war, including an armed invasion or aggression, insurrection, or rebellion; or sustained by an Enrollee while in the act of committing a felony.

ROUTINE PHYSICAL EXAMINATIONS, TESTS, SCREENING PROCEDURES, AND IMMUNIZATIONS

Unless specifically described as a benefit under the Agreement, routine physical examinations, including tests, screening procedures, and immunizations when the Enrollee has no symptoms of Illness or Injury (for example, cancer screening tests and general health screening tests). We will, however, cover tetanus or rabies vaccinations administered in connection with an Accidental Injury.

SELF-HELP, SELF-CARE, TRAINING, OR INSTRUCTIONAL PROGRAMS

Self-help, non-medical self-care, training, educational, or instructional programs. Unless specifically described as a benefit, this includes diet and weight monitoring services, instruction programs including those to learn how to self-administer prescriptions or nutrition, and programs that explain how to use Durable Medical Equipment or how to care for a person in the family. This exclusion does not apply to services for training or educating an Enrollee when incidentally provided, without separate charge, in connection with Covered Services.

SERVICES AND SUPPLIES FOR WHICH NO CHARGE IS MADE OR NO CHARGE IS NORMALLY MADE

Services and supplies for which an Enrollee is not required to make payment or for charges that in the absence of this Agreement there would be no obligation to pay. This would include but is not limited to:

- services or supplies for which an Enrollee cannot be held liable because of an agreement between the Provider rendering the service and another third party payor which has already paid for such service or supply; and
- services for which the Enrollee incurs no charge or has no legal obligation to pay.

SERVICES AND SUPPLIES OTHERWISE AVAILABLE FROM A GOVERNMENTAL AGENCY OR PROGRAM

Services and supplies to the extent benefits are provided or covered by any governmental agency (for example, a federal hospital or the Veterans Administration), unless reimbursement under the Agreement is otherwise required by law. Also excluded are services covered by programs created by the laws of the United States, any state, or any political subdivision of a state, or which would be so covered except for coverage under this Agreement.

SERVICES AND SUPPLIES PROVIDED BY A MEMBER OF YOUR FAMILY

Services and supplies provided to You by a member of Your Immediate Family. For purposes of this provision, "Immediate Family" means parents, spouse, children, siblings, half-siblings, or in-laws, or any relative by blood or marriage.

SERVICES AND SUPPLIES PROVIDED BY A SCHOOL OR HALFWAY HOUSE

Services and supplies provided by any public or private school or halfway house, or by their employees and services provided solely to satisfy institutional requirements.

SERVICES AND SUPPLIES PROVIDED OUTSIDE OF UTAH

Services and supplies provided outside of Utah that would not have been licensed in Utah, or that may not be legally provided in Utah.

SERVICES AND SUPPLIES THAT ARE NOT MEDICALLY NECESSARY

Services and supplies that are not Medically Necessary for the treatment of an Illness or Injury except for preventive care benefits if specifically provided under the Agreement.

SERVICES, SUPPLIES AND DRUGS NOT YET APPROVED BY THE FDA

Services, supplies or drugs which have not yet been approved by the United States Food and Drug Administration (FDA) or which are used for other than its FDA-approved purpose.

SEXUAL COUNSELING, TREATMENT, OR SURGERY

Counseling, treatment (including drugs), or surgery for sexual dysfunction, including but not limited to transsexualism, psychosexual identity disorder, psychosexual disorder or gender dysphoria.

TEMPOROMANDIBULAR JOINT (TMJ) DYSFUNCTION TREATMENT

Services and supplies provided in connection with temporomandibular joint (TMJ) dysfunction other than surgical correction of the TMJ required as a result of an Accidental Injury.

TOBACCO ADDICTION TREATMENT

Treatment of tobacco addiction, including supplies for addiction to tobacco, tobacco products, or nicotine substitutes.

TRAVEL AND TRANSPORTATION EXPENSES

Travel and Transportation expenses other than covered Ambulance Services provided under the Agreement.

TREATMENT, PROCEDURES, TECHNIQUES OR THERAPIES OUTSIDE ACCEPTED HEALTH CARE PRACTICE

Treatment or prevention of Illness or Injury by means of treatments, procedures, techniques or therapies outside generally accepted health-care practice, as determined by Us.

VISION CARE

Services and supplies related to vision care, unless specifically described as a benefit under the Agreement, including but not limited to:

- routine screening examinations or assessment for refractive error;
- the fitting, provision, or replacement of eyeglasses;
- contact lenses, including contact lens checks, except for the first intraocular lenses following cataract surgery;
- visual therapy, training, and eye exercises;
- vision orthoptics;
- vitamin therapy for vision;
- fundus photography; and
- surgical procedures to correct refractive errors/astigmatism. Additionally, reversals or revisions of surgical procedures which alter the refractive character of the eye are excluded.

VISITS OR CONSULTATIONS THAT ARE NOT IN PERSON

Any telephone, internet (or other electronic communication, including tele-medicine) visits or consultations, whether initiated by You or Your Provider.

ELIGIBILITY

In general, if you or your spouse is covered (or will be eligible to be covered) by a Regence BCBSU, Regence ValueCare or Regence HealthWise group insurance plan, you are not eligible for coverage under one of our individual health insurance plans.

If you allow your employer to pay the premiums directly (or reimburse you for the premiums) on this policy, the policy will be considered a group policy, and you will not be eligible for coverage under this plan.

All eligible family members must be enrolled unless otherwise approved by Regence BCBSU.

You are eligible to apply if you are a Utah tax-paying resident and at least 16 years but less than 65 years of age.

You may also apply for . . .

- Your spouse who is less than 65 years of age.
- Your unmarried child who is 2 weeks, and has had a 2 week medical examination, to 26 years of age, and who has been dependent on you for more than 50% of his or her total support for the three months preceding the date of application. For a child born or placed for adoption within the three-month period preceding the date of application, the 50% support test shall apply since the child's date of birth or placement for adoption. When applying for your 2 week old child, you must include a copy of his or her 2 week medical examination with the application form.
- A child who is under 18 years of age, or who is any age and incapacitated from earning a living and without sufficient means, and for whom a Subscriber is required by a court order or administrative order to provide health insurance coverage.

A custodial parent (who isn't the Subscriber) or the state Medicaid agency has the right to apply for coverage for certain dependents, and to submit claims and receive reimbursement when Nonparticipating Providers are used.

In certain situations, parents, adoptive parents, and those who have obtained court-appointed legal guardianship who are not eligible for coverage themselves, may apply for coverage for children up to age 16. Underwriting approval is required.

If after enrollment in the Regence BCBSU Individual BlueChoices health-care plans, you have a child born or placed for adoption after your Effective Date, the following provisions apply:

- If you already have Dependent coverage, coverage begins on the date the child is born or placed for adoption, but only if you give Regence BCBSU written notice of the birth or placement for adoption within 30 days after Regence BCBSU sends a denial of a claim for benefits for such new Dependent and you fully pay the required Premiums, if applicable. If written notice of the birth or placement for adoption is not received by Regence BCBSU within 30 days after the denial of a claim for benefits for such new Dependent, coverage begins on the date Regence BCBSU formally accepts your application for coverage of the child.
- If you do not have Dependent coverage, coverage begins on the date the child is born or placed for adoption, but only if you give Regence BCBSU written notice of the birth or the placement for adoption within 30 days after the birth or placement for adoption and you fully pay the required Premiums. If written notice of the birth or placement for adoption is not received by Regence BCBSU within 30 days after the birth or placement for adoption, coverage begins on the date Regence BCBSU formally accepts your application for coverage of the child.

TERMINATION

Coverage will terminate in the event of:

- failure to pay premiums,
- establishment of residence outside Utah,
- fraud or material misrepresentation, or
- loss of dependent eligibility.

Your coverage cannot be terminated for health reasons. Regence BCBSU has the right to terminate the Health Care Agreement if Regence BCBSU:

- eliminates coverage under the Health Care Agreement for all Subscribers (in which case Regence BCBSU shall provide ninety (90) days prior written notice to all Members covered under the Health Care Agreement and shall make available to the Subscriber, without regard to the claims experience or health status of any Enrollee, the option to purchase any other individual policy being offered by Regence BCBSU or an affiliate of Regence BCBSU for which they qualify), or
- elects not to renew all health benefit plans issued to individuals in Utah, in which case, Regence BCBSU shall provide 180 days prior written notice to all members covered under the Health Care Agreement.

PARTICIPATING PROVIDERS

Regence BCBSU has a special arrangement with most physicians, hospitals and other health-care providers in Utah. One of the advantages of this special arrangement is the simple way your claims are handled when you receive services from Participating

Providers. When you receive Covered Services from a Participating Provider, present your identification card and furnish any additional information required. The Participating Provider will provide to Regence BCBSU the necessary forms and information to process your claim. Regence BCBSU will pay the Participating Provider directly for Covered Services.

Another advantage of this special arrangement with Participating Providers is that when Eligible Medical Expenses (EME) (the amount Participating Providers have agreed to accept as full payment for Covered Services) are less than the amounts actually billed by the Participating Provider, the Participating Provider will accept the amount of Eligible Medical Expenses as payment in full. Your share of Eligible Medical Expenses is the amount you must pay for Deductible, Copayment, and Coinsurance stated in the Health Care Agreement.

OUT-OF-AREA (BLUECARD PROGRAM)

When you obtain health-care services through the BlueCard Program outside the geographic area Regence BCBSU serves, the amount you pay for Covered Services is usually calculated from the lower of:

- the actual billed charges for your Covered Services, or
- the negotiated price that the host Blue Cross and/or Blue Shield Plan passes on to Regence BCBSU.

Often, this “negotiated price” will consist of a simple discount. But sometimes it is an estimated final price that factors in expected settlements or other non-claims transactions with your health-care provider or with a specified group of providers. The negotiated price may also be a discount from billed charges that reflects average expected savings. The estimated or average price may be prospectively adjusted to correct for over- or underestimation of past prices.

In addition, laws in a small number of states require Blue Cross and/or Blue Shield Plans to use a basis for calculating your payment for Covered Services that does not reflect the entire savings realized or expected to be realized on a particular claim. When you receive Covered Services in one of those states, the required payment for those services will be calculated using that state’s statutory methods.

NONPARTICIPATING PROVIDERS

When you receive Covered Services from a Nonparticipating Provider, benefit payments will be made directly to you, and you will be responsible for paying the Nonparticipating Provider for Covered Services. You cannot assign or transfer the benefits of this plan to a Nonparticipating Provider or to any other person or entity. Such an assignment will be null and void. You should note that the charges of a Nonparticipating Provider might exceed Eligible Medical Expenses. The Plan does not cover such excess charges and they do not apply toward your Out-of-Pocket Maximum.

For you to receive benefit payments for Covered Services provided by a Nonparticipating Provider, you may need to submit your own claim. In that case, obtain an itemized statement from the Nonparticipating Provider, attach it to a claim form, and submit it to Regence BCBSU. Be sure to include your name, age, sex, contract (identification) number, and any other information requested by Regence BCBSU. Claim forms can be obtained from our website www.regence.com or by contacting our member services department at (801) 333-2100 or toll-free at 1 (800) 624-6519.

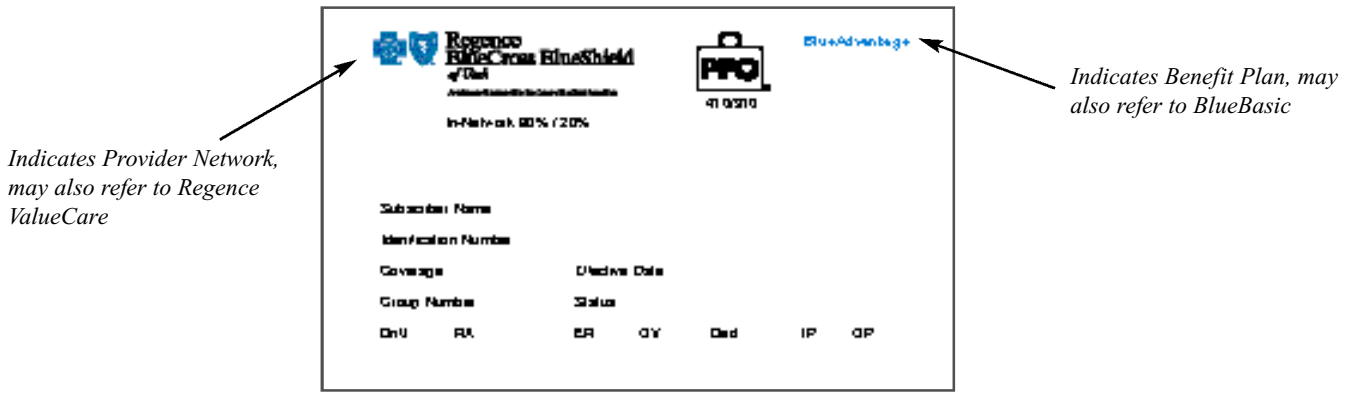
NOTE: IF YOU HAVE SELECTED THE REGENCE VALUECARE NETWORK, PROVIDERS WHO PARTICIPATE WITH REGENCE VALUECARE ARE PARTICIPATING PROVIDERS AND PROVIDERS WHO DO NOT PARTICIPATE WITH REGENCE VALUECARE ARE NONPARTICIPATING PROVIDERS. REGENCE VALUECARE IS A NETWORK ONLY AND IS NOT AN INSURANCE COMPANY.

IDENTIFICATION CARD

Your identification card is issued after you have been accepted into this Health Care Plan. You will receive it when you receive your Health Care Agreement. When you or your enrolled family members require medical or hospital attention, just present your identification card. Key information is contained on your card that assists in proper handling of your claim.

Under the \$250, \$500, and \$1,000 Deductible plans, your identification card is also your Prescription Drug card. Most pharmacies in Utah accept this card when you order your prescriptions.

Under the \$2,500, \$5,000 and \$7,500 Deductible plans, your identification card serves as a discount card for the purchase of Prescription Drugs at Participating Pharmacies.



CHANGES IN FAMILY STATUS AND ADDRESS

To change your status as a result of divorce or death, or to change your address, use our Change Form E-27. To change your status as a result of marriage or adding dependents, use our Change Form E-27 and a Health Statement Questionnaire. All family additions must be medically underwritten, except for a newborn or adoptive child, or a child whom you are required by a court or administrative order to provide health insurance coverage as described in the eligibility section. If necessary dependent information is not on Regence BCBSU's membership files, benefits may be delayed or denied for such individuals. A Change Form E-27 can be obtained from our website www.regence.com or by contacting our member services department at (801) 333-2100 or toll-free at 1 (800) 624-6519.

OTHER PARTY LIABILITY

If another party is responsible for your Illness or Injury, the benefits paid under this program may be subject to subrogation. Subrogation means that Regence BCBSU will recover the amounts it has paid in benefits out of the proceeds of any settlement or judgment that you receive as a recovery from the other party, whether or not you are made whole by the recovery and whether or not the recovery includes any amount for Covered Services.

COORDINATION OF BENEFITS

When you or your family members are also enrolled in another health plan, payments for Covered Services will be determined by coordinating the benefits of the two programs. Dual coverage will provide the maximum benefits to which you are entitled while preventing payment duplication. The primary health plan pays the full benefits covered under its program, and then the secondary health plan may reduce its benefits. In no event will payment be made in excess of expenses incurred.

APPEALS PROCESS

A fair and well established multi-level process is available to you to resolve any complaints or grievances regarding a claim denial or other action by Regence BCBSU with internal and external reviews. Refer to the Health Care Agreement for further information.

APPLICATION FOR MEMBERSHIP

After carefully reading this brochure and deciding to apply for coverage, you should complete the enrollment Application and return it to Regence BCBSU. Premiums are determined by the plan selected, the gender and age of the adult insured(s), and the number of children, if any, covered under the policy.

We rely on the information you provide for yourself and your dependents, so the information must be complete and accurate for each person to be enrolled. Acceptance of your application is based upon the health and prior insurance status of you and your family members, if any, and thus:

- coverage may be accepted at the current rates or
- certain health conditions may necessitate coverage acceptance at a higher rate level or
- coverage may be denied for failure to meet our underwriting requirements in accordance with federal/state health care reform regulations.

POLICY EFFECTIVE DATE

Review of your completed Application generally takes about ten (10) working days. Your coverage effective date will be assigned on the first of the month after your application has been reviewed and accepted. If there is a delay in accepting your application and the effective date is postponed, you will be notified.

PAYMENT OF PREMIUMS

Premiums are payable to Regence BCBSU. If premiums are not fully paid within 30 days after the due date, coverage under the Health Care Agreement is automatically terminated effective with the due date of the unpaid premiums. You will be notified of any increase or decrease in premiums 30 days in advance of the change. Rate adjustments typically occur once each year (currently in July, but subject to change), and apply to all individual and family plans in-force on the effective date of the adjustment, regardless of the date the Agreement was issued.

Regence BCBSU can change your premium or modify your benefits only if it does so for all Subscribers in your class. The amount of your premium is in accordance with the rate schedules in effect at the time of coverage and is based on the plan you have selected, the gender and age of the adult insured(s), and number of children, if any, covered under the policy. You will not receive separate advance notice of premium changes due to your age change.

If you have a broker or agent they may receive bonuses, commissions, administrative service fees, or other compensation, including non-cash compensation, from Regence BlueCross BlueShield of Utah. Incentives may be based on any of several factors, including the size of group business, the products you buy, your broker or agent's volume of business with Regence and the other services your agent or broker provides to you. These incentives may have a direct or indirect impact on your rates. For more information, please contact your broker or agent.

PAYMENT PLAN OPTIONS

When completing your Application and Health Statement, select one of the following payment options and indicate your choice on page 7 of the application form.

MONTHLY SUREPAY

SurePay allows you to have your premium withdrawn automatically each month from your personal checking or savings account. Payments are made monthly rather than quarterly, making your budgeting process easier. SurePay eliminates postage costs, as well as the time and expense of writing checks.

MONTHLY BILL

If you choose, you can receive a monthly bill. This method of paying your premium adds an additional \$5 charge per month.

QUARTERLY BILL

If you choose, you can receive a quarterly billing, mailed to your home address as indicated on your application. When your policy is issued we will make a bill for your first quarterly premium and you will be billed on a quarterly basis thereafter. The enclosed rate table shows monthly premiums. If you choose the quarterly bill, multiply the monthly premium by three.

(There is no additional charge for the quarterly billing option.)

TEN-DAY REVIEW PERIOD

You will have ten (10) days after you receive the Regence BCBSU Agreement to review the provisions of the Agreement and to review the benefits, limitations, and exclusions of the plan before acceptance. You may cancel within the 10-day review period and receive a full refund of your premium. There is no provision for premium refund after the 10-day review period. If your premium is refunded, the Regence BCBSU Agreement shall be void from the Effective Date.

CALCULATING YOUR PREMIUM RATE

STEP ONE. CHOOSE YOUR PLAN TYPE AND DEDUCTIBLE

COPAY PLANS	BLUEBASIC	BLUEADVANTAGE
	<input type="checkbox"/> \$250	<input type="checkbox"/> \$250
	<input type="checkbox"/> \$500	<input type="checkbox"/> \$500
	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,000
COINSURANCE PLANS	BLUEBASIC	BLUEADVANTAGE
	<input type="checkbox"/> \$2,500	<input type="checkbox"/> \$2,500
	<input type="checkbox"/> \$5,000	<input type="checkbox"/> \$5,000
	<input type="checkbox"/> \$7,500	<input type="checkbox"/> \$7,500

STEP TWO. CHOOSE YOUR PROVIDER NETWORK

- Regence BCBSU “Traditional”
- Regence ValueCare

STEP THREE. DETERMINE YOUR MONTHLY RATE

Find the rate table based on the information checked above. Find the rate associated with the applicant(s) information below.

APPLICANT(S)	AGE	SEX	MONTHLY RATE
1) Self			\$
2) Spouse			\$
# OF CHILDREN	PER CHILD RATE	MONTHLY CHILD(REN) RATE	
	(Maximum of 3 to be used for rate calculation)		
3) Child(ren)	x	=	ADD \$
4) SUBTOTAL (MONTHLY SUREPAY RATE)			\$

STEP FOUR. SELECT YOUR PAYMENT OPTION

Monthly SurePay Rate (from line 4 above)..... \$

Direct Monthly Bill
(line 4 amount + \$5 per month charge)..... \$ or

Quarterly Bill
\$ _____ (line 4 amount) x 3(months)..... \$ or

BlueChoices Individual/Family Plans

MONTHLY PREMIUM RATES EFFECTIVE JULY 1, 2005

BLUEBASIC COPAY PLANS

(COPAYS BEFORE THE DEDUCTIBLE FOR OFFICE, CLINIC AND URGENT CARE CENTER VISITS)

BLUEBASIC — VALUECARE NETWORK							BLUEBASIC — TRADITIONAL NETWORK								
\$30 OFFICE VISITS — 70 / 30% COINSURANCE							\$30 OFFICE VISITS — 70 / 30% COINSURANCE								
		\$250		\$500		\$1,000				\$250		\$500		\$1,000	
AGE	Male	Female	Male	Female	Male	Female	AGE	Male	Female	Male	Female	Male	Female	Male	Female
Under 20	\$91.30	\$91.30	\$75.90	\$75.90	\$64.90	\$64.90	Under 20	\$96.80	\$96.80	\$80.30	\$80.30	\$69.30	\$69.30	\$69.30	\$69.30
20 - 24	\$108.90	\$115.50	\$90.20	\$95.70	\$78.10	\$82.50	20 - 24	\$115.50	\$122.10	\$95.70	\$101.20	\$82.50	\$88.00	\$82.50	\$88.00
25 - 29	\$114.40	\$133.10	\$94.60	\$110.00	\$81.40	\$94.60	25 - 29	\$121.00	\$140.80	\$100.10	\$116.60	\$85.80	\$100.10	\$85.80	\$100.10
30 - 34	\$146.30	\$174.90	\$121.00	\$144.10	\$104.50	\$124.30	30 - 34	\$155.10	\$185.90	\$128.70	\$152.90	\$111.10	\$132.00	\$111.10	\$132.00
35 - 39	\$160.60	\$188.10	\$133.10	\$155.10	\$114.40	\$133.10	35 - 39	\$170.50	\$199.10	\$140.80	\$163.90	\$121.00	\$140.80	\$121.00	\$140.80
40 - 44	\$192.50	\$210.10	\$159.50	\$173.80	\$137.50	\$149.60	40 - 44	\$204.60	\$222.20	\$169.40	\$183.70	\$146.30	\$158.40	\$146.30	\$158.40
45 - 49	\$217.80	\$228.80	\$180.40	\$189.20	\$155.10	\$162.80	45 - 49	\$231.00	\$242.00	\$191.40	\$200.20	\$163.90	\$172.70	\$163.90	\$172.70
50 - 54	\$259.60	\$266.20	\$214.50	\$220.00	\$184.80	\$189.20	50 - 54	\$275.00	\$282.70	\$227.70	\$233.20	\$195.80	\$200.20	\$195.80	\$200.20
55 - 59	\$292.60	\$300.30	\$242.00	\$248.60	\$207.90	\$213.40	55 - 59	\$310.20	\$317.90	\$256.30	\$264.00	\$220.00	\$226.60	\$220.00	\$226.60
60 - 64	\$346.50	\$346.50	\$286.00	\$286.00	\$246.40	\$246.40	60 - 64	\$367.40	\$367.40	\$303.60	\$303.60	\$260.70	\$260.70	\$260.70	\$260.70
Child	\$72.60*		\$60.50*		\$51.70*		Child	\$77.00*		\$63.80*		\$55.00*			

BLUEBASIC COINSURANCE PLANS

(THE DEDUCTIBLE IS PAID FIRST THEN COINSURANCE BEGINS — OFFICE VISIT COPAYS NOT AVAILABLE)

BLUEBASIC — VALUECARE NETWORK							BLUEBASIC — TRADITIONAL NETWORK								
70 / 30% COINSURANCE AFTER DEDUCTIBLE							70 / 30% COINSURANCE AFTER DEDUCTIBLE								
		\$2,500		\$5,000		\$7,500				\$2,500		\$5,000		\$7,500	
AGE	Male	Female	Male	Female	Male	Female	AGE	Male	Female	Male	Female	Male	Female	Male	Female
Under 20	\$53.90	\$53.90	\$45.10	\$45.10	\$39.60	\$39.60	Under 20	\$57.20	\$57.20	\$47.30	\$47.30	\$41.80	\$41.80	\$41.80	\$41.80
20 - 24	\$63.80	\$68.20	\$52.80	\$56.10	\$47.30	\$49.50	20 - 24	\$67.10	\$72.60	\$56.10	\$59.40	\$50.60	\$52.80	\$50.60	\$52.80
25 - 29	\$67.10	\$78.10	\$56.10	\$64.90	\$49.50	\$57.20	25 - 29	\$71.50	\$82.50	\$59.40	\$69.30	\$52.80	\$60.50	\$52.80	\$60.50
30 - 34	\$85.80	\$102.30	\$71.50	\$84.70	\$62.70	\$74.80	30 - 34	\$91.30	\$108.90	\$75.90	\$90.20	\$66.00	\$79.20	\$66.00	\$79.20
35 - 39	\$94.60	\$110.00	\$78.10	\$91.30	\$69.30	\$80.30	35 - 39	\$100.10	\$116.60	\$82.50	\$96.80	\$73.70	\$84.70	\$73.70	\$84.70
40 - 44	\$113.30	\$123.20	\$94.60	\$102.30	\$82.50	\$90.20	40 - 44	\$119.90	\$130.90	\$100.10	\$108.90	\$88.00	\$95.70	\$88.00	\$95.70
45 - 49	\$127.60	\$134.20	\$106.70	\$111.10	\$93.50	\$97.90	45 - 49	\$135.30	\$141.90	\$113.30	\$117.70	\$99.00	\$103.40	\$99.00	\$103.40
50 - 54	\$151.80	\$156.20	\$126.50	\$129.80	\$111.10	\$114.40	50 - 54	\$160.60	\$166.10	\$134.20	\$137.50	\$117.70	\$121.00	\$117.70	\$121.00
55 - 59	\$171.60	\$176.00	\$143.00	\$146.30	\$125.40	\$129.80	55 - 59	\$181.50	\$187.00	\$151.80	\$155.10	\$133.10	\$137.50	\$133.10	\$137.50
60 - 64	\$203.50	\$203.50	\$168.30	\$168.30	\$148.50	\$148.50	60 - 64	\$215.60	\$215.60	\$178.20	\$178.20	\$157.30	\$157.30	\$157.30	\$157.30
Child	\$42.90*		\$35.20*		\$30.80*		Child	\$45.10*		\$37.40*		\$33.00*			

*Per child up to three children per family. No additional charge thereafter.

Rates are effective as of the date above. Any subsequent changes will be communicated in advance to members. If the birthday of a family member changes the age bracket, the next premium due will automatically reflect the increased premium. The rates shown on this sheet may vary based on underwriting. Rates for smokers are approximately 15% higher.

BlueChoices Individual/Family Plans

MONTHLY PREMIUM RATES EFFECTIVE JULY 1, 2005

BLUEADVANTAGE COPAY PLANS

(COPAYS BEFORE THE DEDUCTIBLE FOR OFFICE, CLINIC AND URGENT CARE CENTER VISITS)

BLUEADVANTAGE — VALUECARE NETWORK							BLUEADVANTAGE — TRADITIONAL NETWORK								
\$20 OFFICE VISITS — 80 / 20% COINSURANCE							\$20 OFFICE VISITS — 80 / 20% COINSURANCE								
		\$250		\$500		\$1,000				\$250		\$500		\$1,000	
AGE	Male	Female	Male	Female	Male	Female	AGE	Male	Female	Male	Female	Male	Female	Male	Female
Under 20	\$97.90	\$97.90	\$82.50	\$82.50	\$71.50	\$71.50	Under 20	\$103.40	\$103.40	\$88.00	\$88.00	\$75.90	\$75.90		
20 - 24	\$115.50	\$123.20	\$97.90	\$104.50	\$85.80	\$91.30	20 - 24	\$122.10	\$130.90	\$103.40	\$111.10	\$91.30	\$96.80		
25 - 29	\$122.10	\$141.90	\$103.40	\$119.90	\$90.20	\$104.50	25 - 29	\$129.80	\$150.70	\$110.00	\$127.60	\$95.70	\$111.10		
30 - 34	\$156.20	\$184.80	\$132.00	\$156.20	\$115.50	\$136.40	30 - 34	\$166.10	\$195.80	\$139.70	\$166.10	\$122.10	\$144.10		
35 - 39	\$171.60	\$199.10	\$145.20	\$168.30	\$126.50	\$147.40	35 - 39	\$181.50	\$211.20	\$154.00	\$178.20	\$134.20	\$156.20		
40 - 44	\$205.70	\$223.30	\$173.80	\$189.20	\$151.80	\$165.00	40 - 44	\$217.80	\$236.50	\$183.70	\$200.20	\$160.60	\$174.90		
45 - 49	\$232.10	\$243.10	\$195.80	\$205.70	\$170.50	\$179.30	45 - 49	\$246.40	\$257.40	\$207.90	\$217.80	\$180.40	\$190.30		
50 - 54	\$276.10	\$283.80	\$233.20	\$239.80	\$203.50	\$209.00	50 - 54	\$292.60	\$300.30	\$247.50	\$254.10	\$215.60	\$221.10		
55 - 59	\$311.30	\$320.10	\$262.90	\$270.60	\$229.90	\$236.50	55 - 59	\$330.00	\$338.80	\$278.30	\$287.10	\$244.20	\$250.80		
60 - 64	\$368.50	\$368.50	\$311.30	\$311.30	\$271.70	\$271.70	60 - 64	\$390.50	\$390.50	\$330.00	\$330.00	\$288.20	\$288.20		
Child	\$77.00*		\$64.90*		\$56.10*		Child	\$81.40*		\$69.30*		\$59.40*			

BLUEADVANTAGE COINSURANCE PLANS

(THE DEDUCTIBLE IS PAID FIRST THEN COINSURANCE BEGINS — OFFICE VISIT COPAYS NOT AVAILABLE)

BLUEADVANTAGE — VALUECARE NETWORK							BLUEADVANTAGE — TRADITIONAL NETWORK								
80 / 20% COINSURANCE AFTER DEDUCTIBLE							80 / 20% COINSURANCE AFTER DEDUCTIBLE								
		\$2,500		\$5,000		\$7,500				\$2,500		\$5,000		\$7,500	
AGE	Male	Female	Male	Female	Male	Female	AGE	Male	Female	Male	Female	Male	Female	Male	Female
Under 20	\$60.50	\$60.50	\$49.50	\$49.50	\$42.90	\$42.90	Under 20	\$63.80	\$63.80	\$52.80	\$52.80	\$45.10	\$45.10		
20 - 24	\$72.60	\$77.00	\$59.40	\$63.80	\$51.70	\$55.00	20 - 24	\$77.00	\$81.40	\$62.70	\$67.10	\$55.00	\$58.30		
25 - 29	\$77.00	\$89.10	\$62.70	\$72.60	\$53.90	\$62.70	25 - 29	\$81.40	\$94.60	\$66.00	\$77.00	\$57.20	\$66.00		
30 - 34	\$97.90	\$115.50	\$80.30	\$94.60	\$69.30	\$82.50	30 - 34	\$103.40	\$122.10	\$84.70	\$100.10	\$73.70	\$88.00		
35 - 39	\$107.80	\$124.30	\$88.00	\$102.30	\$75.90	\$88.00	35 - 39	\$114.40	\$132.00	\$93.50	\$108.90	\$80.30	\$93.50		
40 - 44	\$128.70	\$139.70	\$105.60	\$114.40	\$91.30	\$99.00	40 - 44	\$136.40	\$148.50	\$112.20	\$121.00	\$96.80	\$104.50		
45 - 49	\$145.20	\$151.80	\$118.80	\$124.30	\$103.40	\$107.80	45 - 49	\$154.00	\$160.60	\$125.40	\$132.00	\$110.00	\$114.40		
50 - 54	\$172.70	\$177.10	\$140.80	\$145.20	\$123.20	\$126.50	50 - 54	\$182.60	\$188.10	\$149.60	\$154.00	\$130.90	\$134.20		
55 - 59	\$194.70	\$200.20	\$159.50	\$163.90	\$138.60	\$141.90	55 - 59	\$206.80	\$212.30	\$169.40	\$173.80	\$147.40	\$150.70		
60 - 64	\$229.90	\$229.90	\$188.10	\$188.10	\$163.90	\$163.90	60 - 64	\$244.20	\$244.20	\$199.10	\$199.10	\$173.80	\$173.80		
Child	\$47.30*		\$39.60*		\$34.10*		Child	\$50.60*		\$41.80*		\$36.30*			

*Per child up to three children per family. No additional charge thereafter.

Rates are effective as of the date above. Any subsequent changes will be communicated in advance to members. If the birthday of a family member changes the age bracket, the next premium due will automatically reflect the increased premium. The rates shown on this sheet may vary based on underwriting. Rates for smokers are approximately 15% higher.

Individual BlueChoices – Frequently Asked Questions

WHAT IS THE DIFFERENCE BETWEEN BLUEADVANTAGE AND BLUEBASIC?

The differences between BlueAdvantage and BlueBasic are among the deductibles, coinsurance levels and office copay amounts. BlueAdvantage is an 80% / 20% coinsurance plan that has both high and low deductibles. The low deductibles offer a \$20 office copayment, while the high deductibles offer coinsurance amounts for the office visit.

BlueBasic is a 70% / 30% coinsurance plan that has both high and low deductibles. The low deductibles offer a \$30 office copayment, while the high deductibles offer coinsurance amounts for the office visit.

WHAT IS COINSURANCE?

Coinsurance is a way for members to share the cost of health care with us to keep premiums affordable. An example is when we pay 70% of health-care costs, the enrollee will pay the remaining 30%.

WHAT ARE THE ADVANTAGES OF USING AN AGENT AND HOW MUCH DOES IT COST?

Knowledgeable health insurance agents can explain the differences between the various plans that are available and can help you determine which ones might be the most beneficial for you. The cost to you is the same whether you apply with the help of an agent or apply by yourself.

CAN I COVER MY ENTIRE FAMILY?

Yes. All eligible family members must apply for coverage. Eligible dependents include your spouse and children 2 weeks to age 26 who are primarily dependent on you for support, including children for whom you are required by a court or administrative order to provide health insurance coverage. Children who are older than 26 and do not fall under our definition of “dependent” may apply for their own coverage.

CAN I RECEIVE HEALTH CARE WHILE TRAVELING?

The BlueCard program provides in-network coverage in every state. It enables members to obtain health-care services while traveling or living in another plan’s service area to receive the benefits of the Blue Cross and Blue Shield plan listed on their insurance card and to access local plan’s provider networks and savings. For assistance call BlueCard at 1 (800) 810-BLUE (2589).

WHAT IS A PRE-EXISTING CONDITION AND HOW LONG IS THE PRE-EXISTING CONDITION WAITING PERIOD?

A pre-existing condition is one for which medical advice was given, for which a health-care provider recommended or provided treatment within six months prior to the date we received your completed application and health questionnaire. Regence BCBSU plans contain a 12-month waiting period for pre-existing conditions. This waiting period excludes coverage for a 12-month period for you and your dependents’ pre-existing conditions.

DO REGENCE BLUECROSS BLUESHIELD OF UTAH INDIVIDUAL PLANS COVER MATERNITY?

Yes. Our BlueChoices plans include a \$5000 copayment for maternity. After the \$5000 copay has been met, Regence BCBSU pays 100 percent of all eligible expenses. In order to receive maternity benefits, the expected delivery date has to be more than 12 months after the effective date.

WHAT IF I NEED EMERGENCY CARE?

Any time you believe it is an emergency, you should go to an emergency room for your care. An emergency is generally defined as follows: If a person who possesses an average knowledge of health and medicine and is acting reasonably and would consider the situation to be an emergency, then your emergency care will be covered by Regence BCBSU. If you are admitted as an inpatient and the hospital is not an in-network provider, please call Regence BCBSU within 24 hours of the emergency or as soon as possible.

WHAT PLANS COVER PRESCRIPTION DRUGS?

The BlueAdvantage & BlueBasic \$250, \$500 and \$1000 deductible plans have a prescription card. BlueBasic offers an additional prescription deductible based on the level of medical deductible you select. BlueAdvantage has no prescription deductible. Generics are covered at a \$5 copayment on BlueAdvantage plans and a \$10 copayment on BlueBasic plans. Preferred drugs and diabetic supplies are covered at a 25% coinsurance level and Non-preferred drugs are covered at a 50% coinsurance level.

WHAT INDIVIDUAL AND FAMILY PLANS COVER PREVENTIVE CARE?

All of our individual and family plans cover preventive care. However, because we have several different plans, some with office copays and some have different deductible and coinsurance amounts, the amount you will have to pay out-of-pocket differs from plan to plan.

WILL MY RATES CHANGE?

The rates for individual BlueChoices plans are typically subject to change once each year, currently in July, and apply to all individual and family plans regardless of the date your coverage began. You may also experience a rate change as you get older and move from one age category to another. Additionally, there may be other situations which cause a rate change. Please see the Health Care Agreement for additional details on rate changes.

WHAT IS THE HEALTH INSURANCE PORTABILITY & ACCOUNTABILITY ACT (HIPAA) AND WHAT DOES IT MEAN TO ME

The Health Insurance Portability and Accountability Act (HIPAA) went into effect on July 1, 1997. It is one of the broadest pieces of Federal regulation affecting the health insurance industry across the United States. It has many different aspects ranging from the protection of an insured person's insurability, to the manner in which medical information is gathered and transmitted between doctors, hospitals and insurance companies.

WHY SHOULD I CHOOSE REGENCE BLUECROSS BLUESHIELD OF UTAH?

There are many reasons including stability, longevity, experience and knowledge. Regence BlueCross BlueShield of Utah has been providing health insurance coverage for Utahns for more than 60 years. As a long-time enrollee of the Blue Cross and Blue Shield Association, our name and our logo are recognized worldwide. Your Regence BlueCross BlueShield of Utah ID card will open doors to physicians and hospitals wherever you go. Our relationship with other Blue Cross and Blue Shield plans throughout the world enable us to provide you with the best care possible at the most competitive prices.

Individual BlueChoices – Special Notice

NOTICE OF PREEXISTING CONDITION EXCLUSION

This plan imposes a preexisting condition exclusion. This means that if you have a medical condition before coming to our plan, you might have to wait a certain period of time before the plan will provide coverage for that condition. This exclusion applies only where there was a recommendation or receipt during the plan's look-back period of medical advice, diagnosis, care, or treatment for the condition (Under federal law, the look-back period can be no longer than six months.) Generally, the look-back period ends the day before your coverage becomes effective. However, if you were in a waiting period for coverage, the look-back period ends the day before the waiting period begins.

A preexisting condition exclusion does not apply to a child who becomes covered on a group or individual health plan within 30 days after birth, adoption, or placement for adoption, unless a period of at least 63 consecutive days without creditable coverage has elapsed. A preexisting condition exclusion cannot apply to pregnancy on a group health plan.

The exclusion period may last up to 12 months from your first day of coverage, or, if you were in a waiting period, from the first day of your waiting period. However, you can reduce the length of this exclusion period by the number of days of your prior "creditable coverage." Most prior health coverage is creditable coverage and can be used to reduce the preexisting condition exclusion if you have not experienced a subsequent break in coverage of at least 63 days. To reduce the 12-month exclusion period by your creditable coverage, you should give us a copy of any certificates of creditable coverage you have from previous plans (or from plans that were in force at the time of your enrollment in this plan). If you do not have a certificate, but you do have prior health coverage, we will help you obtain one from your prior plan or issuer. There are also other ways that you can show you have creditable coverage. Please contact us if you need help demonstrating creditable coverage.

YOUR SPECIAL ENROLLMENT PERIOD RIGHTS

If you gain a new dependent as a result of birth, adoption, or placement for adoption, you must request enrollment within 30 days after the birth, adoption, or placement for adoption.

To obtain further information, please contact our Sales Department at (801) 333-2510.

Privacy Policy

NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

PROTECTING YOUR PERSONAL AND HEALTH INFORMATION

Regence BlueCross BlueShield of Utah (we, us, our) are committed to protecting the privacy of your personal information. We are required by applicable federal and state laws to maintain the privacy of your personal and health information. This notice explains our privacy practices, our legal duties, and your rights concerning your personal and health information. Personal and health information (referred to in this notice as “personal information”) means any information that is identifiable to you as your personal information, including information regarding your health care and treatment; identifiable factors including your name, age, address, income or other financial information. We will follow the privacy practices that are described in this notice while it is in effect.

WHY DO WE COLLECT YOUR PERSONAL INFORMATION?

We collect personal information from you for a number of reasons, including to help us determine the appropriate products to offer to our members, to pay claims, to provide case management services, and to provide quality improvement services.

HOW DO WE COLLECT YOUR PERSONAL INFORMATION?

We collect your personal information through you and your health-care providers. For example, we receive personal information from you on your insurance application and from your health-care providers through insurance transactions, such as the submission of claims for reimbursement of covered benefits.

HOW DO WE PROTECT YOUR PERSONAL INFORMATION?

We protect your personal information by:

- Treating all of your personal information that we collect as confidential;
- Stating confidentiality policies and practices in our employee handbooks as well as disciplinary measures for privacy violations;
- Restricting access to your personal information only to those employees who need to know your personal information in order to provide our services to you, such as paying a claim for a covered benefit;
- Only disclosing your personal information that is necessary for a service company to perform its function on our behalf, and the company agrees to protect and maintain the confidentiality of your personal information; and
- Maintaining physical, electronic, and procedural safeguards that comply with federal and state regulations to guard your personal information.



An Independent Licensee of the Blue Cross and Blue Shield Association

HOW DO WE USE AND DISCLOSE YOUR PERSONAL INFORMATION?

We won't disclose your personal information unless we are allowed or required by law to make the disclosure, or if you (or your authorized representative) give us permission. Uses and disclosures, other than those listed below, require your authorization. If there are other legal requirements under applicable state laws that further restrict our use or disclosure of your personal information, we'll comply with those legal requirements as well. Following are the types of disclosure we may make as allowed or required by law:

- **Treatment:** We may use and disclose your personal information for our treatment activities or for the treatment activities of a health-care provider. Treatment activities include disclosing your personal information to a provider in order for that provider to treat you.
- **Payment:** We may use and disclose your personal information for our payment activities, including the payment of claims from physicians, hospitals and other providers for services delivered to you.
- **Health Care Operations:** We may use and disclose your personal information for our internal operations, including our customer service activities.
- **Business Associates:** We may also share your personal information with third party "business associates" who perform certain activities for us. We require these business associates to afford your personal information the same protections afforded by us.
- **Plan Sponsors:** If you are enrolled in a group health plan, we may disclose your personal information to the plan sponsor to permit it to perform administrative activities.
- **To You or Your Authorized Representative:** Upon your request, we'll disclose your personal information to you or your authorized representative. If you authorize us to do so, we may use your personal information or disclose it to the person or entity you name on your signed authorization. Once you provide us with an authorization, you may revoke it in writing at any time. Your revocation won't affect any use or disclosures permitted by your authorization while it was in effect. In certain situations when disclosure of your information could be harmful to you or another person, we may limit the information available to you, or use an alternative means of meeting your request.
- **To Your Parents, if You are a Minor:** Some state laws concerning minors permit or require disclosure of protected health information to parents, guardians, and persons acting in a similar legal status. We will act consistently with the laws of the state where the treatment is provided, and will make disclosures consistent with such laws.
- **Your Family and Friends:** If you are unable to consent to the disclosure of your personal information, such as in a medical emergency, we may disclose your personal information to a family member or friend to the extent necessary to help with your health care or with payment for your health care. We'll only do so if we determine that the disclosure is in your best interests.
- **Marketing:** We do not use or disclose your personal information for marketing purposes.
- **Research, Death, Organ Donation:** We may use or disclose your personal information for research purposes in limited circumstances. We may disclose the personal information of a deceased person to a coroner, medical examiner, funeral director, or organ procurement organization for certain purposes.
- **Public Health and Safety:** We may disclose your personal information if we believe disclosure is necessary to avert a serious and imminent threat to your health or safety or the health or safety of others. We may disclose your personal information to appropriate authorities if we reasonably believe that you are a possible victim of abuse, neglect, domestic violence or other crimes.
- **Required by Law:** We must disclose your personal information when we are required to do so by law.
- **Process and Proceedings:** We may disclose your personal information in response to a court or administrative order, subpoena, discovery request, or other lawful process.

- **Law Enforcement:** We may disclose limited information to law enforcement officials.
- **Military and National Security:** We may disclose to military authorities the personal information of Armed Forces personnel under certain circumstances. We may disclose to authorized federal officials personal information required for lawful intelligence, counterintelligence, and other national security activities.

WHAT RIGHTS DO YOU HAVE AS AN INDIVIDUAL REGARDING OUR USE AND DISCLOSURE OF YOUR PERSONAL INFORMATION?

You have the right to request all of the following:

- **Access to Your Personal Information:** You have the right to review and receive a copy of your personal information. We may charge you a nominal fee for providing you with copies of your personal information. This right doesn't include the right to obtain copies of the following records: psychotherapy notes; information compiled in reasonable anticipation of, or use in, a civil, criminal, or administrative action or proceeding; and protected health information that is subject to other state or federal laws that prohibit us to release such information. We may also limit your access to your personal information if we determine that providing the information could possibly harm you or another person. If we limit access based upon the belief that it could harm you or another person, you have the right to request a review of that decision.
- **Amendment:** You have the right to request that we amend your personal information. Your request must be in writing, and it must identify the information that you think is incorrect and explain why the information should be amended. We may decline your request for certain reasons, including if you ask us to change information that we didn't create. If we decline your request to amend your records, we'll provide you a written explanation. You may respond with a statement of disagreement to be appended to the information you wanted amended. If we accept your request to amend the information, we will make reasonable efforts to inform others, including people you have authorized, of the amendment and to include the changes in any future disclosures of that information.
- **Accounting of Disclosures:** You have the right to receive a report of instances in which we or our business associates disclosed your personal information for purposes other than for treatment, payment, health-care operations, and certain other activities. You are entitled to such an accounting for the 6 years prior to your request, though not for disclosure made prior to April 14, 2003. We'll provide you with the date on which we made a disclosure, the name of the person or entity to whom we disclosed your personal information, a description of the personal information we disclosed, the reason for the disclosure, and other applicable information. If you request this list more than once in a 12-month period, we may charge you a reasonable fee for creating and sending these additional reports.
- **Restriction Requests:** You have the right to request that we place additional restrictions on our use or disclosure of your personal information for treatment, payment, health care operations or to persons you identify. We may be unable to agree to your requested restrictions. If we do, we'll abide by our agreement (except in an emergency).
- **Confidential Communication:** You have the right to request that we communicate with you in confidence about your personal information by alternative means or to an alternative location. If you advise us that disclosure of all or any part of your personal information could endanger you, we will comply with any reasonable request provided you specify an alternative means of communication.
- **Electronic Notice:** If you receive this notice on our Web site or by electronic mail (email), you're also entitled to receive this notice in written form. Please contact us using the information listed at the end of this notice to obtain this notice in written form.

CAN YOU "OPT OUT" OF CERTAIN DISCLOSURES?

You may have received notices from other organizations that allow you to "opt out" of certain disclosures. The most common type of disclosure that applies to "opt outs" is the disclosure of personal information to a non-affiliated company so that company can market its products or services to you. As a health plan, we must follow many federal and state laws that prohibit us from making these types of disclosures. Because we don't make disclosures that apply to "opt outs," it isn't necessary for you to complete an "opt out" form or take any action to restrict such disclosures.

WHEN IS THIS NOTICE EFFECTIVE?

This notice takes effect April 1, 2003, and will remain in effect until we revise it.

WHAT IF THIS NOTICE OF PRIVACY PRACTICES CHANGES?

We reserve the right to change our privacy practices and the terms of this notice at any time, provided such changes are permitted by applicable law. For your convenience, a copy of our current notice of privacy practices is always available on our Web site at www.ut.regence.com, and you may request a copy at any time by contacting us at the number below.

HOW CAN YOU REACH US?

If you want additional information regarding our Privacy Practices, or if you believe we have violated any of your rights listed in this notice, please contact our Customer Service Department at (801) 333-2100 or toll-free at 1 (800) 624-6519. If you have a complaint, you also may submit a written complaint to the U.S. Department of Health and Human Services. We will provide you with the address to file your complaint with the U.S. Department of Health and Human Services upon request. Your privacy is one of our greatest concerns and there's never any penalty to you if you choose to file a complaint with us or with the U.S. Department of Health and Human Services.