

**A GUIDE TO YOUR BENEFITS  
FROM THE  
SEAFARERS HEALTH AND BENEFITS PLAN  
FOR PARTICIPANTS AT THE  
CORE-PLUS AND CORE BENEFIT LEVELS**



**FEBRUARY 2017**

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## **INTRODUCTION**

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This booklet describes the benefits available to you and your dependents from the Seafarers Health and Benefits Plan.

The Seafarers Health and Benefits Plan is a multi-employer employee benefit plan. It provides benefits to employees of employers who have collective bargaining agreements with the Seafarers International Union of North America, Atlantic, Gulf, Lakes, and Inland Waters or affiliated unions, and to the families of those employees. The Plan is funded through contributions made by these employers. The assets of the Plan are held in trust for the participants.

**This booklet contains important information about your benefits. Read it carefully and keep it for future use. You may find it useful to read this booklet through several times. You may also view the booklet online at [www.seafarers.org](http://www.seafarers.org) under the Member Benefits section.**

For disabled participants, this booklet is also available in large print and recorded versions. To request these versions, you can contact the Plan's office at:

Seafarers Health and Benefits Plan  
5201 Auth Way  
Camp Springs, Maryland 20746  
(301) 899-0675

**This booklet is referred to as the Summary Plan Description or SPD. This booklet is only a summary of the Seafarers Health and Benefits Plan. The Rules and Regulations of the Plan and the Trust Agreement, together with laws that apply to benefit plans, control the payment of benefits.**

**The Seafarers Health and Benefits Plan is a “grandfathered health plan” under the Patient Protection and Affordable Care Act (the Affordable Care Act).** As permitted by the Affordable Care Act, a grandfathered health plan can preserve certain basic health coverage that was already in effect when that law was enacted. Being a grandfathered health plan means that this Plan may not include certain consumer protections of the Affordable Care Act that apply to other plans, for example, the requirement for the provision of preventive health services without any cost sharing. However, grandfathered health plans must comply with certain other consumer protections in the Affordable Care Act, for example, the elimination of lifetime limits on benefits.

Questions regarding which protections apply and which protections do not apply to a grandfathered health plan and what might cause a plan to change from grandfathered health plan status can be directed to the Plan Administrator at 5201 Auth Way, Camp Springs, MD 20746. You may also contact the Employee Benefits Security Administration, U.S. Department of Labor at 1-866-444-3272 or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). This website has a table summarizing which protections do and do not apply to grandfathered health plans.

## **INFORMATION YOU SHOULD BE AWARE OF**

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The Seafarers Health and Benefits Plan is directed by a group of people called the Board of Trustees. The Board of Trustees has the absolute authority to make changes to the Plan. As of the date of this booklet, the members of the Board of Trustees are:

Dean Corgey  
Ambrose Cucinotta  
David Heindel  
Nicholas Marrone  
Thomas Orzechowski  
Joseph Soresi  
Chester Wheeler

John Dragone  
Edward Hanley  
Todd Johnson  
Rudy Leming  
Anthony Naccarato  
William Pagendarm  
David Schultze

The members of the Board of Trustees are called fiduciaries. As fiduciaries, they have a duty to make prudent decisions regarding the Plan and to act in the best interest of the participants.

The Board of Trustees appoints a person to take care of the daily operations of the Plan. This person is called the Plan Administrator. The Plan Administrator of the Seafarers Health and Benefits Plan is Margaret R. Bowen.

You can contact the Board of Trustees and the Plan Administrator at:

Seafarers Health and Benefits Plan  
5201 Auth Way  
Camp Springs, Maryland 20746  
(301) 899-0675

Legal process may be served on the Plan Administrator or the Board of Trustees at the above address.

Since the Plan's records are kept on a calendar year basis, the end of the Plan year is December 31.

The Internal Revenue Service identification number for the Seafarers Health and Benefits Plan is 13-5557534.

## **WORDS YOU NEED TO UNDERSTAND**

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**beneficiary**—The person or persons that you choose to have your death benefit paid to as shown on your enrollment beneficiary card.

**catastrophic illness or injury**—An illness with an acute onset, or a medical condition resulting from an injury that will require extensive rehabilitation and/or nursing care. Examples include: a stroke, heart attack, or severe injuries received in a serious accident. Chronic conditions (such as diabetes or multiple sclerosis) are not considered to be catastrophic illnesses for the purpose of receiving rehabilitation benefits from this Plan.

**claim**—An itemized paper bill or electronic itemization of services provided.

**COBRA**—Continuation of health coverage available from the Plan for a monthly premium when you or your dependents are no longer eligible for coverage.

**covered employment**—Days that you worked for a signatory employer and certain other days described in this booklet.

**date the claim accrued**—The first day you saw the doctor, entered the hospital, or had something else happen that caused you to have a claim.

**dependent child**—Your child up to age 26 is a covered dependent if he or she is your biological, adopted, foster, or step-child. Your child may also be your dependent if the Plan has received a Qualified Medical Child Support Order which requires you to provide health coverage to the child.

**dependent spouse**—Your spouse is a covered dependent if you are legally married. The Plan will recognize your common law marriage if the state where you live considers you married.

**employee**—A person who is, or was working for a signatory employer and is, or was covered by the Plan.

**formulary**—A list of brand-name drugs specified by the Pharmacy Benefit Manager.

**generic drug**—A medication that is not a brand name medication, but by law must have the same active ingredients as the brand name medication, and is subject to the same standards as its brand name counterpart.

**out-of-network savings program**—This program provides discounts for many health care providers that are not in the primary network. While you are still required to pay the out-of-network co-payment when you visit a provider that participates in this program, there will be no additional balance billing.

**participant**—A person who is eligible or may become eligible to receive benefits from the Plan.

**Pharmacy Benefits Manager (PBM)**—A company that provides prescription drugs through both local pharmacies and mail order. The Plan currently uses OptumRx as its pharmacy benefits manager.

**Plan**—the Seafarers Health and Benefits Plan (also referred to as “SHBP”).

**preferred provider network**—Doctors, hospitals, dentists and other health care providers that have agreed to provide Plan participants with health care services at a reduced cost. The Plan currently participates in the CIGNA network for all participants who reside in the United States, except for participants who reside in Puerto Rico. If you reside in Puerto Rico, the Plan currently participates in the Humana network. The Network logo is on your Plan ID card. You must use this card whenever you visit an in-network health care provider in order to receive services at the reduced cost.

**reasonable and customary charge**—The amount allowed by the Plan for a medical treatment or service for a non-network provider. These amounts are determined by comparing amounts charged by other providers for the same service in the same area of the country.

**signatory employer**—An employer who agrees to make payments to the Plan so that their employees will receive benefits.

## **WHAT IS THE ENROLLMENT BENEFICIARY CARD AND WHY IS IT IMPORTANT?**

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The enrollment beneficiary card tells the Plan who you and your dependents are and where you can be contacted. It also tells the Plan to whom you want your death benefit paid. For you to receive benefits, you must have an enrollment beneficiary card on file with the Plan. The card must include the names of each of your dependents that you want to enroll in the Plan.

The information on your enrollment beneficiary card must be accurate and up-to-date. You should complete a new enrollment beneficiary card if:

- Your home address changes.
- Your number of dependent children changes.
- You get married, divorced, or your spouse dies.
- You want to change your beneficiary.

To be properly enrolled in the Plan, you must send the Plan a copy of your Social Security card. If you are married or have dependent children, you must also send the Plan copies of their Social Security cards. The Plan will need a copy of an official marriage certificate before a claim will be paid for your dependent spouse. If you are married under common law, you must prove that your marriage is legally recognized in the state where you live. **It is also important that you immediately notify the Plan if you get a divorce so that the Plan may update its records. Your spouse's coverage will end as of the date of divorce. If you do not promptly notify the Plan, you may forfeit your right to future benefits.**

Before the Plan will pay benefits for your dependent children, you must send the Plan an official copy of each child's birth certificate. For adopted children, the Plan will need a copy of the adoption papers. For stepchildren, a copy of the custody award or other written proof will be required.

If you do not already have an enrollment beneficiary card on file with the Plan, you must complete one and send it to the Plan as soon as possible. Enrollment beneficiary cards are available from your local Plan representative or from the Plan office at:

Seafarers Health and Benefits Plan  
5201 Auth Way  
Camp Springs, Maryland 20746  
Telephone: 1-800-252-4674

## **WHEN DO I FIRST BECOME ELIGIBLE TO RECEIVE BENEFITS?**

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Upon beginning work as a new employee with an employer who pays into the Seafarers Health and Benefits Plan on your behalf, you will become eligible for benefits after you have gained initial eligibility.

You must complete 90 days of continuous covered employment in order to attain initial eligibility. Employment is considered to be continuous as long as there is a break of less than 90 days in between jobs. In meeting initial eligibility requirements, "covered employment" means only the days that you work for an employer who pays into the Plan for your benefits.

Once you become eligible for benefits, the Plan will send you an ID card. You should bring this card with you whenever you seek medical service. If you think you are eligible for benefits, but have not received an ID card, please contact the Plan at 1-800-252-4674 to request a card.

## **WHAT MUST I DO TO REMAIN ELIGIBLE FOR BENEFITS?**

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For eligibility purposes, the Plan divides the calendar year into two 6 month eligibility periods. For Deep Sea and Inland employees, the periods are January 1 through June 30, and July 1 through December 31. For Great Lakes employees, the two periods are March 1 through August 31 and September 1 through the last day of February of the following calendar year.

Once you establish initial eligibility, you will be eligible for benefits for the remainder of that 6 month period. After that, you must have at least 60 days of covered employment during a 6 month eligibility period in order to remain eligible for the **next** 6 month period; OR a total of 125 days of covered employment distributed between the two eligibility periods immediately preceding the date of the claim.

*For example, once you establish initial eligibility:*

- If you are a **deep sea or inland employee**, and you **become eligible for benefits on February 1**, you will be eligible for benefits until June 30. However, if you have 60 days of covered employment any time between January 1 and June 30, you will remain eligible for benefits through December 31.
- If you are a **Great Lakes employee**, and you **become eligible for benefits on April 1**, you will remain eligible through August 31. However, if you have 60 days of covered employment any time between March 1 and August 31, you will remain eligible for benefits through the last day of February of the following calendar year.

If you lose eligibility, you must have 90 days of continuous covered employment to re-establish eligibility for benefits. **The Plan will begin counting your days of covered employment to re-establish on the day after you lose eligibility.** The Plan will consider your covered employment to be continuous if there is a break of less than 90 days between jobs or other covered employment.

If your 90<sup>th</sup> day of covered employment falls during the last month of an eligibility period (June or December for deep sea and inland; August and February of the following calendar year for Great Lakes), then you will be eligible until the end of the **following** 6 month period, as long as you accrue at least 30 days of covered employment in the 6 month period in which you reached your 90<sup>th</sup> day.

## **TO MAINTAIN OR RE-ESTABLISH MY ELIGIBILITY, WHAT DAYS CAN BE COUNTED AS COVERED EMPLOYMENT?**

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To maintain or re-establish your eligibility, the following days can be counted as covered employment:

- Days you worked for an employer who is obligated to pay into the Plan for your benefits.
- Days you received Maintenance and Cure, Longshore and Harbor Workers' compensation, or Worker's compensation payments up to a maximum of 273 days during a single period of disability. However, to receive credit for these days, you must have been eligible for Seafarers Health and Benefits Plan benefits at the time your disability began based upon actual days of covered employment. Days when you receive Maintenance and Cure payments count as covered employment at the Core-Plus benefit level. At the Core level, these days only count if your employer is making contributions to the Plan on your behalf during the period you are receiving these payments.
- One-half of the days you attended a qualified upgrading course at the Seafarers Harry Lundeberg School of Seamanship, as long as you successfully completed the course and met the School's eligibility requirements when you began attending the School.
- Days you received a Seafarers Scholarship Award.
- Days you received Sickness and Accident benefits (S&A), or state disability payments. The maximum number of S&A days or days of state disability you can be credited with depends on your years of service.

<b>YEARS OF SERVICE</b>	<b>CREDITED DAYS</b>
15 years or more	180 days
At least 10 years but less than 15	120 days
At least 5 years but less than 10	90 days
At least 2 years but less than 5	45 days
Less than 2 years	20 days

You may build up a reserve of as much as 90 S&A days or days when you received state disability benefits, and may use them to extend your eligibility at a later time. This reserve may be saved for up to three years from the year in which the S&A benefits or state disability benefits were paid. This reserve can be used only once regardless of how many days are needed to maintain your eligibility. In this way, you may use S&A benefits or state disability benefits you received to extend your eligibility in the future. However, you cannot use S&A days or days of state disability to qualify for additional Sickness and Accident benefits.

## **WILL I CONTINUE TO RECEIVE HEALTH BENEFITS FROM THIS PLAN IF I RETIRE ON A PENSION FROM THE SEAFARERS PENSION PLAN?**

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In order to be eligible for pensioner health benefits, you must meet the following eligibility requirements:

- 5,475 days of covered employment *under this Plan* (SHBP) if retiring on a Normal Pension or Early Normal Pension;

**OR**

- 4,380 days of covered employment *under this Plan* (SHBP) if retiring on a Disability Pension;

**AND**

- At least 60 days of covered employment in each of the 2 six month eligibility periods immediately preceding the date you become eligible for and apply for a pension OR 125 days of covered employment in the calendar year immediately preceding the year in which you apply for and become eligible for a pension.

*For example, if you are a deep sea employee and you retire in February 2017, you will need at least 60 days of covered employment during the eligibility period from January 1, 2016 through June 30, 2016; and 60 days of covered employment during the eligibility period from July 1, 2016 through December 31, 2016; OR, 125 days of covered employment spread out throughout those two periods.*

Covered employment includes all days that count as covered employment for purposes of maintaining your eligibility for health benefits (described on page 7). However, covered employment does not include “Extra Service Credit” or “Supplemental Service” earned under the Seafarers Pension Plan. These days do not count for eligibility for health benefits. In addition, days for which you receive more than one day’s credit for one day worked and/or credit received for Vacation days are not counted towards eligibility for health benefits.

**There are differences between the health benefits that you and your family receive when you are an active employee and the benefits that you will receive when you become a pensioner. For more information about pensioner’s health benefits, see the Guide to Pensioner’s Health Benefits, which is available from the Plan office, or online at [www.seafarers.org](http://www.seafarers.org).**

## **WHEN WILL MY COVERAGE END?**

**You, and any covered dependents, will lose health coverage when you no longer meet the eligibility requirements that are described on pages 6 – 7 of this booklet.**

*Other reasons you can lose health coverage:*

- If you die at a time when you were eligible for benefits, your dependents' eligibility will end based upon your last day of covered employment under these same eligibility requirements.
- Your children's coverage will end at the end of the month in which they turn age 26.
- If you get divorced, your spouse will lose coverage as of the date of the divorce.
- After a divorce, in most instances, the Plan will continue to cover your children. However, if you have a Qualified Medical Child Support Order (QMCSO), you must submit the QMCSO to the Plan in order for the Plan to properly determine coverage and Coordination of Benefits (which parent's plan pays as primary and secondary). A QMCSO may state that you are responsible for your children's health care expenses, which would make this Plan primary, or it may state that your spouse has to provide primary health coverage, which would make this Plan secondary coverage. Please contact the Plan at 1-800-252-4674 for questions in regards to your specific situation.

## **CAN I EXTEND MY ELIGIBILITY TO RECEIVE BENEFITS BY PAYING THE PREMIUMS MYSELF?**

You can extend your eligibility to receive health care benefits through COBRA continuation coverage. Under certain conditions, and for a limited time, you can extend your eligibility for benefits by paying premiums yourself. The amount of these premiums is set by the Plan. The health benefits that you receive through COBRA will be identical to the benefits that you received as an active employee. However, individuals receiving COBRA are not eligible for Sickness & Accident benefits or scholarship benefits; and, time when a former employee is receiving COBRA does not count towards qualifying for the graduated death benefit.

You, your spouse, or dependent children, can extend eligibility to receive benefits if certain events have happened. These events include:

- You quit your job.
- You were laid off or fired from your job, unless you were fired for gross misconduct.

- You retire from your job before you are eligible for Medicare.
- You become disabled and are unable to work, but you are not yet eligible for Medicare.
- Your dependent child reached the age of 26.
- You get divorced and your spouse or dependent wants to continue receiving benefits.
- Upon your death, your spouse or dependent wants to continue receiving benefits.

There are special rules that apply to this extension of eligibility. A complete notice of your coverage continuation rights under COBRA appears in Appendix A of this booklet. For more information concerning your right to extend eligibility by paying premiums yourself, contact the Plan at:

Seafarers Health and Benefits Plan  
 Attn: COBRA  
 P.O. Box 380  
 Piney Point, Maryland 20674  
 1-800-252-4674

## **WHAT IS THE ANNUAL DEDUCTIBLE AND HOW DOES IT WORK?**

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At all Plan levels, you are responsible for paying a certain amount of the first health care bills you have each calendar year. In addition, if you have a spouse or dependent children, you will have to pay a certain amount of the first health care bills that they have each calendar year. The amount that you are responsible for paying each year is called the annual deductible.

The following are the annual deductible amounts:

At the Core-Plus benefit level, the amount of the annual deductible is \$250 per person, but not more than \$750 per family.

At the Core benefit level, the amount of the annual deductible is \$375 per person, but not more than \$1,125 per family.

All benefits are subject to the deductible except:

- Death benefit
- Accidental Dismemberment benefit
- Sickness and Accident benefit
- Inpatient Detoxification treatment which has a separate co-payment
- Inpatient hospital facility charge (including mental health inpatient), which has a separate co-payment
- Hospice care
- Prescription drug benefit, which has a separate deductible
- Dental benefit
- Vision care benefit

Even before you have reached the deductible amount, it is important to file a claim promptly, since no claims will be paid until you have received credit for satisfying the annual deductible. Never hold medical bills. **File a claim immediately to avoid any chance of your claim being denied because of the 180 day late filing rule.**

## **WHAT ARE BENEFIT LEVELS AND WHICH ONE WILL I RECEIVE?**

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This booklet describes two different benefit levels—Core-Plus and Core. The level of benefits that you and your family will receive depends on the number of days of covered employment you have with certain employers in the eligibility periods before your claim. If you meet all the requirements for more than one benefit level, you will receive the highest benefit level for which you qualify.

### **New Employees who are establishing eligibility OR employees who are re-establishing eligibility for benefits:**

- Once you complete 90 days of covered employment, you will receive the level of benefits for which the Plan received the majority of contributions. For example, if the Plan received 47 days of contributions for you at the Core-Plus level, and 43 days of contributions at the Core level, you and your dependents will receive Core-Plus benefits.

### **Established Employees who have met the eligibility requirements for benefits:**

- If you are an existing employee and have enough days of covered employment to qualify for benefits, you will receive Core-Plus benefits if you worked at least 45 days during the previous 6 months eligibility period for an employer that was obligated to make contributions on your behalf at the Core-Plus level and a total of at least 60 days for an employer obligated to make contributions at the Core-Plus or Core level; **OR**, if you worked for an employer that was obligated to make contributions at the Core-Plus rate for the majority of days during the two previous eligibility periods.

- You will receive Core benefits if you worked at least 45 days during the previous 6 months eligibility period for an employer that was obligated to make contributions at the Core level and a total of at least 60 days for an employer obligated to make contributions at the Core or Core-Plus level; **OR**, if you worked for an employer that was obligated to make contributions at the Core level for the majority of days during the two previous eligibility periods.
- If you are working for an inland employer, the rules above apply; **except** that if your level of benefits increases due to a change in the contract between the Union and your employer, you will receive the higher level of benefits as of the effective date in the contract.

## **WHAT HEALTH CARE BENEFITS ARE PAID FOR BY THE PLAN?**

The Seafarers Health and Benefits Plan will pay toward the cost of health care services that are needed to treat an illness or injury. The Plan also pays benefits for certain services that are needed to maintain the health of you and your family.

The chart below is a summary of the health care benefits covered by the Plan. For more details, please review the appropriate benefit description listed after the chart.

<b>SEAFARERS HEALTH AND BENEFITS PLAN SUMMARY FOR CORE-PLUS AND CORE BENEFITS</b>		
<i>*These services are subject to deductible. All in-patient facilities require pre-certification. Contact CIGNA at the phone number on your ID card.</i>		
<b>DESCRIPTION</b>	<b>Core-Plus</b>	<b>Core</b>
Annual Deductible	\$250 Individual - Medical \$750 Family – Medical	\$375 Individual - Medical \$1,125 Family – Medical
Hospital Room and Board & Hospital Miscellaneous Extras	<b>Pre-certification required</b> In-network 100% Out-of-network 70% R&C \$450 admission copayment Maximum of 180 days or \$1,000,000 per illness (whichever comes first) per hospitalization Intensive care - maximum of 15 days at the hospital's intensive care rate. Beginning with 16 <sup>th</sup> day, paid at semi-private room rate.	<b>Pre-certification required</b> In-network 100% Out-of-network 70% R&C \$450 admission copayment Maximum of 180 days or \$1,000,000 per illness (whichever comes first) per hospitalization Intensive care - maximum of 15 days at the hospital's intensive care rate. Beginning with 16 <sup>th</sup> day, paid at semi-private room rate.

## SEAFARERS HEALTH AND BENEFITS PLAN SUMMARY FOR CORE-PLUS AND CORE BENEFITS

*\*These services are subject to deductible.*

*All in-patient facilities require pre-certification. Contact CIGNA at the phone number on your ID card.*

DESCRIPTION	Core-Plus	Core
Inpatient Rehabilitation (at skilled nursing facility or acute rehabilitation facility)  <b>NOTE:</b> This benefit is only payable for employees or dependents recovering from a catastrophic illness or injury such as stroke, severe accident or heart attack.	<b>Pre-certification required</b> Paid in the same manner as Hospital Room and Board above.	<b>Pre-certification required</b> Paid in the same manner as Hospital Room and Board above.
Surgical, Inpatient	<b>Pre-certification required</b> In-network 80% * Out-of-network 65% R&C *	<b>Pre-certification required</b> In-network 80% * Out-of-network 65% R&C *
Surgical, Outpatient	In-network 80% * Out-of-network 65% R&C *	In-network 80% * Out-of-network 65% R&C *
Doctor's Visits Inpatient or Outpatient	In-network 80% * Out-of-network 65% R&C *	In-network 80% * Out-of-network 65% R&C *
Diagnostic Tests and X-rays, Inpatient	In-network 80% * Out-of-network 65% R&C *	In-network 80% * Out-of-network 65% R&C *
Diagnostic Tests and X-rays, Outpatient	In-network 80% * Out-of-network 65% R&C * <b>Pre-certification required for high tech radiology services</b>	In-network 80% * Out-of-network 65% R&C * <b>Pre-certification required for high tech radiology services</b>
Emergency Treatment	In-network 80% * Out-of-network 65% R&C * \$300 co-pay if treated for illness and not admitted to hospital	In-network 80% * Out-of-network 65% R&C * \$300 co-pay if treated for illness and not admitted to hospital
Cancer Treatment e.g., chemotherapy and radiation Inpatient or Outpatient	In-network 80% * Out-of-network 65% R&C *	In-network 80% * Out-of-network 65% R&C *
Cardiac Rehabilitation	In-network 80% * Out-of-network 65% R&C * Limit 40 visits per year	In-network 80% * Out-of-network 65% R&C * Limit 40 visits per year

## SEAFARERS HEALTH AND BENEFITS PLAN SUMMARY FOR CORE-PLUS AND CORE BENEFITS

\*These services are subject to deductible.

All in-patient facilities require pre-certification. Contact CIGNA at the phone number on your ID card.

DESCRIPTION	Core-Plus	Core
Physical Therapy <b>(for non-catastrophic illnesses or injuries)</b>	In-network 80% * Out-of-network 65% R&C * Limit 20 visits per year <i>(Employee only)</i>	In-network 80% * Out-of-network 65% R&C * Limit 20 visits per year <i>(Employee only)</i>
Physical/Occupational/ Speech/Pulmonary/ Cognitive Therapies <b>(following catastrophic illnesses or injuries)</b>	In-network 80% * Out-of-network 65% R&C * Limit 40 visits per year (for all therapies combined) <i>(Employee and dependents)</i>	In-network 80% * Out-of-network 65% R&C * Limit 40 visits per year (for all therapies combined) <i>(Employee and dependents)</i>
Mental health Inpatient	Facility charge only: In-network 100% Out-of-network 70% R&C \$450 admission co-payment <i>(Employee only)</i>	Facility charge only: In-network 100% Out-of-network 70% R&C \$450 admission co-payment <i>(Employee only)</i>
Mental health Outpatient	In-network 80%* Out-of-network 65%* <i>(Employee only)</i>	In-network 80%* Out-of-network 65%* <i>(Employee only)</i>
Substance Abuse Detox	In-network 100% Out-of-network 70% R&C \$450 admission co-payment <i>(Employee only);</i> <i>Benefit is for detox only.</i>	In-network 100% Out-of-network 70% R&C \$450 admission co-payment <i>(Employee only);</i> <i>Benefit is for detox only.</i>
Organ and Tissue Transplants	In-network 80%* Out-of-network 65% R&C*	In-network 80%* for autologous bone marrow transplant only  Out-of-network 65% R&C* for autologous bone marrow transplant only
Home Health/ Home Nursing Care	100% R&C*  Combined maximum of 60 visits a year (a visit is defined as 2 hours or less) with a maximum allowable charge of \$75 per hour for nurse or home health aide	100% R&C *  Combined maximum of 60 visits a year (a visit is defined as 2 hours or less) with a maximum allowable charge of \$75 per hour for nurse or home health aide

## SEAFARERS HEALTH AND BENEFITS PLAN SUMMARY FOR CORE-PLUS AND CORE BENEFITS

*\*These services are subject to deductible.*

*All in-patient facilities require pre-certification. Contact CIGNA at the phone number on your ID card.*

DESCRIPTION	Core-Plus	Core
Hospice Care	In-network 80% Out-of-network 80% R&C	In-network 80% Out-of-network 80% R&C
Prescription Drugs	\$10-Generic @ Retail** \$25-Brand Name on Formulary @ Retail** \$50-Brand Name not on Formulary @ Retail** <i>**For 30 day supply (Mail order also available at different co-pays)</i> \$100 deductible per person \$200 maximum per family	\$10-Generic @ Retail** \$25-Brand Name on Formulary @ Retail** \$50-Brand Name not on Formulary @ Retail** <i>**For 30 day supply (Mail order also available at different co-pays)</i> \$100 deductible <i>(Employee only)</i>
Vision Care	\$200 Employee maximum in 24 months \$200 dependent maximum in 24 months	\$125 Employee maximum in 24 months \$40 dependent maximum in 24 months
Dental Care	100% of first \$500 of dental services regardless whether provider is in or out of Network. After first \$500: In-network 60% Out-of-Network 50% until \$2,000 maximum per year is reached.*** \$4,000 orthodontia lifetime maximum*** no limit on pediatric preventive dental care*** ***Benefits paid for preventive care and orthodontia will count towards the \$2,000 annual maximum per year.	100% of first \$500 of dental services regardless whether provider is in or out of Network. After first \$500: In-network 60% Out-of-Network 50% until \$1,000 maximum per year is reached.*** \$2,000 orthodontia lifetime maximum*** no limit on pediatric preventive dental care*** ***Benefits paid for preventive care and orthodontia will count towards the \$1,000 annual maximum per year.
Sickness and Accident	39 weeks @ \$25 per day <i>(Employee only)</i>	39 weeks @ \$25 per day <i>(Employee only)</i>

**SEAFARERS HEALTH AND BENEFITS PLAN SUMMARY FOR CORE-PLUS AND CORE BENEFITS**

*\*These services are subject to deductible.*

*All in-patient facilities require pre-certification. Contact CIGNA at the phone number on your ID card.*

DESCRIPTION	Core-Plus	Core
Death Benefit	\$5,000 to \$50,000 <i>(\$1,000 maximum if you don't name a beneficiary or beneficiary is not in Plan's close relative category.) (Employee only)</i>	\$5,000 to \$20,000 <i>(\$1,000 maximum if you don't name a beneficiary or beneficiary is not in Plan's close relative category.) (Employee only)</i>
Accidental Dismemberment	\$2,500 to \$5,000 <i>(Employee only)</i>	\$2,500 to \$5,000 <i>(Employee only)</i>
Scholarship Program	Seafarers: 2 - two year scholarships @ \$6,000 each; 1 - four year scholarship @ \$20,000. Dependents: 5 - four year scholarships @ \$20,000 each	Seafarers: 2 - two year scholarships @ \$6,000 each; 1 - four year scholarship @ \$20,000. Dependents: 5 - four year scholarships @ \$20,000 each
Lifetime Limitation	None	None

**The following health care benefits are covered by the Plan:**

**Hospital Room and Board**

At the Core-Plus and Core benefit levels, the Plan will pay 100 percent of the Network allowed charge for hospital room and board, for a maximum of 180 days, or \$1,000,000 per illness (whichever comes first) for confinement in a Network facility. If confined in a non-network facility, the Plan will pay 70 percent of the reasonable and customary charge for a maximum of 180 days, or \$1,000,000 per illness, whichever comes first. Once you reach the limit of 180 days or \$1,000,000 in benefit payments, you must be out of the hospital for at least 60 days before the Plan will pay additional hospital facility fees for your care for the same illness. This limit applies to all facility-related fees, including hospital extras, described below. **All in-patient facilities require pre-certification. Contact your Network (CIGNA or Humana) at the phone number on your ID card.**

Both you and your dependents have coverage for hospital room and board. Payments for hospital charges are subject to a \$450 admission co-payment. You are only required to pay this \$450 co-payment once for an entire hospital stay.

Payment for hospital room and board is based upon the hospital's semi-private room rate, unless a private room is medically necessary.

## Hospital Extras

At the Core-Plus and Core benefit levels, the Plan will pay 100 percent of the Network allowed charge for hospital extras while confined in a Network facility. If confined in a non-network facility, the Plan will pay 70 percent of the reasonable and customary charge.

Once you reach the maximum of 180 days, or \$1,000,000 in benefits per illness (whichever comes first) for all hospital facility-related fees (including hospital extras), you must be out of the hospital for at least 60 days before the Plan will pay additional fees for hospital extras for the same illness. This limit applies to all facility-related fees, including hospital room and board, described above. **All in-patient facilities require pre-certification. Contact your Network (CIGNA or Humana) at the phone number on your ID card.**

Hospital extras include such things as: operating room charges, x-rays and diagnostic tests, oxygen, dressings, and drugs.

Both you and your dependents have coverage for hospital extras. Payment for hospital extras is subject to a \$450 admission co-payment, unless this payment was already satisfied by paying other hospital charges.

## Intensive Care

At the Core-Plus and Core benefit levels, the Plan will pay 100 percent of the Network allowed charge for confinement in an intensive care unit in a Network facility.

If confined in a non-network facility, the Plan will pay 70 percent of the reasonable and customary charge.

The Plan will pay for intensive care confinements based upon the hospital's intensive care rate for up to 15 days. Beginning with the 16th day, the Plan will pay for intensive care at the hospital's semi-private room rate, in the same way as hospital room and board. Intensive care units include cardiac care units, burn units, and other special care units. **All in-patient facilities require pre-certification. Contact your Network (CIGNA or Humana) at the phone number on your ID card.**

Both you and your dependents have intensive care coverage. Payment for intensive care is subject to a \$450 admission co-payment, unless this payment was already satisfied by paying other hospital charges.

## Inpatient Rehabilitation

At the Core and Core-Plus benefit level, the Plan will pay benefits for inpatient rehabilitation when rehabilitation is required to recover from a catastrophic illness or injury. Types of rehabilitation covered are physical therapy, occupational, speech, pulmonary, and cognitive therapies.

At the Core-Plus and Core benefit levels, the Plan will pay 100 percent of the Network allowed charge for a maximum of 180 days, or \$1,000,000 per illness, or until you reach maximum medical improvement (whichever comes first) for confinement in a Network facility. If confined in a non-network facility, the Plan will pay 70 percent of the reasonable and customary charge for a maximum of 180 days, or \$1,000,000 per illness, or until you reach maximum medical improvement (whichever comes first).

Once you reach the limit of 180 days or \$1,000,000 in benefit payments, you must be out of the rehabilitation facility for at least 60 days before the Plan will pay additional benefits for your care. The Plan will no longer pay for inpatient rehabilitation once you reach maximum medical improvement. These limits apply to all facility-related fees. The Plan will not pay benefits for custodial care. **All in-patient facilities require pre-certification. Contact your Network (CIGNA or Humana) at the phone number on your ID card.**

Payments for inpatient rehabilitation are subject to a \$450 admission co-payment. You are only required to pay this \$450 co-payment once for the entire confinement in the rehabilitation facility. Both you and your dependents have coverage for inpatient rehabilitation following a catastrophic illness or injury.

### **Surgery**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge for the surgeon when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge for the surgeon. The Plan will pay an assistant surgeon (a physician) 20 percent of the amount allowed for the surgeon. The Plan will pay surgical assistants who are not physicians 10 percent of the amount allowed for the surgeon. If more than one surgical procedure is performed during the same session, payments for all but the first procedure will be reduced by 50 percent of the allowed charge. Payments for anesthesia are calculated using a formula for out of network claims. This formula is available from the Plan upon request. **All in-patient surgeries require pre-certification. Contact your Network (CIGNA or Humana) at the phone number on your ID card.**

Both you and your dependents have coverage for surgical benefits. Surgical benefits are payable only after you have satisfied the annual deductible.

### **Anesthesia**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge for anesthesia when a Network provider is used. When a non-Network provider is used, the Plan will pay 65% of the allowable amount under a formula established by the Plan. For a copy of this formula, please contact the Plan.

Both you and your dependents have coverage for anesthesia benefits. Anesthesia benefits are payable only after you have satisfied the annual deductible.

### **Visits by Doctors and Specialists in the Hospital**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge for a doctor's visit in the hospital when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge.

Both you and your dependents have coverage for doctor's visits in the hospital. Benefits are payable only after you have satisfied the annual deductible.

### **Outpatient Doctor's Visits and Services**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge. This benefit includes such services as: lab work, immunizations, and physical examinations.

Both you and your dependents are covered for outpatient services. Benefits are payable only after you have satisfied the annual deductible.

### **Outpatient Diagnostic Tests and X-rays**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge. This benefit includes such services as: X-rays, PET scan, CT scan, and MRI. ***Pre-certification is required for high tech radiology services such as PET Scan, CT Scan, MRI, heart catheterization and echocardiography with stress test.***

Both you and your dependents are covered for outpatient diagnostic tests and X-rays. Benefits are payable only after you have satisfied the annual deductible.

### **Emergency Treatment**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge for emergency treatment when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge.

Emergency treatment is service that is needed immediately because of an accidental injury or a sudden unexpected illness requiring urgent medical attention. If you receive emergency treatment for an illness that does not result in a hospital admission, you are responsible for paying the first \$300 in charges. The Plan will deny payment for emergency treatment where a medical emergency did not exist.

Both you and your dependents have coverage for emergency treatment. Benefits are payable only after you have satisfied the annual deductible.

### **Transportation by Ambulance**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used to transport a patient to the hospital, and transportation by ambulance is medically necessary. When a non-network provider is used, the Plan will pay 80 percent of the reasonable and customary charge for transportation by ambulance.

Both you and your dependents have coverage for ambulance transportation. Benefits are payable only after you have satisfied the annual deductible.

### **Maternity Benefit**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge for maternity benefits when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge.

This benefit is to pay the doctor's charge for delivery of a child born to you, your spouse, or your dependent daughter who is under the age of 26. However, the Plan does not provide coverage for a child born to your daughter. Charges for hospital room and board, hospital extras, and surgery are paid in the same way as any other medical condition. To receive maternity benefits, you must be eligible for benefits at the time of delivery.

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

Benefits are payable only after you have satisfied the annual deductible.

### **Elective Abortion**

At the Core-Plus and Core benefit levels, the Plan will pay toward the cost of an elective abortion for **you or your spouse**, up to a maximum of \$300, including all related charges. If the abortion is not medically necessary, the Plan will pay for no more than one such abortion during a 12-month period. If an abortion is needed to preserve the health of the mother, the Plan will pay in the same way as for any other medical condition.

Benefits are payable only after you have satisfied the annual deductible.

## **Cancer Treatment**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge. This benefit includes such services as chemotherapy and radiation.

Both you and your dependents are covered for services. Benefits are payable only after you have satisfied the annual deductible.

## **Cardiac Rehabilitation**

The Plan provides cardiac rehabilitation benefits to both you and your dependents. Payments for cardiac rehabilitation are limited to 40 visits during a calendar year.

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge.

Benefits are payable only after you have satisfied the annual deductible.

## **Physical Therapy**

The Plan offers two types of physical therapy benefits: benefits for therapy required following a **non-catastrophic illness or injury** (such as a broken leg) and benefits for therapy required following a **catastrophic illness or injury** (such as a stroke).

Payments for physical therapy for employees following a **non-catastrophic** condition are limited to twenty visits during a calendar year. There is no dependent coverage for physical therapy benefits required due to a **non-catastrophic** illness or injury.

Following a **catastrophic illness or injury**, the Plan provides physical therapy, occupational therapy, pulmonary therapy and cognitive therapy benefits to both you and your dependents to aid in rehabilitation. In order to qualify for these benefits, the employee or dependent must be expected to improve to a certain level of recovery.

These benefits are limited to 40 visits per calendar year for any combination of therapies. For employees only, these benefits are in addition to the physical therapy benefits for **non-catastrophic** conditions.

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge.

Benefits are payable only after you have satisfied the annual deductible.

## **Organ and Tissue Transplants**

At the Core-Plus benefit level, the Plan will pay benefits for organ and tissue transplants. At the Core benefit level, the Plan only provides benefits for autologous bone marrow transplants. The Plan does not cover other organ and tissue transplants at the Core benefit level.

Both you and your dependents have coverage for organ and tissue transplants. Benefits are payable only after you have satisfied the annual deductible.

## **Bariatric Surgery**

At the Core-Plus and Core benefit levels, the Plan provides bariatric surgery benefits for employees who are significantly overweight and meet certain criteria. Some examples of bariatric surgery include gastric bypass, gastroplasty, and gastric stapling.

To be eligible for this benefit, you must have a Body Mass Index (BMI) of at least 40 OR a BMI over 35 and one or more of the following conditions:

- Type 2 diabetes
- Cardiovascular disease
- Hypertension
- Obstructive sleep apnea
- Or other obesity induced conditions such as chronic joint pain, mobility problems, or interference with the ability to maintain employment.

In addition, you must obtain pre-certification from the Plan's Medical Director, who will consider the criteria and various other factors to determine whether the procedure is medically necessary. If you are considering this surgery and would like to know more about the Plan's criteria for approval, please contact the Claims Department at 1-800-252-4674.

This benefit is for eligible employees only. The Plan does not provide bariatric surgery benefits for dependents. Benefits are payable only after you have satisfied the annual deductible.

## **Nutritional Counseling**

At the Core-Plus and Core benefit levels, the Plan provides nutritional counseling benefits for eligible employees and their dependents. To receive this benefit, you or your dependent must have a Body Mass Index (BMI) of at least 40 or a BMI over 35 and one or more of the conditions listed above. The Plan will pay for up to three (3) sessions of nutritional counseling in the same way it pays for all other professional fees.

Both you and your dependents have coverage for nutritional counseling. Benefits are payable only after you have satisfied the annual deductible.

## **Gender Reassignment Surgery**

At the Core-Plus and Core benefit levels, the Plan provides gender reassignment surgery benefits for eligible employees and their dependents who are age 18 or older. The Plan will cover services related to gender reassignment, including surgery and hormonal treatment, when this treatment is medically indicated. For more information about the Plan's criteria for eligibility for these services, please contact the Claims Department at 1-800-252-4674.

Both you and your dependents have coverage for gender reassignment surgery. Benefits are payable only after you have satisfied the annual deductible.

## **Home Health and Home Nursing Care**

At the Core-Plus and Core benefit levels, the Plan will pay for a combined total of up to 60 visits per year for either home health care and/or home nursing care. A "visit" equals up to two hours of home health or home nursing services provided by a nurse or home health aide. The Plan will pay the cost for the services of a home health aide or nurse, up to a maximum of \$75.00 per hour. Other home health care services such as drugs and supplies are paid for at 100 percent of the reasonable and customary charge, up to the maximum daily rate. The maximum daily rate is the average daily rate of your prior hospital stay, plus \$50.

Generally, in order to be eligible for this benefit, the home care must begin within 14 days following a hospital confinement of at least two days. However in certain circumstances, following review by the Plan, the Plan will pay for home health services even if you were not previously hospitalized for your condition. Services must be provided by an approved home health agency and they must be medically necessary.

Both you and your dependents are covered for home health care. Benefits are payable only after you have satisfied the annual deductible.

## **Hospice Care**

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the daily reasonable and customary cost for hospice care for you and your dependents. In order to be eligible for this benefit, a doctor must certify that you or your dependent is not expected to live for more than six months. Services must be provided by an approved hospice provider.

## **Durable Medical Equipment**

Only employees are eligible for durable medical equipment benefits for a non-catastrophic illness or injury or a chronic medical condition. The Plan does not provide coverage to dependents for durable medical equipment required due to a non-catastrophic illness or injury or a chronic medical condition.

Both you and your dependents are covered for durable medical equipment when it is required to assist with rehabilitation following a catastrophic illness or injury.

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge for durable medical equipment from a Network provider. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge for durable medical equipment. For employees only, if your illness or injury occurred while on the job during covered employment, the Plan will pay 50 percent of the reasonable and customary cost of durable medical equipment.

Durable medical equipment includes such things as prosthetic devices, medical appliances, and other durables. The Plan will not pay to maintain or repair durable medical equipment.

The Plan will pay toward the cost of a hearing aid for employees only. Payments for hearing aids are limited to \$350 every five years.

The Board of Trustees must approve all durable medical equipment benefits over \$1,000 if purchased, or over \$500 per month if rented. To apply for the durable medical equipment benefit, you must send the Plan a letter from your doctor describing the type of equipment and the reason it is needed. The letter from your doctor also must include the estimated cost of the equipment.

Benefits are payable only after you have satisfied the annual deductible.

### **Vision Care**

For employees and dependents at the Core-Plus benefit level, the Plan will pay a maximum of \$200 in vision care charges during a 24-month period. For eligible employees at the Core benefit level, the Plan will pay a maximum of \$125 in vision care charges during a 24-month period. For dependents at the Core benefit level, the Plan will pay a maximum of \$40 in vision care charges during a 24-month period.

Vision care services include eye examinations, eyeglasses, and contact lenses. Vision care benefits are available once every 24 months. There may be a medical reason for your dependent child (who is under age 19 only) to receive vision services more often than every 24 months. If you send the Plan written proof of this reason, your child under age 19 may be eligible for this benefit more often.

### **Annual Physical Examinations**

At the Core-Plus and Core benefit levels, the Plan will pay 100 percent of the cost of a routine physical examination when it is performed at a clinic that is contracted to the Plan that provides this service.

When the exam is not performed at a Plan contracted clinic, the Plan will pay 80 percent of the Network allowed charge for an annual physical when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge. For each employee and dependent, the Plan will pay toward the cost of a routine physical examination once every twelve months.

Both you and your dependents are eligible to receive this benefit. Benefits are payable for a non-contracted Plan clinic only after you have satisfied the annual deductible.

To arrange for a routine physical examination at a clinic that is contracted to the Plan, you should contact the local Plan office.

### **Tobacco Cessation**

At the Core-Plus and Core benefit levels, the Plan provides tobacco cessation benefits for you, your spouse, and your dependent children over age 18 who are eligible to receive benefits.

You must contact CIGNA/CareAllies at 866-417-7848 to enroll in CIGNA's tobacco cessation program. Once you enroll, you will receive a 12 weeks supply of nicotine gum or an 8 weeks supply of nicotine patches (your choice), as well as resource materials and telephone coaching to support your efforts to quit using tobacco.

For residents of Puerto Rico, the Plan will directly reimburse you up to a maximum of \$175 which should provide you with a 12 week supply of nicotine gum or an 8 week supply of nicotine patches. Puerto Rico residents must submit the Nicotine Replacement Therapy Reimbursement Form with their receipts to the Plan in order to obtain reimbursement. The form is available online at: [www.seafarers.org](http://www.seafarers.org), under the Member Benefits section / Seafarers Benefit Plans / Applications.

Both you and your dependents over age 18 are covered for the tobacco cessation program.

## **WHAT IS THE PLAN'S PRESCRIPTION DRUG BENEFIT?**

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At the Core-Plus benefit level, both you and your dependents are entitled to receive prescription drug coverage. The Plan does not pay for prescriptions to treat mental health conditions for dependents at the Core-Plus level.

Only **you** receive prescription drug coverage at the Core benefit level. There is no dependent coverage for prescriptions at the Core benefit level.

The annual prescription deductible is \$100 per person, up to a maximum of \$200 per family at the Core-Plus benefit level. The annual prescription deductible is \$100 at the Core benefit level since there is no dependent coverage. The prescription deductible is in addition to the health care annual deductible.

The Plan provides prescription drug coverage through an arrangement with a Pharmacy Benefit Manager (PBM). This Plan currently uses OptumRx as its PBM. The PBM will issue you a prescription card. You must present this card when you fill your prescription.

This program allows you to purchase prescription drugs at either a participating pharmacy or through a mail order service. However, benefits are not payable if your prescription is filled by a non-participating pharmacy. The Plan pays for prescription drugs only if they are medically necessary. The Plan does not pay for drugs that can be purchased over-the-counter. However, the Plan will pay for insulin even though you can buy it without a prescription.

You will be expected to make a co-payment each time you purchase prescription drugs. Generic drugs have the lowest co-payment amounts, while brand-name drugs have the highest. In addition, there is an especially high co-payment when maintenance drugs are purchased at a retail pharmacy instead of through the mail order service. The Plan considers a maintenance drug to be any drug that is used for more than two months.

### PRESCRIPTION DRUG CO-PAYMENT AMOUNTS

<b>PURCHASED AT RETAIL: 30 DAYS SUPPLY</b>	<b>CO-PAY AMOUNT</b>
Generic Drugs	\$10
Brand-name Drugs Included on Formulary	\$25
Brand Name Drugs Not Included on Formulary	\$50
<i>Generic Maintenance Drugs (beginning with 3<sup>rd</sup> 30-day supply)</i>	\$30
<i>Brand Name Maintenance Drugs Included on Formulary (beginning with 3<sup>rd</sup> 30-day supply)</i>	\$75
<i>Brand-name Maintenance Drugs Not Included on Formulary (beginning with 3<sup>rd</sup> 30-day supply)</i>	\$150
<b>PURCHASED AT MAIL ORDER: 90 DAYS SUPPLY</b>	<b>CO-PAY AMOUNT</b>
<i>Generic Maintenance Drugs</i>	\$20
<i>Brand-name Maintenance Drugs Included on Formulary</i>	\$50
<i>Brand-name Maintenance Drugs Not Included on Formulary</i>	\$100

When your prescription is filled, you will receive a generic drug. Generic drugs are medications that are not a brand name medication, but by law must have the same active ingredients as the brand name medication, and are subject to the same standards as their brand name counterpart. Generic drugs usually cost less. If a generic drug is not available, your prescription will be filled with a brand-name drug. If you choose to buy a brand-name drug when a generic is available, the Plan will only pay the benefit it would have paid for the generic drug.

Certain brand-name drugs are included on the "formulary" which is a list of drugs specified by the Pharmacy Benefit Manager. Drugs included on the formulary are based upon the drugs' safety and effectiveness, widely available, and reasonably priced. Drugs not included on the formulary are generally more expensive than those on the list, so your co-payment will be higher. A copy of the formulary for this Plan is available at [www.optumrx.com](http://www.optumrx.com) or via a link on the Seafarers website: [www.seafarers.org](http://www.seafarers.org); or you may call SHBP or OptumRx to request a paper copy.

Maintenance drugs, which are any prescription drugs that you will be using for more than two months, should be purchased through the mail order program. If you do not purchase maintenance drugs by mail order, your co-payment will increase, beginning with the prescription for the third month.

### **Prior Authorization**

Certain medications will require prior authorization from the PBM. Your doctor must show that you have a medical necessity for that particular drug. These medications require prior approval because they are drugs that:

- have only been approved or found effective for treating certain conditions but are being prescribed for a different condition; or
- are prescribed for conditions for which their safety and effectiveness have not been proven; or
- cost more than other medications that are used to treat the same or similar conditions.

If your doctor is prescribing a medication for the first time, you or your doctor can check the PBM's list of drugs that require prior authorization. The prior authorization form is available on the online provider portal at [www.optumrx.com](http://www.optumrx.com) or you may also call OptumRx or SHBP to request a paper copy.

### **Quantity Limits**

A quantity limit is the largest amount of a medication that you can receive per copayment, or in a certain time period. The PBM has quantity limits on certain medications to help to ensure that patients take the appropriate dosage of these drugs. These limits are based upon FDA recommendations for medication dosage, clinical guidelines or usage patterns.

However, if you need a larger quantity of medication because you will be on a vessel for an extended period, SHBP will be able to approve your request to exceed the quantity limit. Please contact SHBP at 1-800-252-4674.

### **Exclusion for Compound Drugs**

A compound drug is a customized medicine that is made to order by a pharmacist or doctor, or someone under their supervision, by combining, mixing, or altering ingredients of a drug to create a medication tailored to the needs of an individual patient. Compounded drugs are not approved by the FDA; therefore, their safety, quality and effectiveness have not always been established. In most cases there are safe, effective, and lower-cost alternatives to compounded medications. This Plan will not pay for compounded drugs, unless your doctor provides a reason why there is not a suitable alternative. Your doctor may provide this information either by calling OptumRx at the phone number on the back of your ID card, faxing them a prior authorization form, or submitting the information to their online provider portal at [www.optumrx.com](http://www.optumrx.com)

## New High Cost Drugs

The pharmaceutical industry is constantly introducing new, high cost drugs. In many cases, there already is an existing medication that successfully treats the same condition. This Plan will not pay benefits for a new drug for up to six months, until its effectiveness has been established by the PBM. After the drug is approved, the PBM will decide whether it will be paid for as a formulary or non-formulary drug (non-formulary drugs have a higher co-payment).

For more information about placing mail orders, or about your prescription coverage, call the phone number on your prescription card. If you do not have a prescription card, you may contact the Plan office at 1-800-252-4674.

## **DOES THE PLAN PAY FOR DENTAL CARE?**

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At the **Core-Plus** benefit level, dental benefits are limited to \$2,000 for each employee or dependent during a calendar year, except for children under the age of 19 as there is no limit on benefits for pediatric preventive dental services. Preventive dental services will count towards the annual maximum of \$2,000.

The Plan will pay 100% of the first \$500 of dental services provided by an in-Network provider OR out-of-Network provider. After that, if you use an in-Network provider, the Plan will pay 60% of the Network-allowed amount for remaining services up to the \$2,000 annual maximum. If you use an out-of-Network provider, the Plan will pay 50% of the allowed amount for remaining services up to the \$2,000 annual maximum.

Payments for orthodontia are limited to \$4,000 for each employee or dependent during his or her lifetime. Orthodontic services will count towards the annual maximum of \$2,000.

The following services are considered to be **preventive** dental services for children under age 19:

- Periodic Oral Examination (includes soft tissue/oral cancer screening).
- Prophylaxis (teeth cleaning).
- Topical Fluoride Treatment.
- Fluoride Supplementation.
- Oral Health Education (includes tooth brushing/flossing instruction).
- Sealants.

At the **Core** benefit level, dental benefits are limited to \$1,000 for each employee or dependent during a calendar year, except for children under the age of 19 as there is no limit on benefits for pediatric preventive dental services. Preventive dental services will count towards the annual maximum of \$1,000. See above for a list of pediatric preventive dental services.

The Plan will pay 100% of the first \$500 of dental services provided by an in-Network provider OR out-of-Network provider. After that, if you use an in-Network provider, the Plan will pay 60% of the Network-allowed amount for remaining services up to the \$1,000 annual maximum. If you use an out-of-Network provider, the Plan will pay 50% of the allowed amount for remaining services up to the \$1,000 annual maximum.

Payments for orthodontia are limited to \$2,000 for each employee or dependent during his or her lifetime. Orthodontic services will count towards the annual maximum of \$1,000.

Many dentists participate in the Network. If you receive dental services from a dentist that is in-Network, your out-of-pocket charges will be lower in most cases. For more information about participating dentists, contact the Network at the phone number or website on your dental ID card.

For more information about the dental benefit, you can contact the Plan at:

Seafarers Health and Benefits Plan  
P.O. Box 380  
Piney Point, Maryland 20674  
1-800-252-4674

## **WHAT MENTAL HEALTH BENEFITS ARE AVAILABLE FROM THE PLAN?**

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### **Mental health Hospitalization**

At the Core-Plus and Core benefit levels, the Plan will pay 100 percent of the Network allowed charge for your confinement in a Network mental health facility. If confined in a non-network mental health facility, the Plan will pay 70 percent of the reasonable and customary charge.

**This benefit is for employees only.** The Plan does not provide inpatient mental health benefits to dependents. Payments for mental health facility charges are subject to a \$450 admission co-payment.

### **Outpatient Mental health Services**

At the Core-Plus and Core benefit levels, the Plan provides outpatient mental health benefits **for employees only**. The Plan does not provide outpatient mental health benefits to dependents nor does it pay for prescriptions to treat mental health conditions for dependents.

At the Core-Plus and Core benefit levels, the Plan will pay 80 percent of the Network allowed charge when a Network provider is used. When a non-network provider is used, the Plan will pay 65 percent of the reasonable and customary charge.

Benefits are payable only after you have satisfied the annual deductible.

## **WHAT BENEFITS ARE AVAILABLE FOR THE TREATMENT OF SUBSTANCE ABUSE?**

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### **Inpatient Detoxification**

The Plan provides substance abuse benefits to employees only. At the Core-Plus and Core benefit levels, the Plan will pay for inpatient detoxification in the same manner as all other hospital stays. The Plan will pay 100 percent of the Network allowed charge for confinement in a Network facility. If confined in a non-network facility, the Plan will pay 70 percent of the reasonable and customary charge. Payments for inpatient detoxification are subject to a \$450 admission co-payment.

### **Inpatient Substance Abuse Treatment**

The Plan provides for group treatment in a residential setting at the Seafarers Addictions Rehabilitation Center (SARC) in Valley Lee, Maryland. Treatment at the SARC is available free of charge to eligible employees.

To arrange for substance abuse treatment at the SARC in Valley Lee, Maryland, including transportation arrangements, contact your Port Agent or Patrolman. If you would like additional information about the SARC, you may contact them directly at (301) 994-0010, ext. 5330. All phone calls are confidential.

**The Plan does not cover inpatient substance abuse treatment at any facility other than SARC. There is no dependent coverage for substance abuse treatment.**

## **WHAT BENEFITS DOES THE PLAN PROVIDE FOLLOWING A MASTECTOMY?**

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The Plan provides benefits for mastectomy-related services including reconstruction and surgery to achieve symmetry between the breasts, prostheses, as well as complications resulting from a mastectomy, including lymphedema. These benefits are provided to both employees and dependents. The same limitations and deductibles that apply to other benefits apply to these mastectomy-related services. For more information, call the Plan at 1-800-252-4674.

## **WHAT IS THE LONG TERM DISABILITY BENEFIT?**

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If you remain disabled after your eligibility for benefits has ended, you can continue to receive medical benefits only for the injury or illness that disabled you. This coverage can continue for up to 26 weeks following your last day of eligibility. For more information about this benefit, call the Plan at 1-800-252-4674.

## **WHAT SHOULD I DO IF I FIND A MISTAKE ON MY HEALTH CARE BILL?**

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When you receive a bill from a health care provider, look it over carefully. If the bill includes charges for services you did not receive, you should contact the doctor or hospital and have the mistake corrected.

If you are successful in having the bill corrected, you should contact the Plan office. After verifying the correction, the Plan will pay you a bonus. The bonus is equal to 25 percent of the amount you saved the Plan, up to a maximum bonus of \$500.

## **WHAT IF MY SPOUSE OR CHILD HAS OTHER HEALTH INSURANCE?**

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If your spouse has insurance through his or her employer, you must file a coordinated claim. The proper way to file a coordinated claim depends on who the patient was:

- If you were the patient, send the claim to the Network address listed on the back of your Network ID card. After your claim has been paid by the Seafarers Health and Benefits Plan, send the claim to your spouse's insurer. Be sure to include the Explanation of Benefits Statement you received when your claim was processed.
- If your spouse was the patient, send the claim to your spouse's insurer first. Once your spouse's insurer has processed the claim, send the claim to the Network at the address listed on the back of your Network ID card. Be sure to include the Explanation of Benefits Statement that was sent to you by your spouse's insurer.
- If your child was the patient, the insurer that should get the claim first is the insurer of the parent whose birthday comes earliest in the year. After an Explanation of Benefits statement has been received from the first insurer, you should then file a claim under the other parent's coverage. **This rule may not apply if coverage is provided for under a Qualified Medical Child Support Order.**

**EXAMPLE:** You are covered by the Seafarers Health and Benefits Plan and your spouse also has health insurance. Your birthday is May 3 and your spouse's birthday is April 4. Claims for your dependent children should first be sent to your spouse's insurance, since your spouse's birthday is earlier in the year.

When the Seafarers Health and Benefits Plan is the second payer, the date the claim accrued is the date on which the first insurer made a payment. **You must apply to the Seafarers Health and Benefits Plan for benefits within 180 days following that date.**

If your child has health benefits through his or her employment, that insurance coverage will be the primary payer for your child. After that insurance pays the claim, the claim may be submitted to this Plan for secondary payment, by sending the claim to the Network at the address on the back of your ID card.

**If you, your spouse, or child is eligible for Medicare, contact the Plan at 1-800-252-4674 regarding coordination of benefits.**

## **HOW CAN I REDUCE MY OUT OF POCKET COST?**

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You can reduce your out of pocket cost by using Network providers. The Plan pays a non-Network provider based on the Plan's determination of the reasonable and customary charge. The reasonable and customary charge is usually less than the actual charge. The Plan pays a lower percentage for non-Network providers. In addition, in-Network providers have agreed to accept the Network allowed amount as payment in full, after you have paid any required co-payments and deductibles. For more information about the Network, you may contact the Plan office, check the Network website listed on your Plan ID card, or call the Network at the telephone number on your ID card.

In addition, if a Network provider is not available, you may be able to reduce your out of pocket costs by using a provider that participates in CIGNA's out-of-network savings program. Health care providers who participate in this program have agreed to accept discounted rates as payment in full, except for applicable co-payments and deductibles. For more information about this program, call the telephone number on your ID card.

## **DO I NEED TO OBTAIN PRE-CERTIFICATION WHEN USING NETWORK PROVIDERS?**

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The Plan has arranged for you to receive services through a network of preferred providers. **Pre-certification from the Network is required prior to any surgery or hospitalization. You also must notify the Network within 48 hours following emergency surgery or emergency hospitalization. Benefits will not be paid if you fail to notify the Network.** If you have asked the provider to notify the Network for you, make certain they have done so by contacting the Network yourself. **Remember, it is your responsibility to notify the Network.**

**You must also obtain pre-certification from the Network for outpatient high technology radiology services, such as a CT scan, PET scan, MRI, heart catheterization, and echocardiography with stress test. If you do not obtain approval from the Network before you receive these services, the Plan will not pay benefits.** You do not need pre-certification when these tests are performed in the emergency room or while you are an inpatient in the hospital.

For more information, you may contact the Plan office at 1-800-252-4674, or call the Network at the telephone number on your ID card.

## **HOW DO I APPLY FOR HEALTH CARE BENEFITS?**

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Before filing a claim, make sure you have an **enrollment beneficiary card** on file with the Plan. If the patient is your spouse, be sure that you have sent the Plan an official copy of **your marriage certificate**. Before the Plan will pay benefits for your dependent children, you must send the Plan an official copy of **each child's birth certificate**. **The Plan also requests that you send a copy of each dependent's Social Security card.**

If there is any question concerning coverage or eligibility, call the Plan at 1-800-252-4674. For information about the Network, you may contact the Plan office or check the Member Benefits section of the Seafarers website at [www.seafarers.org](http://www.seafarers.org).

Send **all** claims, except for vision and dental claims, to the address on the back of the ID card that you have received from the Plan. **Both in-Network and out-of-network claims must be sent to this address.** If you lose this card, please contact the Plan at 1-800-252-4674. **Claims must be filed within 180 days of the date of service or it will be denied for late filing.**

- When you use an in-Network provider you usually do not have to file a claim yourself. The provider will file the claim for you. They can either file the claim electronically or by mail.
- In order to permit the Plan to pay the health care provider instead of you, the provider will ask you to sign a document assigning your benefits to them. If the Plan receives proof that you have paid the provider in full, the Plan will pay you directly.
- When using a non-network provider, ask if the provider will accept direct payment from the Plan. In many cases, the provider will file the claim for you. If the provider wants to file a claim electronically, they should refer to the back of your Medical ID card for information, or they may contact the Plan at 1-800-252-4674.

- If you must pre-pay a non-network provider yourself, obtain a copy of the itemized bill. To receive benefits, you must send this itemized bill to the Network at the address on the back of your ID card. Make certain that the bill includes: employee's Social Security number, patient's name, provider's name, address, ID number, date of service, diagnosis, description of treatment, supplies provided, and itemized costs. The Plan will process your claim within 30 days after receiving it. **However, your claim will not be paid unless it is filed within 180 days of the date the claim accrued.**

Send **vision and dental claims only** to the following address:

Seafarers Health and Benefits Plan  
P.O. Box 380  
Piney Point, Maryland 20674

## **ARE THERE ANY REASONS WHY THE PLAN MAY NOT PAY BENEFITS?**

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**Benefits will be paid only if the treatment was received in the United States, Puerto Rico, Guam, the U.S. Virgin Islands, or other U.S. territories or Canada.**

**Your claim for benefits may be *denied or limited* for any of the reasons listed below.**

### **The Plan will not pay benefits:**

- if your illness or injury is due to alcohol or drug use;
- if your illness or injury occurred while committing a crime;
- if your illness or injury is due to something you knew, or should have known, was dangerous to your health or safety unless your injury was caused by an act of domestic violence;
- If your illness or injury is due to behavior that showed you didn't care if you became sick or injured unless your illness or injury was the result of a medical condition such as depression;
- if your illness or injury is due to the actions of someone else who can be held legally responsible. However, the Plan may pay benefits if you agree to assign payment to the Plan from any money you recover. This means that the Plan is entitled to full payment from any money you recover regardless of your legal expenses. If you do not repay the Plan, money may be deducted from any future benefits you might be entitled to receive.
- for treatment which is not approved for use in the United States or is considered to be experimental;

- for the diagnosis or treatment of infertility;
- for sterilization;
- to obtain any records or paperwork needed to pay a claim;
- on a claim if the medical records are insufficient, or if the records appear to be altered or fraudulent;
- if they can be paid under Workers' Compensation or another health and safety law;
- for treatment in a government hospital, where by law the Plan is not required to pay;
- for treatment that is needed because of war, an act of war, or because you were in the military;
- for treatment which is cosmetic. However, the Plan will pay for breast reconstruction following cancer treatment.
- for custodial care. Confinement in a hospital or nursing facility is considered custodial care if adequate treatment could be rendered in an outpatient setting; **or** care consists of services and supplies that are provided primarily to train or assist in personal hygiene or activities of daily living rather than therapeutic treatment; **or** the care consists of health services that do not seek to cure and which are provided during a period when the medical condition of the patient is not changing.
- for treatment that is not medically necessary. This includes treatment that is required because of conditions that develop during the course of a hospital stay that could reasonably have been prevented.
- for routine visits to a podiatrist. When medically necessary, the Plan will pay for podiatric surgery up to a maximum of \$1,000 per year.
- for weight loss drugs;
- for nutritional counseling; except it will pay for nutritional counseling for diabetics OR if you meet certain other criteria (see Bariatric surgery section for more information).
- for occupational, rehabilitative, or speech therapy, except when these therapies are required to recover from a catastrophic illness or injury;

- for chiropractic treatment;
- for more than \$1,500 per year for pain management services;
- for acupuncture;
- for any benefit not specifically provided for in this booklet.

## **IS THERE ANY WAY I CAN LOSE MY RIGHT TO BENEFITS?**

You may lose your right to receive benefits if you don't seek medical treatment when you know you should, or if you don't follow your doctor's advice.

If you accept an overpayment from the Plan or a payment to which you are not entitled and you refuse to return it, you may lose your right to benefits. You also may lose your right to benefits if you fail to repay money that has been assigned to the Plan.

## **WHAT BENEFITS CAN I RECEIVE FROM THE PLAN IF I BECOME DISABLED AND CAN NO LONGER WORK?**

At the Core-Plus and Core benefit levels, employees who are unable to work because of illness or injury can receive Sickness and Accident (S&A) benefits from the Plan. In order to be eligible for S&A benefits, you must meet the Plan's eligibility requirements described on pages 5, 6 and 7.

You can receive S&A benefits for up to 273 days during any 12-month period. The 12-month period begins with the first day of your disability. The amount of the S&A Benefit is \$25 a day. In addition, the Plan will pay the FICA and Medicare taxes due on the benefit to the Internal Revenue Service, on your behalf.

You can receive S&A benefits only if you are not receiving Workers' Compensation, state disability payments, unemployment benefits, or Maintenance and Cure payments. You also cannot receive S&A Benefits if you are receiving wages or vacation pay from your employer.

S&A payments will start on the first day of your disability if your disability begins while you are in the hospital. If you are not in the hospital when your disability begins, your S&A payments will start on the fifth day of your disability. However, you must first be disabled for at least eight days to claim benefits.

Your S&A benefits end when you are no longer disabled and can return to work, or if you begin receiving SSI disability benefits. Your S&A benefits also will end if you begin receiving a pension from the Seafarers Pension Plan.

Although you may receive eligibility credit for days during which you were receiving S&A benefits, you cannot use days credited in this way to receive additional S&A benefits.

## **HOW DO I APPLY FOR SICKNESS AND ACCIDENT BENEFITS?**

To receive S&A benefits, you must file an application form with the Plan. These forms can be obtained from your local representative, from the Plan's main office or download the form from [www.seafarers.org](http://www.seafarers.org) under the Member Benefits section. You must also provide the Plan with written proof of your disability, such as a letter from your doctor.

To receive S&A benefits, you must file an application within 60 days after your disability begins. If you are hospitalized, you must file your application within 60 days after you leave the hospital.

## **WHAT IS THE STANDARD DEATH BENEFIT?**

Upon your death, your beneficiary may receive a Standard Death Benefit if he or she is a relative listed in the paragraph titled "Who Can Be My Beneficiary" on page 38 of this booklet. At the Core-Plus and Core benefit levels, the amount of the Standard Death Benefit is \$5,000. This benefit is subject to the Funeral Expense deduction, which is described below. If you did not name a beneficiary, or your named beneficiary died before you, then the Plan will pay your estate a death benefit of \$1,000.

For your beneficiary to receive the Standard Death Benefit, you must have met the Plan's requirements for maintaining eligibility (as described on pages 6 and 7) during the two calendar years before your death.

The beneficiaries of employees who do not meet the requirements of the Standard Death Benefit may still receive a payment from the Plan. If you die within twelve months after your last day of covered employment, your beneficiary can receive a \$500 death benefit.

A Standard Death Benefit is also available to the beneficiaries of pensioners. Information about the Pensioner Death Benefit can be found in the summary booklet for the Seafarers Pension Plan.

## **WHAT IS THE GRADUATED DEATH BENEFIT?**

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At the Core-Plus and Core benefit levels, your beneficiary may receive a Graduated Death Benefit in addition to the Standard Death Benefit.

At the Core-Plus benefit level, your beneficiary can receive a Graduated Death Benefit of \$10,000, if you met the Plan's requirements for maintaining eligibility (as described on pages 6 and 7) during each of the three calendar years before your death. For each additional year during which you met the Plan's eligibility requirements, \$5,000 is added to your Graduated Death Benefit. The maximum Graduated Death Benefit is \$45,000 at the Core-Plus benefit level. Your beneficiary can receive up to \$50,000 when the Graduated Death Benefit is paid together with the Standard Death Benefit.

At the Core benefit level, your beneficiary can receive a Graduated Death Benefit of \$5,000 if you met the Plan's requirements for maintaining eligibility (as described on pages 6 and 7) during each of the three calendar years before your death. For each additional year during which you met the Plan's eligibility requirements, \$2,500 is added to your Graduated Death Benefit. The maximum Graduated Death Benefit is \$15,000 at the Core benefit level. Your beneficiary can receive up to \$20,000 when the Graduated Death Benefit is paid together with the Standard Death Benefit.

If your death is self-inflicted, is directly or indirectly caused by alcohol or drugs, or is a result of engaging in an activity that you knew or should have known could cause serious injury, the Plan will not pay the full Graduated Death Benefit. In this circumstance the Plan will pay a Graduated Death Benefit up to a maximum of \$10,000.

## **WHO CAN BE MY BENEFICIARY?**

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To claim the full amount of your death benefit, the beneficiary you have named must be a close relative. Your beneficiary may be any of the relatives from the following list:

Spouse	Mother	Brother
Child	Father	Sister
Grandchild	Stepmother	Stepsister
Grandfather	Stepfather	Stepbrother
Grandmother	Half-sister	Nephew*
Stepchild	Half-brother	Niece*

\*Niece and Nephew are defined as the children of the brother or sister of a deceased employee.

**If the beneficiary you have named is not a relative on this list, the maximum amount he or she can receive as the Standard Death Benefit is \$1,000. If you do not name a beneficiary, a maximum of \$1,000 will be paid to your estate. It is extremely important to keep your beneficiary information up to date to ensure that all the benefits you have earned will be paid to your beneficiary.**

## **WHAT IS THE FUNERAL EXPENSE DEDUCTION?**

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If someone other than the government has paid for your funeral, the Plan will pay that person up to \$1,000 towards the funeral expenses. The amount of this payment will be subtracted from the amount of the Death Benefit that your beneficiary will receive. The amount of funeral expenses that the Plan will pay is limited to \$1,000. However, if you are buried at the Seafarers Health and Benefits Plan Cemetery, the maximum funeral expense deduction will be \$5,000.

## **HOW DOES MY BENEFICIARY APPLY FOR MY DEATH BENEFIT?**

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To receive your death benefit, your beneficiary must file an Application for Death Benefits with the Plan. Your beneficiary can obtain an application from the Plan's main office, from your local representative, online at [www.seafarers.org](http://www.seafarers.org) under the Member Benefits section, or by calling the Plan at 1-800-252-4674. They must include with the application an itemized funeral bill, paid or unpaid, and an official Certificate of Death.

**Your beneficiary must apply for your death benefit within one year following your date of death.**

If your beneficiary is not of legal age, your beneficiary's legal guardian must apply for your death benefit.

## **WHAT BENEFITS CAN I RECEIVE IF I LOSE A LIMB OR MY EYESIGHT?**

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The Plan provides for an Accidental Dismemberment Benefit for eligible employees. Your loss must happen within 90 days of your injury and cannot be caused by an illness or be work related.

At the Core-Plus and Core benefit levels you can receive a \$2,500 benefit if you lose a hand, foot or the sight of an eye. If you lose any two, the Plan will pay you a maximum benefit of \$5,000.

## **HOW DO I APPLY FOR ACCIDENTAL DISMEMBERMENT BENEFITS?**

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To receive this benefit, contact the Plan at 1-800-252-4674 for more information. You will be required to send the Plan a doctor's statement as proof of your loss.

## **WHAT EDUCATIONAL BENEFITS DOES THE PLAN PROVIDE?**

Each year the Plan awards a limited number of scholarships for use at colleges or vocational schools. At the Core-Plus and Core benefit levels, you, your spouse, and your dependent children may receive this benefit. Information about this important benefit can be found in the summary booklet for the Seafarers Scholarship Program.

To obtain a booklet, you can contact the Plan at:

Seafarers Health and Benefits Plan  
Attn: Scholarship  
5201 Auth Way  
Camp Springs, Maryland 20746  
(301) 899-0675

OR, you can download the booklet at: [www.seafarers.org](http://www.seafarers.org) , under the Member Benefits section.

## **WHAT RIGHTS DO I HAVE IF THE PLAN DENIES MY CLAIM?**

If your application for benefits is denied, or you believe your claim was paid incorrectly, you have the right to appeal the Plan's decision.

A written explanation will be sent to you if the Plan denies your claim. If you believe that the Plan should have paid your claim, you may call the Plan at 1-800-252-4674 to discuss this matter. If you want to request a review by the Board of Trustees, you must make your request in writing and you must send it within 180 days of the date your claim was denied. You should include any supporting documentation you have when making your request. Your doctor, hospital, or other medical provider may also submit an appeal on your behalf.

Your claim will be reviewed by the Trustees. They will look at all proof that they receive from you or anyone else. After completing their review, the Trustees will make their final decision. The Trustees will notify you of their decision in writing within 30 days of receiving your appeal; unless the Trustees decide that they need additional information to make a decision.

In certain emergency circumstances, your appeal will be handled in a shorter amount of time. If additional information is needed, the Plan will send you a request for this information, and give you at least 45 days to provide the requested documentation.

Your written appeal should be sent to:

Board of Trustees  
Seafarers Health and Benefits Plan  
P.O. Box 380  
Piney Point, Maryland 20674

Any legal action based upon the Plan's denial of benefits must be commenced no later than two (2) years after your appeal is denied by the Plan's Board of Trustees.

## **CAN I APPEAL TO HAVE A CLAIM APPROVED BEFORE I RECEIVE A MEDICAL SERVICE?**

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If you or your doctor would like a claim considered for approval before you receive medical treatment, the Plan will consider your pre-service appeal. If it is not urgent, please send the appeal and all supporting information to the Board of Trustees at the address listed above. The Plan will consider your appeal and notify you of a decision within 15 calendar days of receiving your request and all supporting documentation.

If your appeal involves a request for approval of **urgent care** before you receive treatment, the Plan will make a decision more quickly. A request will be considered to be urgent if your health would be threatened if the Plan took the normal amount of time to consider your appeal. The Plan will decide urgent care appeals within 72 hours.

If the Plan needs more information to decide an urgent care appeal, it will notify you within 24 hours, and give you at least 48 hours to respond. Once the Plan receives this information, it will make a decision within 48 hours. If you do not supply the information requested, the Plan will make a decision within 48 hours after the time it gave you to provide the information has elapsed. If you wish to submit an urgent appeal, please contact the Plan at 1-800-252-4674.

## **HOW WILL THE PLAN NOTIFY ME IF THERE ARE ANY CHANGES IN MY BENEFITS?**

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If the Trustees decide to make any changes to your benefits, the Plan will notify you by mailing a notice to your home address. If you prefer to receive notices from the Plan by e-mail, you must give the Plan permission to communicate with you by e-mail and provide your e-mail address. A form is available at [www.seafarers.org](http://www.seafarers.org) under the Member Benefits section, which you can fill out and return to the Plan, or you can contact the Plan to request a copy of this form. Participant notices are also available online at [www.seafarers.org](http://www.seafarers.org) under the Members Benefits section.

## **WHAT PRIVACY RIGHTS DO I HAVE?**

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The Seafarers Health and Benefits Plan is committed to safeguarding the privacy of its participants. The Plan discloses protected health information only when it is necessary for medical treatment, payment of claims, or normal health care operations. As a participant in the Plan, you have certain privacy rights. These rights include:

**You have the right to:**

- request restrictions on certain uses and disclosures of your protected health information;
- receive confidential communications of your protected health information;
- inspect and copy your protected health information;
- amend your protected health information;
- an accounting of disclosures of your protected health information.

In addition, you have the right to receive a printed copy of the Plan's Privacy Notice. The current Privacy Notice is in Appendix A of this booklet. You can also obtain a copy online at [www.seafarers.org](http://www.seafarers.org) under the Member Benefits section, from your local Plan representative, or from the Plan at:

Seafarers Health and Benefits Plan  
Attn: Privacy Officer  
5201 Auth Way  
Camp Springs, MD 20746

## **WHAT RIGHTS DO I HAVE IF I LEAVE COVERED EMPLOYMENT TO PERFORM MILITARY SERVICE?**

---

If you leave covered employment to perform military service, you have the right to continue health care coverage for you and your dependents for up to 24 months by paying premiums yourself.

Even if you choose not to continue coverage during your military service, you have the right to be reinstated in the Plan if you return to covered employment after your military service ends. However, you must return to covered employment within 90 days following a period of military service of not more than five years.

Upon returning to covered employment, your eligibility to receive benefits will be the same as it was when you left covered employment, except for service-related illnesses and injuries, which are excluded from coverage.

For more information concerning your right to extend your eligibility by paying premiums yourself, contact the Plan at:

Seafarers Health and Benefits Plan  
Attn: COBRA  
P.O. Box 380  
Piney Point, Maryland 20674  
1-800-252-4674

## **CAN THE PLAN TREAT ME DIFFERENTLY BECAUSE I HAD A GENETIC TEST THAT SHOWS THAT I AM MORE LIKELY TO GET A CERTAIN ILLNESS?**

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No. The Plan will not request information about any genetic test that you or a family member may have had, and the Plan will not use genetic information to make any decisions about your benefits.

## **WHAT OTHER RIGHTS DO I HAVE?**

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As a participant in the Plan, you have certain rights under the Employee Retirement Income Security Act of 1974. These rights include:

**You have the right to:**

- receive information about the Plan;
- inspect Plan documents at the Plan's office;
- receive copies of Plan documents for a small copying fee;
- receive a listing of signatory employers when requested in writing;
- receive a summary of the Plan's financial report;
- not be penalized or discriminated against by the Trustees of the Plan when you are applying for benefits;
- hire a lawyer, if you believe that your application for benefits was incorrectly turned down, or that a Trustee of the Plan has not done his/her job;

- continue health care coverage for you, your spouse, or dependents if there is a loss of coverage under the plan as a result of a qualifying event. You or your spouse will have to pay for this coverage. Review the section of this booklet about COBRA continuation coverage for more information.
- have your questions answered by the Plan, and if you are not satisfied, to ask the U.S. Department of Labor.

U.S. Department of Labor  
Employee Benefits Security Administration  
Room N5619  
200 Constitution Avenue, N.W.  
Washington, D.C. 20210

# APPENDIX

- Notice of Nondiscrimination and Language Translation Services
- Notice of Privacy Practices
- Notice of Continuation Coverage Rights Under COBRA

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## **NOTICE OF NONDISCRIMINATION**

The Seafarers Health and Benefits Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Plan will provide free aids and services to people with disabilities to communicate effectively with us such as:

- Qualified sign language interpreters,
- Written information in other formats (large print, audio, accessible electronic format, other formats).

The Plan provides free language services to people whose primary language is not English, in order to help you apply for benefits, or understand your benefits and eligibility. These services include:

- Qualified interpreters;
- Information written in other languages.

If you need assistance, tell any Plan representative that you speak with that you need translation services or information in another format, and the Plan will arrange for a qualified interpreter or provide information to you in an accessible format.

If you believe that the Seafarers Health and Benefits Plan has failed to provide these services or discriminated in any way against you on the basis of race, color, national origin, age, disability or sex, you can file a grievance/appeal to the Board of Trustees within 180 days of the day you became aware of the alleged discrimination. Your written appeal should be sent to:

Board of Trustees  
Seafarers Health and Benefits Plan  
P.O. Box 380  
Piney Point, Maryland 20674

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, S.W.  
Room 509F, HHH Building  
Washington, DC 20201  
1-800-868-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

## Language Translation Services

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-252-4674

**Arabic:**

ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-252-4674

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-252-4674

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-252-4674

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-252-4674

**Haitian Creole:** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-252-4674

**Portuguese:** ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-252-4674

**Indonesian:** PERHATIAN: Jika Anda berbicara dalam Bahasa Indonesia, layanan bantuan bahasa akan tersedia secara gratis. Hubungi 1-800-252-4674

**Romanian:** ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-800-252-4674

**Croatian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-800-252-4674

**French:** ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-252-4674

**Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-252-4674。

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-252-4674 번으로 전화해 주십시오.

**Ukrainian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-800-252-4674

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-252-4674

# SEAFARERS HEALTH AND BENEFITS PLAN NOTICE OF PRIVACY PRACTICES

## Your Information. Your Rights. Our Responsibilities.

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.

### Your Rights

**When it comes to your health information, you have certain rights.** This section explains your rights and some of our responsibilities to help you.

#### **Get a copy of health and claims records**

- You can ask to see or get a copy of your health and claims records and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health and claims records, usually within 30 days of your request. We may charge a reasonable, cost-based fee.

#### **Ask us to correct health and claims records**

- You can ask us to correct your health and claims records if you think they are incorrect or incomplete. Ask us how to do this.
- We may say “no” to your request, but we’ll tell you why in writing within 60 days.

#### **Request confidential communications**

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.
- We will consider all reasonable requests, and must say “yes” if you tell us you would be in danger if we do not.

#### **Ask us to limit what we use or share**

- You can ask us not to use or share certain health information for treatment, payment, or our operations.
- We are not required to agree to your request, and we may say “no” if it would affect your care.

#### **Get a list of those with whom we’ve shared information**

- You can ask for a list (accounting) of the times we’ve shared your health information for six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We’ll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

### **Get a copy of this privacy notice**

You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

### **Choose someone to act for you**

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

### **File a complaint if you feel your rights are violated**

- You can complain if you feel we have violated your rights by contacting us using the information found at the end of this notice.
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting [www.hhs.gov/ocr/privacy/hipaa/complaints/](http://www.hhs.gov/ocr/privacy/hipaa/complaints/).
- We will not retaliate against you for filing a complaint.

### **Your Choices**

**For certain health information, you can tell us your choices about what we share.** If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in payment for your care
- Share information in a disaster relief situation

*If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.*

### **Our Uses and Disclosures**

#### **How do we typically use or share your health information?**

We typically use or share your health information in the following ways.

#### **Help manage the health care treatment you receive**

We can use your health information and share it with professionals who are treating you.

*Example: A doctor sends us information about your diagnosis and treatment plan so we can arrange additional services.*

### **Run our organization**

- We can use and disclose your information to run our organization.
- We are not allowed to use genetic information to decide whether we will give you coverage and the price of that coverage. This does not apply to long term care plans.

*Example: We share general claims information with the Plan's actuary in order to design Plan benefits.*

### **Pay for your health services**

We can use and disclose your health information as we pay for your health services.

*Example: We share information about your claims with your spouse's health plan in order to coordinate benefits.*

### **Administer your plan**

We may disclose your health information to your health plan sponsor for plan administration.

*Example: We will share your claim information with the Board of Trustees if you submit an appeal.*

### **How else can we use or share your health information?**

**We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes. For more information, see:**

**[www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html](http://www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html)**

### **Help with public health and safety issues**

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety

### **Do research**

We can use or share your information for health research.

### **Comply with the law**

We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

### **Respond to organ and tissue donation requests and work with a medical examiner or funeral director**

- We can share health information about you with organ procurement organizations.
- We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

### **Address law enforcement, and other government requests**

We can use or share health information about you:

- For Jones Act Claims upon receipt of a subpoena or authorization
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services

### **Respond to lawsuits and legal actions**

We can share health information about you in response to a court or administrative order, or in response to a subpoena.

**If you attend the Seafarers Addictions Rehabilitation Center (ARC) we will never share any substance abuse treatment records without your written permission, unless we receive a valid subpoena.**

### **Our Responsibilities**

- **We are required by law to maintain the privacy and security of your protected health information.**
- **We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.**
- **We must follow the duties and privacy practices described in this notice and give you a copy of it.**
- **We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.**
- We will *never* share your information for marketing purposes, and we will not sell your information.

**For more information, see: [www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html](http://www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html).**

### **Changes to the Terms of this Notice**

**We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, on our web site, and we will mail a copy to you.**

**For more information, contact the Privacy Officer at: [privacyofficer@seafarers.org](mailto:privacyofficer@seafarers.org)**

Or by mail to: Seafarers Health and Benefits Plan, 5201 Auth Way, Camp Springs, MD 20746

Telephone: (301) 899-0675; Website: [www.seafarers.org](http://www.seafarers.org)

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## **NOTICE OF CONTINUATION COVERAGE RIGHTS UNDER COBRA**

**The following is a notice that describes your COBRA continuation coverage rights in the event that you or a family member loses health coverage from this plan. If you lose eligibility, and do not receive your COBRA Election Notice, please contact the Plan immediately at: 1-800-252-4674.**

### **Seafarers Health and Benefits Plan General Notice Of COBRA Continuation Coverage Rights**

#### **Introduction**

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

The right to COBRA continuation coverage was created by a federal law, the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA). COBRA continuation coverage can become available to you and other members of your family when group health coverage would otherwise end.

For more information about your rights and obligations under the Plan and under federal law, you should review the Plan's Summary Plan Description or contact the Plan Administrator at:

Seafarers Health and Benefits Plan  
Attn: Administrator  
5201 Auth Way  
Camp Springs, MD 20746

#### **You may have other options available to you when you lose group health coverage.**

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

## **What is COBRA continuation coverage?**

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

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

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

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

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

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

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

## **When is COBRA continuation coverage available?**

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

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

Due to the nature of the maritime industry, an employer may not always be aware when these events occur, because you may work for multiple employers. **Therefore, the Plan suggests that you or a family member also notify the Plan of these events.**

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

Seafarers Health and Benefits Plan  
Attn: COBRA  
PO Box 380  
Piney Point, MD 20674

## **How is COBRA continuation coverage provided?**

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

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

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

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

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

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

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

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

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

### **If you have questions**

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

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

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

### **Plan contact information**

You may obtain more information about your COBRA rights from the Seafarers Health and Benefits Plan by calling the Plan at 1-800-252-4674, and asking to speak with the COBRA Representative; or by writing to:

Seafarers Health and Benefits Plan  
Attn: COBRA  
PO Box 380  
Piney Point, Maryland 20674