

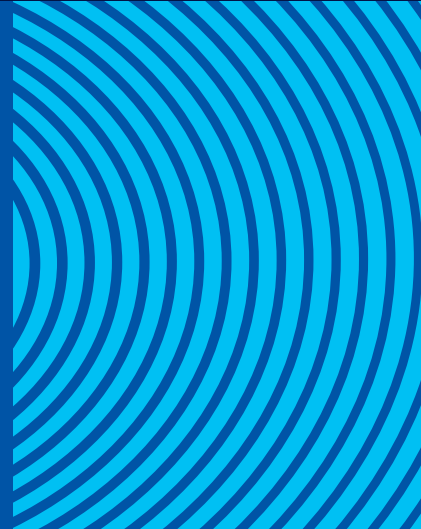


**Allstate**<sup>®</sup>  
HEALTH SOLUTIONS

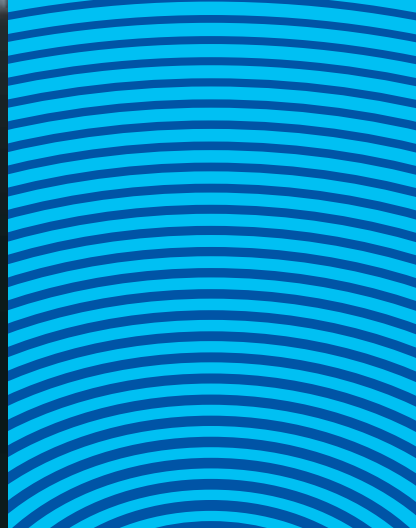
IOWA

# short-term limited-duration health insurance

Coverage you need for  
the time you need it.



PPO Network provided by Cigna<sup>®</sup>



## short term plans that are never short on benefits

Allstate Health Solutions understands that how you live and work is constantly changing. That's why limited-duration health insurance gives you flexibility to choose the amount of coverage you need, for amount of time you need it.

With options from top insurance providers like Cigna®, you can customize a plan that protects you from everyday health care costs, and unexpected health emergencies:

- Doctor visits and preventive care
- Emergency room and hospital stays
- Pharmacy benefits and discounts

Whether you're between jobs, waiting for open enrollment or aging out of a family plan — short term medical insurance has a plan to fit your needs and budget. Get coverage today, so your health, and wealth, are protected tomorrow.

## Flexible coverage periods

Your choice of plan<sup>1</sup> length, from 30 days up to 12 months, for both individuals and families.

## Immediate protection

When you sign up for a plan, coverage kicks in as soon as the next day. So you'll get peace of mind, knowing you're protected.

## In-person office visits

All plans come with office visit benefits. And you choose the copay option that is right for you.

## No deductibles for urgent care

Just pay a \$75 access fee, and any additional deductible fees are covered by coinsurance.

## Rx benefits and discounts

Keep your costs low with a \$10 copay on generics.



## Access to Cigna

Choose from more than 1,000,000<sup>2</sup> primary care doctors and specialists across 6,300 hospitals in the Cigna PPO Network.<sup>3</sup>

<sup>1</sup> Maximum allowable policy period is 364 days. <sup>2</sup> Cigna analysis of actual number of doctors in the PPO Network as of September 1, 2018. Data is subject to change. <sup>3</sup> The Cigna PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO Network for Shared Administration.

# pick the right plan for you

	Enhanced PPO plan						Copay Enhanced PPO plan	
<b>Deductibles</b>	\$2.5k	\$2.5k	\$5k	\$5k	\$7.5k	\$10k	\$6k	\$8k
<b>Coinsurance</b> % paid by you	20%	0%	20%	0%	20%	0%	0%	0%
<b>Coinsurance out-of-pocket</b> Per member	\$5k	\$0	\$5k	\$0	\$5k	\$0	\$0	\$0
<b>Coverage period maximum</b>	<b>\$1,000,000</b>						<b>\$5,000,000</b>	
<b>Office visits</b> Including preventive visits	Applies to deductible and coinsurance						Copay: <sup>4</sup> \$40 PCP; \$60 Specialist	
							<b>Up to 6 months:</b> Single: 1 total Family: 3 total	<b>Over 6 months:</b> Single: 2 total Family: 4 total
<b>Pharmacy<sup>5</sup></b>	<ul style="list-style-type: none"> <li>\$10 Copay on generic drugs</li> <li>Maximum out-of-pocket of \$3,000</li> </ul>						<ul style="list-style-type: none"> <li>\$10 Copay on generic drugs</li> <li>Maximum benefit of \$3,000</li> </ul>	
<b>Outpatient services<sup>6</sup></b>	<ul style="list-style-type: none"> <li>Applies to deductible and coinsurance</li> <li>Some limit restrictions apply, see footnote for details<sup>7</sup></li> </ul>						<ul style="list-style-type: none"> <li>Applies to deductible and coinsurance</li> <li>Some limit restrictions apply, see footnote for details<sup>7</sup></li> </ul>	
<b>Adult screenings</b>	<ul style="list-style-type: none"> <li>Applies to deductible and coinsurance</li> <li>Includes immunizations</li> </ul>						<ul style="list-style-type: none"> <li>Includes immunizations</li> <li>Applies to deductible and coinsurance</li> </ul>	

**Out-of-network deductibles and coinsurances are double their in-network amounts. Coinsurance percentages are the same for out-of-network services.**

<sup>4</sup> Additional copays apply to deductible and coinsurance. Copays are not applicable to out-of-network services. <sup>5</sup> No waiting period applies. <sup>6</sup> Includes services such as Surgeon, Anesthesia, Office Visits, Preventive Services, Urgent Care, Diagnostics and Lab. <sup>7</sup> A \$5,000 benefit limit applies to outpatient treatment of a joint, neck, spine, or connective tissue including tendons, ligaments, and cartilage (exclusions may apply, see exclusion list). There is also a 30 visit limit for PT, OT, ST Cardiac and Pulmonary rehabilitation.



## Benefits in every plan

<b>Inpatient services</b>	Includes hospital stays. Applies to deductible and coinsurance.
<b>Emergency room visit</b>	Applies to deductible and coinsurance.
<b>Diagnostic, x-ray and lab</b>	Applies to deductible and coinsurance.
<b>Urgent care</b>	\$75 copayment for network visits. Out-of-network visits apply to deductible and coinsurance.
<b>Child immunizations</b>	First dollar benefit.

## Plan purchase options

Purchase multiple plans with one application. And renewable options<sup>10</sup> let you extend coverage for up to three years.

	Renewable option	Consecutive option
Pre-existing conditions are covered after the first 12 months of coverage.	yes	yes
Deductible/coinsurance resets with each new policy term.	yes	yes
Coverage period maximum resets each new policy term.	no	yes
Guaranteed rate option available	yes	no
Rates determined at the time of purchase and may vary by plan.	no	yes
Coverage	up to 3 years	up to 2 years <sup>11</sup>

<sup>9</sup> All plan options must be selected at the time of purchase. Not available for Guaranteed Issue Plans. <sup>10</sup> Purchase multiple plans one application and get up to 2 years of coverage. Maximum allowable policy period is 364 days.



protect  
yourself  
from the  
unexpected

## add an extra layer of protection

No one plans for things like chronic illness, accidents or hospital stays. But you can add a supplemental coverage plan to protect yourself from out-of-pocket costs. Plans are affordable, and help you keep more money in your pocket when you have unexpected medical bills.

### How supplemental coverage works

Let's say you chose a short term medical policy with a \$5,000 deductible. Then, you need emergency care, and have a \$12,900 medical bill. You would typically pay \$5,000 out-of-pocket, or whatever remains on your deductible.

But if you have a supplemental plan with a \$250 deductible, your plan would pay \$4,750. Or, 98% of your medical plan's deductible. Either way, you're only paying \$250 out-of-pocket.

### Affordable plans for:



Accidental injuries



Critical illness



Cancer and heart/stroke



Hospital stays

# limitations and exclusions



## Pre-existing condition exclusion

- This Plan does not cover any charges related to certificate benefits resulting directly or indirectly from a pre-existing condition or a complication resulting therefrom.
- The Pre-Existing Condition exclusion will not be applicable for those Covered Persons after the Initial Benefit Period Termination Date as shown in the Benefit Schedule if you purchased a Renewability Rider or the Consecutive Plan options that provide more than 12 months of consecutive coverage.

### *Pre-existing condition means:*

- A sickness, injury, or condition, including any related or resulting complications:
  - » For which medical advice, consultation, diagnosis, care, or treatment (includes receipt of services, supplies, or diagnostic tests) was received or recommended from a provider or prescription drugs were prescribed during the 1 year period immediately prior to the covered person's effective date, regardless of whether the condition was diagnosed, misdiagnosed or not diagnosed; or
  - » That produced signs or symptoms during the 1 year period immediately prior to the covered person's effective date.
- The signs or symptoms were significant enough to establish manifestation or onset by one of the following:
  - » The signs or symptoms reasonably should have allowed or would have allowed a medical provider to diagnose the condition; or
  - » The signs or symptoms reasonably should have caused or would have caused an ordinarily prudent person to seek medical advice, consultation, diagnosis, care, or treatment.
  - » A pregnancy that exists on the day before the covered person's effective date will be considered a pre-existing condition.

## Organ transplant or marrow reconstitution

Transplant services are covered under the plan terms and

limitations may apply. Benefits are subject to deductible and coinsurance.

- Maximum benefit of one transplant per Policy Donor expenses are subject to, and apply toward, the Organ Transplant or Marrow Reconstitution maximum benefit. Benefits for donor expenses are only available:
  - » after benefits for the Covered Person's own expenses have been paid; and,
  - » to the extent that any applicable maximum benefit for Organ Transplant or Marrow Reconstitution has not been met.

## Additional charges not covered by this certificate

Unless set forth as a benefit in the benefits section, this certificate does not cover charges for:

Treatment, services or supplies that are: 1) received before the effective date or after the termination date; 2) provided at no cost to the covered person; 3) not specifically listed in the benefits section; 4) are in excess of the maximum allowable amount or maximum benefit stated.

- Complications resulting or related to treatment, services or supplies that are not covered.
- Treatment, services or supplies that are: 1) experimental or investigational services; 2) preventive; 3) prophylactic; 4) not medically necessary; 5) received in a clinical trial; 6) for the personal comfort or convenience of the covered person, the covered person's family, a health care practitioner or a provider; 7) incurred outside of the United States or its possessions or Canada.
- Suicide or attempted suicide, health care practitioner assisted suicide, and intentionally self-inflicted injury; war or any act of war or participation in the military service of any country.
- Treatment, services or supplies paid by Medicare or any other government law or program except Medicaid (Medi-Cal in California), motor vehicle insurance, no fault insurance or worker's compensation insurance.
- Treatment, services or supplies incurred while a covered person is committing or participating in a felony.
- Eyeglasses, contact lenses, eye exams, eye refraction,



# limitations and exclusions

- eye surgery, vision therapy.
- Artificial hearing devices, batteries, cochlear implants, auditory prostheses or other mechanical or surgical means of enhancing, creating or restoring auditory comprehension.
- Smoking cessation; snoring; sleep disorders; treatment of hair loss; change in skin pigmentation; cognitive enhancement.
- Gastric bypass surgery.
- Weight reduction or weight control programs or treatment, surgery for weight control, obesity or morbid obesity, suction lipectomy, physical fitness programs, exercise equipment, exercise therapy, health club or gym membership fees, nutritional and dietary counseling.
- Family and/or marriage counseling; hypnotherapy; custodial care, respite care; rest care; supportive care; homemaker services; private duty nursing services rendered during hospital confinement; standby health care practitioners; hospice care.
- Adjustments; manipulations; acupuncture; rolfing; cupping therapy; massage; biofeedback; neurotherapy; electrical stimulation; aversion therapy; non-medical items; self-care or self-help programs; stress management; aromatherapy; meditation or relaxation therapy; naturopathic medicine; homeopathic medicine; acne.
- Cosmetic services, capsular contraction, augmentation or reduction mammoplasty, except reconstructive surgery.
- Sales tax or gross receipt tax; provider administrative expenses; missed appointments; non-medical items.
- Learning disorders or disabilities or developmental delays; educational services; wilderness therapy programs; or, education-based residential treatment programs.
- Any hazardous activity, whether or not compensation is received including, but not limited to: parachute jumping, hang-gliding, bungee jumping, rodeo activities, racing any motorized or non-motorized vehicle or conveyance, rock or mountain climbing, skydiving or parkour.
- Any hazardous occupation or other activity for which compensation is received including, but not limited to: skiing, horse riding, or racing any non-motorized vehicle or conveyance.
- An injury sustained while participating in any intercollegiate sport or professional or semi-professional contact sports.
- Chronic pain disorders.
- Surgery for: ear tubes, tonsils, adenoids, hernia, sinuses, or deviated septum.
- Joint replacement, unless related to an Injury.
- End stage kidney or end stage renal disease.
- Foot conditions.
- Cranial orthotic devices.
- Genetic testing, genetic counseling or reproductive treatment; growth hormone therapy; allergies and allergy testing.
- Pregnancy, except for complications of pregnancy; including but not limited to: childbirth; fetal reduction surgery; routine well baby care, including hospital nursery charges at birth; abortion; infertility diagnosis and treatment; cryopreservation of sperm or eggs; surrogate pregnancy; umbilical cord stem cell or other blood component harvest; sterilization, drugs or devices used directly or indirectly to promote or prevent conception; and sexual treatment regardless of underlying causes.
- Treatment, services or supplies resulting from or related to any congenital condition, except when provided to a newborn or adopted child added who is a covered dependent.
- Dental treatment, orthodontic treatment, or care for supporting structures of the teeth.
- Sclerotherapy, varicose veins or spider veins.
- Herbal or homeopathic medicines or products; minerals; vitamins; appetite suppressants; dietary or nutritional substances or dietary supplements; nutraceuticals; tube feeding formulas and infant formulas; medical foods.
- Over-the-counter products or drugs; Inpatient drugs prescribed for treatment of a sickness or an injury that is not covered; outpatient prescription drugs, except as otherwise covered.
- Treatment, services or supplies 1) provided by or through any employer of a covered person or the employer of a covered person's immediate family member; or 2) provided by the covered person's immediate family member or any entity in which a covered person or their Immediate Family member receives, or is entitled to receive, any direct or

# limitations and exclusions



indirect financial benefit, including but not limited to an ownership interest in any such entity.

## Prescription drug exclusions and limitations

If you purchase the Copay Enhanced PPO plan with prescription drug coverage, then in addition to the exclusions and limitations listed in the certificate, we will not pay outpatient prescription drug benefits for:

- Drugs that are:
  - » Not on our drug list, received at a non-participating pharmacy, or covered under the plan.
  - » Prescribed for treatment of a sickness or Injury that is not covered under the plan.
  - » Dispensed in excess of the supply limits provision.
  - » Taken to prevent the transmission of disease during activities such as intercourse, sharing of needles, or direct or indirect exchange of bodily fluids.
  - » Obtained from pharmacy provider sources online outside the United States.
  - » Designed or used to diagnose, treat, alter, impact, or differentiate genetic make-up or genetic predisposition.
- Diagnostic kits and products, blood or blood products.
- Duplicate prescriptions; replacement of lost, stolen, destroyed, spilled or damaged prescriptions; prescriptions refilled more frequently than the prescribed dosage indicates.
- Bulk powder/chemical drugs and drugs containing, or made of, bulk powder/chemicals.
- Compounded medications made up of two or more active parts or ingredients.
- Combination drugs or drug products manufactured and/or packaged together and containing one or more active ingredients
- Amounts above the contracted rate for a participating pharmacy.
- DDAVP (desmopressin acetate) or other drugs used in the treatment of nocturnal enuresis (bedwetting) for a covered person under the age of 8.
- Postage, handling and shipping charges for any drugs.
- Injectable outpatient prescription drugs.
- Any administrative charge for drugs.

## Short Term Medical is nonrenewable

This short term medical plan is nonrenewable. Termination of this plan is not considered a qualifying life event for the purposes of enrolling in an ACA-compliant major medical plan.

If you choose to purchase a new subsequent short term medical plan, you must submit a new application. Any sickness or condition developed during under a previous plan will be considered a pre-existing condition, regardless of whether the sickness or condition was covered under your previous plan, and will not be covered by subsequent short term medical plans. Re-application may not be available in all states.

If you purchased a Renewability rider at the time you initially enrolled in your short term medical plan, then your plan will be renewable up to 36 months so long as you maintain compliance with the plan provisions.

This document provides summary information. For a complete listing of benefits, exclusions and limitations, please refer to the Insurance policy. In the event there are discrepancies with the information in this document, the terms and conditions of the coverage documents will govern.

# limitations and exclusions

This coverage is not required to comply with federal market requirements for health insurance, principally those contained in the Affordable Care Act. Be sure to check your policy carefully to make sure you are aware of any exclusions or limitations regarding coverage of pre-existing conditions or health benefits (such as hospitalization, emergency services, maternity care, preventive care, prescription drugs, and mental health and substance use disorder services). If this coverage expires or you lose eligibility for this coverage, you might have to wait until an open enrollment period to get other health insurance coverage.

This policy does not meet the definition of qualifying previous coverage or qualifying existing coverage. As a result, if purchased in lieu of a conversion policy or other group coverage, you may have to meet a pre-existing condition requirement when renewing or purchasing other coverage.



# Allstate<sup>®</sup>

## HEALTH SOLUTIONS

## about

The Allstate Corporation (NYSE: ALL) is one of the largest publicly held personal lines insurers in the United States. As part of the Allstate Corporation, Allstate Health Solutions is focused on providing supplemental and short-term coverage options to individuals and associations. Allstate Health Solutions is the marketing name for products underwritten by National Health Insurance Company, Integon National Insurance Company, Integon Indemnity Corporation and American Heritage Life Insurance Company. These four companies, together, are authorized to provide health insurance in all 50 states and the District of Columbia. Each underwriting company is responsible for its respective products. National Health Insurance Company underwrites products in AL, AR, AZ, GA, IA, ID, IL, IN, KS, KY, LA, MD, MI, MO, MS, MT, NC, ND, NE, NV, OH, OK, OR, SC, SD, TN, TX, UT, VA, WI, WV AND WY. Integon Indemnity Corporation underwrites policies in FL.



For use in: IA.

Certificate Form: NHIC STM 2018 ASSC

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