



EXCLUSIONS AND LIMITATIONS *PLUS PRODUCTS*

The following is a list of Exclusions and Limitations that generally apply to all Optima Health plans. Once you are an enrolled member please refer to your Plan documents for the Exclusions and Limitations specific to your plan.

This following is a list of Services that are not covered under Optima Health plans. Services mean both medical and behavioral health (mental health) services and supplies unless We specifically tell You otherwise. We do not cover any services that are not listed in the Covered Services section unless required to be covered under state or federal laws and regulations. We do not cover any services that are not Medically Necessary. We sometimes give examples of specific services that are not covered but that does not mean that other similar services are covered. Some services are covered only if We authorize them. When We say You or Your We mean You and any of Your family members covered under the Plan. Call Member Services if You have questions.

A

Abortion is covered in the first 12 weeks of pregnancy. After 12 weeks abortion is covered if the mother's life is at risk, if there are **major** fetal abnormalities, or in the case of rape or incest.

Acupuncture is not covered.

Adaptations to Your Home, Vehicle or Office are not covered. Handrails, ramps, escalators, elevators, or any other changes because of a medical condition or disability are not covered.

Ambulance Service for non-emergency transportation is not covered unless We authorize the service.

Non-medical **Ancillary Services** You are referred to are not covered. Vocational rehabilitation services, employment counseling, relationship counseling for unmarried couples, pastoral counseling, expressive therapies, health education, or other non-medical services are not covered.

General **Anesthesia** in a Physician's office is not covered.

Aromatherapy is not covered.

Artificial Hearts or mechanical heart devices, or their placement **is not covered**.

Autopsies are not covered.

B

Batteries are not covered except for motorized wheelchairs and cochlear implants when authorized.

Biofeedback is not covered unless We authorize it.

Blood and Blood Products are not covered except for expenses incurred in connection with hemophilia and congenital bleeding disorders. We do not cover any costs for finding blood donors. We do not cover the cost of transportation and storage of blood in or outside the Plan's Service Area.

Bone Densitometry Studies more than once every two years are not covered unless We authorize them.

Bone or Joint treatment of the head, neck, face or jaw. We do not exclude coverage or impose limits on bone or joint treatments of the head, neck, face, or jaw that are more restrictive than limits on treatment involving any bone or joint of the skeletal structure if the treatment is required because of a medical condition or injury which prevents normal function of the joint or bone, and is deemed Medically Necessary to attain functional capacity of the affected part. The treatment must be Medically Necessary and be required because of a medical condition or injury that prevents normal function of the joint or bone.

Botox injections are not covered unless We have approved them.

Breast Augmentation or Mastopexy is not covered unless We have approved them. Cosmetic procedures or surgery for breast enlargement or reduction are not covered. Procedures for correction of cosmetic physical imperfections are not covered. Breast implants are not covered. This does not apply to procedures required by State or Federal law for breast reconstruction and symmetry following mastectomy.

Breast Ductal Lavage is not covered.

Breast Milk from a donor is not covered.

C

Chelation Therapy is not covered except for arsenic, copper, iron, gold, mercury or lead poisoning.

Chiropractic Care is not covered unless Your Plan includes a rider. Chiropractic care includes diagnosis, correction, and management of vertebral subluxations or neuromusculoskeletal conditions.

Circumcision is not covered after age six unless Medically Necessary.

Cold Therapy Machine is not covered.

Contact Lenses are not covered. Fitting of lenses or eyeglasses is not covered. We will cover the first pair of lenses following cataract surgery including contact lens, or placement of intraocular lens or eyeglass lens only.

Cosmetic Surgery and Cosmetic Procedures are not covered. We do not cover medical, surgical, and mental health services for or related to cosmetic surgery or cosmetic procedures. Emotional conflict or distress does not cause a service or procedure to be Medically Necessary. **We will not cover any of the following:**

- surgery, reconstructive surgery, or other procedures that are cosmetic and not Medically Necessary to restore function or alleviate symptoms which can effectively be treated non-surgically;
- non-medically necessary treatment or services resulting from complications due to cosmetic experimental procedures;
- breast augmentation or mastopexy procedures for correction of cosmetic physical imperfections, except as required by state or federal law regarding breast reconstruction and symmetry following mastectomy;
- tattoo removal;
- keloid treatment as a result of the piercing of any body part;
- consultations or office visits for obtaining cosmetic or experimental procedures;
- penile implants;
- vitiligo or other cosmetic skin condition treatments by laser, light or other methods.

Costs of Services paid for by Another Payor are not covered. We do not cover the cost of services, which are or may be covered through a group insurance mechanism or governmental program, such as Workers Compensation, occupational disease laws and other employers' liability laws. If You have the cost of services denied by one of the above insurance programs, the Plan will only consider payment of covered services in those cases where You received services in accordance with the Plan's referral procedures. We will not cover the cost of services that were denied by the above insurance programs for failure to meet administrative or filing requirements.

Court ordered examinations or treatments are not covered unless they are determined to be medically necessary and We have authorized them.

Custodial Care is not covered. **We will not cover any of the following:**

- residential care;
- rest cures;
- care from institutions or facilities licensed solely as residential treatment centers, intermediate care facilities, or other non-skilled sub-acute inpatient settings;
- examination or care ordered by a court of law not authorized by the Plan to be provided at a Plan Provider.

D

Dentistry/Oral Surgery/Dental Care

Dentistry

- Restorative services and supplies necessary to treat, repair or replace sound natural teeth are not covered even if injury or loss is due to an injury or accident.
- Cosmetic services to restore appearance are not covered.
- Dental implants or dentures and any preparation work for them are not covered.
- Dental services performed in a hospital or any outpatient facility are not covered. This does not include covered services listed under "Hospitalization and Anesthesia for Dental procedures."

Oral Surgery

- Oral surgery which is part of an orthodontic treatment program is not covered.
- Orthodontic treatment prior to orthognathic surgery is not covered.
- Dental implants or dentures and any preparation work for them are not covered.
- Extraction of wisdom teeth is not covered unless Your plan includes a rider.

Dental Care

- Dental care, treatment, supplies, orthodontia, extractions, repositioning, X-rays, periodontal work, or any other services dental in nature are not covered.
- Dental implants or dentures and any preparation work for them are not covered.

Diagnostic tests or Surgical Procedures are not covered where there is insufficient scientific evidence of its safety or efficacy in improving clinical outcomes.

Disposable Medical Supplies are not covered. Medical dressings, disposable diapers, over the counter supplies, bandages, tape, gauze pads, alcohol, iodine, peroxide and other disposable supplies are not covered.

Underwritten by Optima Health Insurance Company

Driver Training is not covered.

Durable Medical Equipment (DME) is covered up to the limits stated on Your Plan's Schedule of Benefits. We will only cover an amount, supply or type of DME that We determine will safely and adequately treat Your condition. **We will not cover any of the following:**

- more than one item of DME for the same or similar purpose;
- DME and appliances not uniquely relevant to the treatment of disease;
- disposable medical supplies and medical equipment;
- medical dressings, disposable diapers, over the counter supplies, bandages, tape, gauze pads, alcohol, iodine, peroxide;
- DME for use in altering air quality or temperature;
- DME for exercise or training;
- DME mainly for comfort, **convenience**, well-being **or education**;
- batteries for repair or replacement except for motorized wheelchairs **or cochlear implants**;
- blood pressure monitors unless authorized by the plan.

E

Electron Beam Computer Tomography (EBCT) is not covered. We do not cover any other diagnostic imaging test where there is insufficient scientific evidence of its safety or efficacy in improving clinical outcomes.

Services, treatment, or testing required to complete **Educational Programs**, degree requirements, or residency requirements are not covered.

Educational Testing, Evaluation, Screening, or tutorial services are not covered. Any other service related to school or classroom performance is not covered. This does not include services that qualify as Early Intervention Services under the Plan's benefit; **or if Your plan includes coverage for Autism Spectrum Disorder those services covered under Autism Spectrum disorder benefits.**

Enteral or Parenteral Feeding supplements are not covered unless they are used as the sole **or major** source of nutrition. We do not cover over the counter supplements.

eVisits are not covered.

Examinations, testing or treatment required for employment, insurance, or judicial or administrative proceedings are not covered.

Exercise Equipment is not covered. We do not cover bicycles, treadmills, stair climbers, free weights, exercise videos, or any other exercise equipment. We do not cover pool, gym, or health club membership fees.

Experimental or Investigative drugs, devices, treatments, or services are not covered. Experimental or Investigative means any of the following situations:

- the majority of the medical community does not support the use of this drug, device, medical treatment or procedure; or
- the use of this drug, device, medical treatment or procedure may have been shown to be unsafe and/or of no or questionable value as reported by current scientific literature and/or regulatory agencies; or
- the research regarding this drug, device, medical treatment or procedure may be so limited that an evaluation of safety and efficacy cannot be made; or
- the drug or device is not approved for marketing by the United States Food and Drug Administration (FDA); or
- the drug, device, medical treatment or procedure is currently under study in a **Non-FDA approved** Phase I or Phase II clinical trial, an experimental study/investigational arm of a Phase III clinical study, or otherwise under study to determine safety and efficacy or to compare its safety and efficacy to current standards of care; or
- The drug device or medical services is classified by the FDA as a Category B Non-experimental/investigational drug, device, or medical treatment.

Eye Examinations required for work are not covered. Corrective or protective eyewear required for work is not covered.

Eye Glasses and contact lenses are not covered. Fitting of lenses or eyeglasses is not covered. We will cover the first pair of lenses following cataract surgery including contact lenses, or placement of intraocular lenses or eyeglass lenses only.

Eye Movement Desensitization and Reprocessing Therapy are not covered.

Eye Corrective Surgery such as Radial Keratotomy, PRK, LASIK, or any other eye corrective surgery is not covered.

F

We **do not cover** the following **Foot Care Services** unless We authorize them:

- operations which involves the exposure of bones, tendons, or ligaments for the treatment of tarsalgia, metatarsalgia or bunions;
- **treatment and services related to plantar warts.**

We **do not cover** any of the following **Foot Care Services** except for Members with Diabetes or severe vascular problems:

- removal of corns or calluses;
- nail trimming;
- treatment and services for or from flat-feet, fallen arches, weak feet, or chronic foot strain;
- foot Orthotics of any kind;
- customized or non-customized shoes, boots, and inserts.

G

Genetic Testing and Counseling is not covered unless We have authorized the services.

GIFT programs (Gamete Intrafallopian Transfer) are not covered.

Growth Hormones are only covered under the Plan's Outpatient Prescription Drug Rider. Growth hormones for the treatment of idiopathic short stature are not covered.

H

Hearing Aids are not covered unless Your plan has a rider. Fittings, molds, batteries or other supplies are not covered unless Your plan has a rider.

Home Births are not covered.

Home Health Care Skilled Services are not covered unless You are homebound. Services are limited as stated on Your Plan's Schedule of Benefits. We do not cover any services after You have reached Your Plan's limit. We only cover services or supplies listed in Your home health care plan. We do not cover custodial care. We do not cover transportation.

Hypnotherapy is not covered.

I

Immunizations required for foreign travel or for employment are not covered.

Implants for cosmetic breast enlargement are not covered. We do not cover cosmetic procedures or cosmetic surgery for breast enlargement or reduction. We do not cover procedures for correction of cosmetic physical imperfections. This does not apply to procedures required by State or Federal law for breast reconstruction and symmetry following mastectomy.

Incarceration - We do not cover services and treatments done during incarceration in a Local, State, Federal or Community Correctional Facility or prison.

Infertility Services are not covered unless Your Plan includes a rider. **We will not cover any of the following:**

- services, tests, medications, and treatments for the diagnosis or treatment of Infertility;
- services, tests, medications, and treatments for the enhancement of conception;
- services, tests, medications, and treatments that aid in or diagnose potential problems with conception;
- in-vitro Fertilization programs;
- artificial insemination or any other types of artificial or surgical means of conception;
- drugs administered in connection with infertility procedures;
- GIFT/ZIFT programs;
- reproductive material storage;
- treatment related to sexual organ function, dysfunction or inadequacies, including but not limited to, impotency;
- semen recovery or storage,
- sperm washing;
- services to reverse voluntary sterilization;
- infertility Treatment or services from reversal of sterilization;
- semen analysis;
- Sims-Huhner test (smear);
- drugs used to treat infertility.

J

K

Keloids from body piercing or pierced ears are not covered.

L

Laboratory Services from Non-Plan providers or laboratories are covered under Out-of-Network benefits only. Medically Necessary Covered Services provided by a Non-Plan Provider during an Emergency, or during an authorized Admission to a Plan Facility, will be Covered under In-Network benefits.

Laser Therapy for Vitiligo, or any other cosmetic skin conditions, is not covered.

Lung Cancer Screening Helical CT Scans are not covered.

M

Magnetic Resonance Spectroscopy is not covered.

Massage Therapy is not covered.

Matristem Extracellular Wound Care System is not covered.

Maximum Benefit Amounts are stated on Your Plan's Face Sheet or Schedule of Benefits. We do not cover any additional benefits after a benefit limit has been reached.

Measurement of Ocular Blood Flow by Tonometer Repetitive IOP is not covered.

Medically Necessary Treatments - Any services, supplies, treatments, or procedures not specifically listed as a Covered Service, and any other services, supplies, or treatments or procedures determined not to be Medically Necessary are not covered unless required to be covered under state or federal laws and regulations.

Medication Dispensing Services in a clinic setting are not covered.

Medical Equipment, Devices and Supplies that are disposable or mainly for convenience are not covered. **We do not cover any of the following:**

- exercise equipment;
- air conditioners, purifiers, humidifiers and dehumidifiers,
- whirlpool baths,
- hypoallergenic pillows or bed linens,
- telephones,
- handrails, ramps, elevators and stair glides;
- orthotics not approved by Us;
- changes made to vehicles, residences or places of business;
- adaptive feeding devices, adaptive bed devices;
- water filters or purification devices;
- disposable Medical Supplies such as medical dressings, disposable diapers;
- over the counter supplies, such as bandages, tape, gauze pads, alcohol, iodine, peroxide.

Membership Fees to pools, gyms, health clubs, or athletic clubs are not covered.

Mobile Cardiac Outpatient Telemetry - (MCOT) is not covered.

Morbid Obesity treatment including gastric bypass surgery, other surgeries, services or drugs are not covered unless Your plan includes a rider, and services have been **authorized by Us for Members who meet established criteria.**

Motorized or Power Operated Vehicles or chair lifts are not covered unless authorized by the Plan.

N

Neuro-cognitive therapy following a neurological event, or to restore cognitive deficits is not covered.

Neuropsychological Services including psychological examinations, testing or treatment to obtain or keep employment or insurance, or related to judicial or administrative proceedings are not covered unless approved by the Plan.

Newborns or other children of a Covered Dependent Child are not covered.

O

Obstetrical Care Home births are not covered.

Oral Surgery services listed below are not covered:

- oral surgery which is part of an orthodontic treatment program;
- orthodontic treatment prior to orthognathic surgery;
- dental implants or dentures and any preparation work for them;
- extraction of wisdom teeth unless Your plan includes a rider.

Orthoptics or vision or visual training and any associated supplemental testing are not covered.

Out-of-Network Medical, Mental Health, and Laboratory Services You receive from Non-Plan Providers, whether referred or directed by a Plan Provider, are covered under Out-of-Network Benefits only. Medically Necessary Covered Services provided by a Non-Plan Provider during an Emergency, or during an authorized Admission to a Plan Facility, will be Covered under In-Network benefits.

P

PARS System (Physical Activity Reward System) is not covered.

Pass Devices (Patient Activated Serial Stretch) are not covered.

Paternity Testing is not covered.

Penile implants are not covered.

Personal comfort items are not covered. Telephones, televisions, extra meal trays, personal hygiene items, under pads, diapers, ice bags, chairs, air conditioners, water purifiers, humidifiers, dehumidifiers, saunas, swimming pools or hot tubs and any other similar items for personal comfort are not covered.

PET Scans are not covered unless authorized by the Plan.

Physician Examinations are limited as follows:

- physicals for employment, insurance or recreational activities are not covered.
- executive physicals are not covered.
- school physicals are not covered except when You have not had a health assessment with a physician during the calendar year.
- a second opinion from a Non-Plan Provider is covered under Out-of-Network benefits only.
- services or supplies ordered or done by a provider not licensed to do so are not covered.

Physician's Clerical Charges are not covered. Charges for broken appointments, telephone calls, completion of forms, transfer of medical records, the cost of copying medical records or correspondence to other parties, and any other clerical services are not covered.

Outpatient **Prescription Drugs** are not covered unless Your plan includes a rider.

Prescription Drugs:

- Outpatient prescription drugs are excluded from Coverage.
- Over-the-counter medications are excluded from Coverage.

Private Duty Nursing is not covered.

Pulsed Irrigation Evacuation System is not covered

Q

R

Reconstructive surgery - is not covered unless services follow trauma which causes anatomic functional impairment or is needed to correct a congenital disease or anomaly which has resulted in a functional defect. If the trauma occurred before the Member's effective date of Coverage, the reconstructive surgery is covered subject to the Plan's Medical Necessity determination. Emotional conflict or distress does not constitute Medical Necessity. Breast reconstruction following mastectomy is covered.

Remedial Education and Programs are not covered. Services which are extended beyond the period necessary for the evaluation and diagnosis of learning and behavioral disabilities or for mental **are not covered.**

Residential or Sub-Acute Level of Care or treatment is not covered.

S

Saliva Tests are not covered.

Second Opinions – A second opinion from a Non-Plan Provider is covered under Out-of-Network Benefits only. A second opinion from a Plan Provider does not require authorization.

Services – We do not cover any of the following:

- services for which a charge is not normally made;
- services or supplies prescribed, performed or directed by a provider not licensed to do so;
- services provided before Your plan effective date;
- services provided after Your coverage ends;
- telephone consultations,
- charges for missed appointments;
- charges for completing forms
- charges for copying medical records.
- services not listed as a covered service under this plan.
- non-medically necessary complications of non-covered services including medical, mental health and surgical services related to the complication.

Sex Orientation or Gender Identity Disorder Treatment of any kind is not covered. This includes surgery, therapy, and any other medical or behavioral health services related to gender identity.

Sex Change Operations and treatment of gender identity disorders are not covered.

Spinal Manipulation is not covered unless covered under a Chiropractic Care Rider.

Sterilization

- Reversal of voluntary sterilizations is not covered.
- Any infertility services required because of a reversal are not covered.

T

Non-interactive **Telemedicine Services** such as Fax, telephone only conversations, or email are not covered.

Services delivered under a **TDO (Temporary Detention Order)** are not covered.

Therapies. Physical, Speech, and Occupational **Therapies** are limited as stated on Your Schedule of Benefits. Therapies will be covered only to the extent of restoration to the level of the pre-trauma, pre-illness or pre-condition status. **We do not cover any of the following except for those services that are covered through Early Intervention Services; or if Your plan includes coverage for Autism Spectrum Disorder those services covered under Autism Spectrum disorder benefits:**

- therapies for developmental delay or abnormal speech pathology;
- therapies which are primarily educational in nature;
- special education services;
- treatment of learning disabilities;
- lessons for sign language;
- therapies to correct an impairment resulting from a functional nervous disorder (i.e. stuttering, stammering);
- therapies to maintain current status or level of care;
- restorative therapies to maintain chronic level of care;
- therapies available in a school program;
- therapies available through state and local funding;
- recreational or nature therapies;
- art, craft, dance, or music therapies;
- exercise, or equine, therapies;
- sleep therapies;
- driver evaluations as part of occupational therapy;
- driver training;
- functional capacity testing needed to return to work;
- work hardening programs;
- gambling therapies.

Total Body Photography is not covered.

Transplant Services. **We do not cover any of the following:**

- organ and tissue transplant services not listed as covered;

- organ and tissue transplants not medically necessary;
- organ and tissue transplants considered experimental or investigative;
- services from non-contracted providers unless pre-authorized by the plan;
- services and supplies for organ donor screenings, searches and registries.

Travel and Transportation expenses are not covered. Medically Necessary transport is covered only when approved by the Plan. **Elective or non-emergent** ambulance services are only covered when approved and authorized by Us. Treatment and services received outside of the United States of America are covered under Out-of-Network benefits only.

U

Urea Breath Testing is not covered.

V

Vaccines are not covered unless approved by the Plan.

Video Recording or Video Taping of any covered service procedure is not covered.

Virtual Colonoscopy is not covered unless approved by the Plan.

Treatment of **Varicose Veins** or **telangiectatic dermal veins** (spider veins) when services are rendered for cosmetic purposes

Vision Materials not listed under Covered Services are not covered.

Vitiligo Treatments by laser, light or other methods is not covered.

W

Wigs or cranial prostheses for hair loss for any reason are not covered.

Wisdom Teeth extraction is not covered unless under a rider.

X

Y

Z