SPIRA CARE™ Kansas City

An Independent Licensee of the Blue Cross and Blue Shield Association

Effective Date: 01/01/2026

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Health Benefit Plan Summary - Blue Select Plus Spira Care PPO Plan

This Benefit Summary provides only highlights of the services covered by Blue Cross and Blue Shield of Kansas City (Blue KC). For Additional details, exclusions and limitations refer to your member certificate available at MyBlueKC.com.

General Plan Information

Plan Type	**Preferred Provider Organization (PPO)** Members can receive services from any hospital or physician, but receive greater benefits when using in-network providers. Services rendered at Out-of-Network providers are subject to Out-of-Network allowables as stated in your contract, and balance billing may occur.	
Medical Network(s) A complete listing of network hospitals and physicians is available on MyBlueKC.com.	**In Area:** BlueSelect Plus **Out-of-Area:** BlueCard PPO/EPO	
Deductible – Embedded You must pay all the costs up to the Deductible amount before this plan begins to pay for covered services.	**In-Network** Individual: $1,250 Family: $3,125	**Out-of-Network** Individual: $2,000 Family: $5,000
Coinsurance The amount the plan pays for covered services is based on the allowed amount. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference.	**In-Network** Member Pays: 20% Plan Pays: 80%	**Out-of-Network** Member Pays: 50% Plan Pays: 50%
Out-of-Pocket Limits – Embedded The Out-of-Pocket Limit is the most you could pay during the Calendar Year for your share of the cost of covered services. These cost shares apply to the Out-of-Pocket Limit: Coinsurance, Deductibles, Copays	**In-Network** Individual: $3,500 Family: $7,000	**Out-of-Network** Individual: $7,000 Family: $14,000
Customer Service & Care Guide Services	**PH:** 816-395-3558 (local) or 1-888-989-8842 (toll free) **Local:** 913-29-SPIRA (77472) or **Toll Free:** 1-877-33-SPIRA (77472)	

Plan Benefits - Medical		
When you visit a Spira Care Center…	**In-Network**	**Out-of-Network**
Visits to a Spira Care Center include: • Office Visit – Routine • Office Visit – Urgent/Acute • Chronic Disease Care (excluding drugs & equipment) • Initial behavioral health consultations *Included as part of office visit and no member cost share:* • Labs • X-ray (basic diagnostic x-rays for fracture and other injuries or illness) *Workers' Comp* Your health coverage through any of the Blue Cross and Blue Shield of Kansas City plans, including Spira Care and Spira Care (HSA Eligible), cannot be used for an on-the-job or work-related injury or illness. However, members may have access to workers' compensation insurance paid for by their employers which may provide monetary benefits and/or medical care coverage for a work related injury or illness. Please speak with your human resources representative for more information.	No member cost share	Not covered
Preventive Screenings & Immunizations (Children & Adults) Blue KC health plans include routine preventive benefits that are consistent with the guidelines developed by the United States Preventive Services Task Force (USPSTF), Health Resources and Services Administration (HRSA), and the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. Services must be billed with a primary diagnosis of preventive to be covered at 100%. Refer to your member certificate for additional details.	No member cost share	Not covered
When you visit another Physician's Office…	**In-Network**	**Out-of-Network**
Physician ***Primary Care Physician (PCP)*** - An internist, family practitioner, general practitioner, or pediatrician.	$25 Copay/Visit, no Deductible	50% Coinsurance after Deductible
Specialist - Doctors of Medicine (MD), Doctors of Osteopathy (DO), except Primary Care Physicians, and other medical practitioners such as optometrists, psychologists and chiropractors.	$50 Copay/Visit, no Deductible	50% Coinsurance after Deductible
Other Services & Procedures performed in a provider's office and not included with an office visit	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Urgent Care Center	$50 Copay/Visit, no Deductible	50% Coinsurance after Deductible
Blue KC Virtual Care - Office Visit Virtual Care provided by Blue KC virtual care partner(s).	No member cost share	Not applicable
Blue KC Virtual Care - Behavioral Health Therapy Virtual Care provided by Blue KC virtual care partner(s).	$25 Copay/Visit, no Deductible	Not applicable
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Labs Performed in a Provider's Office/Independent Lab/Urgent Care Facility	No member cost share	50% Coinsurance after Deductible
Allergy **Allergy Testing**	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Allergy Treatment	20% Coinsurance after Deductible	50% Coinsurance after Deductible
When you need radiology services…	**In-Network**	**Out-of-Network**
X-Ray	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Other Radiology Procedures (MRI, CT/PET Scans, MRA) Prior Authorization Policy Applies	20% Coinsurance after Deductible	50% Coinsurance after Deductible
When you have out-patient surgery…	**In-Network**	**Out-of-Network**
Outpatient Surgery Facility Fees Prior Authorization Policy Applies	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Physician (Surgeon) Services	20% Coinsurance after Deductible	50% Coinsurance after Deductible
If you need immediate medical attention…	**In-Network**	**Out-of-Network**
Urgent Care Center Office Visit	$50 Copay/Visit, no Deductible	50% Coinsurance after Deductible
Emergency Services Out-of-Network benefits are subject to the plan's allowable charge. Out-of-Network providers may bill the member for the remaining balance. See Certificate for details.	20% Coinsurance after Deductible	20% Coinsurance after In-Network Deductible
Ground Ambulance Out-of-Network benefits are subject to the plan's allowable charge. Out-of-Network providers may bill the member for the remaining balance. See Certificate for details.	20% Coinsurance after Deductible	20% Coinsurance after In-Network Deductible
Air Ambulance	20% Coinsurance after Deductible	20% Coinsurance after In-Network Deductible
If you have a hospital stay…	**In-Network**	**Out-of-Network**
Hospital Facility Fees Prior Authorization Policy Applies	$100 Copay/Admission, then Deductible, then 20% Coinsurance	$100 Copay/Admission, then Deductible, then 50% Coinsurance
Physician (Surgeon) Services	20% Coinsurance after Deductible	50% Coinsurance after Deductible
If you need help recovering or have other special health needs…	**In-Network**	**Out-of-Network**
Skilled Nursing Care Prior Authorization Policy Applies Maximum benefit of 60 Day(s)/Calendar Year for In-Network and Out-of-Network	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Home Health Services Prior Authorization Policy Applies Maximum benefit of 120 Visit(s)/Calendar Year for In-Network and Out-of-Network	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Physical Therapy Maximum benefit of 60 Visit(s)/Calendar Year for In-Network and Out-of-Network	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Occupational Therapy Combined with Physical Therapy Limits	20% Coinsurance after Deductible	50% Coinsurance after Deductible

Skeletal Manipulation Prior Authorization Policy Applies Out-of-Network Combined with Physical Therapy Limits	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Speech Therapy Maximum benefit of 20 Visit(s)/Calendar Year for In-Network and Out-of-Network	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Hearing Therapy Combined with Speech Therapy Limits	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Durable Medical Equipment Prior Authorization Policy Applies	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Inpatient Hospice Services Prior Authorization Policy Applies	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Home Hospice Services	20% Coinsurance after Deductible	50% Coinsurance after Deductible
If you have behavioral health, or substance abuse needs…	**In-Network**	**Out-of-Network**
Outpatient Mental Health, Behavioral Health, and Substance Abuse Services **Office Visit**	$25 Copay/Visit, no Deductible	50% Coinsurance after Deductible
Therapy	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Inpatient Mental Health, Behavioral Health, and Substance Abuse Services (Facility Fees) Prior Authorization Policy Applies	$100 Copay/Admission, then Deductible, then 20% Coinsurance	$100 Copay/Admission, then Deductible, then 50% Coinsurance
Inpatient Mental Health, Behavioral Health, and Substance Abuse Services (Physician) Includes: Therapy & Other Services, partial hospitalizations	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Family Planning & Pregnancy…	**In-Network**	**Out-of-Network**
Contraceptive Devices, Implants, and Injections	No member cost share	50% Coinsurance after Deductible
Elective Sterilization – Women	No member cost share	50% Coinsurance after Deductible
Elective Sterilization – Men	No member cost share	50% Coinsurance after Deductible
Maternity Dependent daughters are covered for maternity services	Covered	Covered
Infertility and Impotency Diagnosis and Treatment Pharmacy Coverage: See Member Certificate for more details.	20% Coinsurance after Deductible	50% Coinsurance after Deductible
Routine Vision Care…	**In-Network**	**Out-of-Network**
Routine Eye Exam	Not covered	Not covered

Discrimination is Against the Law

Blue Cross and Blue Shield of Kansas City (Blue KC) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Blue KC, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-844-395-7126.

如果您，或是您正在協助的對象，有關於 Blue KC **方面的問題，您 有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話**1-844-395-7126.

Blue KC:

- Provides 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 formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Customer Service, 844-395-7126 (Toll free), languagehelp@bluekc.com.

Kansas City

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