For use in: Iowa

Short-Term Limited-Duration Health Insurance

Health care coverage for you and your family.

PPO Network provided by: aetna

Why choose Short-Term Limited-Duration Health Insurance?

Life doesn’t stop; neither should your coverage

Short-Term Limited-Duration Health Insurance gives you the flexibility to get the coverage you need, with the options you want, for the time that best suits you.

Get access to benefits and options that provide financial protection for the everyday and the unexpected, such as:

- Doctor visits and preventive care.
- Emergency room and hospital stays.
- Pharmacy benefits and discount options.

Together with network providers like Aetna® our plans can save you more on your health care; and help you keep your wallet, coverage, and wellness going strong.

This brochure includes:

- Plan Highlights .................. pg. 3
- Plan Options ..................... pg. 4
- Coverage Solutions .............. pg. 5
- Out-of-pocket solutions ......... pg. 6
- Limitations and Exclusions ....... pg. 7 & 8

THIS PLAN PROVIDES LIMITED BENEFITS.

Short-Term Limited-Duration Health Insurance plans are medically underwritten and do not cover pre-existing conditions. They are not Minimum Essential Coverage under the Affordable Care Act.

Ask your agent how supplemental coverage can help you with your out-of-pocket costs!
Plan Highlights

Here’s a quick breakdown on some key features and benefits of our Short-Term Limited-Duration Health Insurance plan:

- **Office visits for everyone**
  Office visit benefits come standard with all our plans and copay options are available.

- **Deductible waived on Urgent Care visits**
  You pay a $75 copayment for in-network services only.

- **Prescription drug options**
  Keep your costs low with a $10 copay on generics.

- **Flexible coverage periods**
  Choose the coverage duration that best suits your needs, up to 12 months.¹

- **Next day effective dates**
  Get the benefits you need for injuries and preventive care right away, with eligibility for sickness benefits after just 7 days.³

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1. Minimum allowable benefit period is 3 months. Maximum allowable benefit period is 12 months minus 1 day.
3. The 7 day wait on Sickness is waived if the application date is more than 7 days from effective date.
Plan Options

Building a Short-Term Limited-Duration Health Insurance plan is easy

All you have to do is choose a deductible and select a coinsurance option. Then complete a health questionnaire and you’re all set.

**Plan Specific Benefits**

<table>
<thead>
<tr>
<th>Plan</th>
<th>Enhanced PPO</th>
<th>Copay Enhanced PPO</th>
<th>General Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Plan Deductibles</td>
<td>$2.5k</td>
<td>$2.5k</td>
<td>$5k</td>
</tr>
<tr>
<td>50%</td>
<td>20%</td>
<td>0%</td>
<td>50%</td>
</tr>
<tr>
<td>$7.5k</td>
<td>$7.5k</td>
<td>$2.5k</td>
<td>$10k</td>
</tr>
<tr>
<td>$1,000,000</td>
<td>$5,000,000</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Plan Specific Benefits**

- **Office Visits** *(including preventive visits)*
- **Pharmacy**
- **Outpatient Services**
- **Adult Screenings**

**Deductible/coinsurance**

- $10 Copay on generic drugs
- Maximum OOP of $3,000 (Individual), $9,000 (Family)
- Includes Immunizations
- Deductible/coinsurance No Limit

**Copay**: $10 Copay on generic drugs

- Maximum OOP of $3,000 (Individual), $9,000 (Family)
- Includes Immunizations
- Deductible/coinsurance No Limit

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

1. Up to 6 months: Individual: 1 total; Family: 3 total
   Additional: Applies to deductible and coinsurance

2. No waiting period applies.

3. Includes services such as Surgeon, Anesthesia, Office Visits, Preventive Services, Urgent Care, Diagnostics and Lab.

**Plan Options**

**Plan Options**

**Plan Options**

All deductibles, coinsurance, and copays accrue to the Out-of-Pocket Maximum.
Coverage Solutions

Extend your coverage

Gain flexibility and save yourself time by purchasing multiple plans with one application or set up a renewable plan option. These solutions can let you extend your coverage for up to 3 full years!

Renewable Plan Option

- Eligible expenses for pre-existing conditions are covered after the first 12 months of coverage.¹
- Deductible/coinsurance reset with each benefit period.
- Policy Maximum Benefit resets with each benefit period.
- Guaranteed rate option available, letting you plan ahead knowing your rates won’t change.
- Get up to 3 full years of coverage!

Consecutive Plans

- Eligible expenses for pre-existing conditions are covered after the first 12 months of coverage.¹
- Deductible/coinsurance reset with each new policy term.
- Policy Maximum Benefit resets with each new policy term.
- Rates are determined at the time of purchase and may vary between policies.
- Purchase multiple plans with just one application and get up to 2 years of coverage!²

¹. All plan options must be selected at the time of purchase.
². Maximum allowable benefit period is 12 months minus 1 day.
What about out-of-pocket costs?

We have smart solutions for those, too

Short-Term Limited-Duration Health Insurance coverage helps you get the health care coverage you need, when you need it. But, like other insurance plans, there are always out-of-pocket costs. Out-of-pocket costs include expenses you are responsible for like deductibles and coinsurance.

Add one of our Supplemental Coverage plans to get the out-of-pocket protection you need from some costs not covered by your primary. They’re affordable options that help you broaden your financial protection and keep more money in your pocket.

How does Supplemental coverage protect you from out-of-pocket costs?

The average cost of a fractured hip is $12,923.¹ Now, let’s assume you chose to pair our Plan Enhancer supplemental coverage with a $5,000 benefit level with our $5,000 deductible Short-Term Limited-Duration Health Insurance plan.

<table>
<thead>
<tr>
<th>Treatment Cost</th>
<th>$12,923¹</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-Term Limited-Duration Health Insurance Deductible</td>
<td>$5,000</td>
</tr>
<tr>
<td>Plan Enhancer Paid</td>
<td>$4,750</td>
</tr>
<tr>
<td>Plan Enhancer Deductible</td>
<td>$250</td>
</tr>
</tbody>
</table>

In this example, Plan Enhancer would pay 95% of your medical plan’s deductible

Get ahead of out-of-pocket costs with supplemental coverage for:

- Accidents
- Critical Illnesses
- Cancer and Heart/Stroke
- Hospital Stays

Ask your agent for more information.

¹. Average cost of a fractured hip according to the National Center for Biotechnology Information. Retrieved April 17, 2015, from www.ncbi.nlm.nih.gov/pubmed/23035626
Limitations and Exclusions

Pre-Existing Condition Exclusion

» 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.

» This Plan does not cover any charges related to Policy benefits resulting directly or indirectly from a Pre-Existing Condition or a complication resulting therefrom.

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.

Additional Charges Not Covered By This Policy

Unless set forth as a benefit in the Benefits section, this Policy 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, 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; rolling; 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 inter-collegiate 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.

» 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 except as otherwise covered in the Preventive Health Care Services benefit; 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.
Limitations and Exclusions

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

Prescription Drug Exclusions and Limitations

In addition to the exclusions and limitations listed in the Policy, 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, except for the early refill of prescription eye drops as dispensed in the Supply Limits provision.
- 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 Limited-Duration Health Insurance is nonrenewable

This Short-Term Limited-Duration Health Insurance plan is nonrenewable unless you purchased a Renewability Rider at the time you initially enrolled in your Short-Term Limited-Duration Health Insurance plan. If you purchased the Renewability Rider, your plan will be renewable up to 36 months so long as you maintain compliance with the plan provisions. 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 Limited-Duration Health Insurance plan, you must submit a new application. Any sickness or condition developed during 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 Limited-Duration Health Insurance plans.

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.

For a full list of limitations and exclusions go to: NatGenHealth.com

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.
Who we are

National General Holdings Corp. (NGHC), headquartered in New York City, is a specialty personal lines insurance holding company. National General traces its roots to 1939, has a financial strength rating of A- (excellent) from A.M. Best, and provides personal and commercial automobile, homeowners, umbrella, recreational vehicle, motorcycle, lender-placed, supplemental health, and other niche insurance products.

National General Accident & Health, a division of NGHC, is focused on providing supplemental and short-term coverage options to individuals, associations and groups. Products are underwritten by Time Insurance Company (est. in 1892), National Health Insurance Company (incorporated in 1965), Integon National Insurance Company (incorporated in 1987), and Integon Indemnity Corporation (incorporated in 1946). These four companies, together, are authorized to provide health insurance in all 50 states and the District of Columbia. National Health Insurance Company, Integon National Insurance Company, and Integon Indemnity Corporation have been rated as A- (Excellent) by A.M. Best. Each underwriting company is financially responsible for its respective products.

Visit us on the web at: NatGenHealth.com

Brochure for use in: IA

For February 1, 2020, and later effective dates.