WELCOME, FRIEND.

We look forward to working with you in the vibrant community of students, faculty, and staff that is Haverford College. At Haverford, you’ll find a professional environment informed by the same core values—trust, concern, and respect—that have driven the College’s educational mission since 1833.

We support and value our faculty and staff as highly regarded professionals who dedicate their work to the mission and students of Haverford College. In keeping with this standard, the Office of Human Resources is pleased to offer a generous and comprehensive benefits program to all benefits-eligible employees. In the pages of this Guide, you’ll find information about the College’s health and welfare, retirement, tuition, and ancillary benefits for your consideration. Plan summaries are available in the Office of Human Resources and online at haverford.edu/hr. If, after reviewing this Guide, you have any questions regarding your benefits or the enrollment process, please call the office at (610) 795-6124 or email hc-hr@haverford.edu.
BENEFITS PROGRAM OVERVIEW

Haverford College provides a comprehensive benefits package. The plan year is based on a calendar year and runs from January 1 through December 31. As a new employee of the College, the benefit elections you make now will remain in effect for the rest of the calendar year, except in the case of a mid-year qualifying life event (see Key Terms below) that may allow you to change certain benefit elections. This Guide provides information about the following benefits:

- Medical Plan Choices for 2023
- Health Savings Account (HSA)
- Medical Insurance Opt-Out
- Vision Insurance
- Clinical Dental Panel
- Flexible Spending Accounts (Health Care, Dependent Care, Limited Purpose)
- Life Insurance
- Long-Term Disability Insurance (LTD)
- Additional Resources (Carebridge Employee Assistance Program, Health Advocate, and RideEco Transportation Benefit)
- Tuition Grant Program
- Retirement Plans

COVERAGE CHANGES

For all Haverford employees, the annual Open Enrollment period takes place every fall and has a January 1 effective date. The annual Open Enrollment period is the only time you can make changes to your plans, including adding or removing coverage for dependents, without having to demonstrate a qualifying life event as defined below. Coverage changes based on qualifying life events must be entered in Workday within 31 days of the event.

KEY TERMS

QUALIFYING LIFE EVENT
A qualifying life event is a significant occurrence in your life that permits you to make changes to your coverage during the current plan year. Qualifying events include the birth or adoption of a child; marriage, domestic partnership, or divorce; death; judgment, decree, or court order; Medicare eligibility; and a change in your employment status or that of your spouse or partner. The IRS requires that the benefits you elect remain in effect for the entire plan year unless you experience a qualifying life event.

ELIGIBILITY
A benefit-eligible employee is a full-time employee who works at least 35 or more hours per week in a position lasting at least 9 months; or a part-time employee who works at least 20 or more hours per week in a position lasting 12 months (at least 1,000 hours per year). Additional eligibility rules are found under each benefit section.

DEPENDENTS
Generally, “dependents” are (1) the legal spouse of an employee; (2) a domestic partner in a long-term, committed, and financially interdependent relationship with the employee, as certified by the employee on the College’s Domestic Partnership Affidavit; (3) a child of an employee who on January 1 of any year is under 26 years of age; and (4) a child of an employee, of any age, who is physically or mentally incapable of earning a living. The term “child” will include (a) a child born of the employee, (b) a child legally adopted by the employee, and (c) a step-child of the employee living in a normal parent-child relationship with, and dependent on, the employee. Contact the Office of Human Resources for further details.

DEPENDENT STATUS
When a covered dependent gains / loses dependent status, you must add / remove that dependent from coverage through Workday—Life Event Change. If a covered dependent is removed from medical, dental, or vision coverage, that person may be eligible for coverage continuation under COBRA.

DOMESTIC PARTNERSHIP
Haverford College provides certain benefits to your domestic partner and their eligible children under the Haverford College Health & Welfare Benefits Plan, provided you and your domestic partner complete and sign the “Affidavit of Domestic Partnership.” You must sign this Affidavit in the presence of a Notary Public, and return it along with supporting documentation to the Office of Human Resources. Once your Affidavit and documentation have been reviewed, you and your domestic partner will be informed as to whether any further information or action is required. (Note: if a domestic partner is covered by a medical plan, the amount of the “College contribution” attributable to their portion of the overall cost of the coverage, is taxable to the employee as regular income.)
MEDICAL PLAN CHOICES FOR 2023

The College offers three medical plan options through Independence Blue Cross (IBC) for 2023, consisting of:

- Keystone HMO Plan
- Personal Choice PPO Plan
- High Deductible Health Plan (HDHP) with HSA

MEDICAL INSURANCE OVERVIEW

Eligibility: The College offers medical insurance coverage to full-time and part-time benefit-eligible employees in accordance with the federal Affordable Care Act. Employees working 30 hours per week over 39 weeks, are eligible for medical coverage at the “full-time premium rate.” Part-time employees working at least 1,000 hours per year, are eligible for medical coverage at the “part-time premium rate.” (Please refer to the respective premium rate tables on page 11.)

It’s good to have choices. When it comes to health insurance, you have your choice of several plan types. Two plan types which are offered at Haverford College are HMO and PPO plans. Differences between HMO (Health Maintenance Organization) and PPO (Preferred Provider Organization) plans include network size, referrals to see specialists, costs, and out-of-network coverage. Compared to PPOs, HMOs cost less in premiums. However, PPOs generally offer greater flexibility in seeing specialists without a referral, have larger networks than HMOs, and offer some out-of-network coverage.

An HMO gives you access to certain doctors and hospitals within its network. A network is made up of providers that have agreed to negotiated rates for plan members and also meet quality standards. But unlike PPO plans, care under an HMO plan is covered only if you see a provider within that HMO’s network. In addition, referrals are needed from a primary care physician in order to see specialists.

PPO plans provide more flexibility when selecting a doctor or hospital. In most cases referrals from a primary care physician are not required in order to see specialists. They also feature a network of providers, but there are fewer restrictions on seeing non-network providers. In addition, your PPO insurance plan will cover some of your cost if you see a non-network provider, although it may be at a lower reimbursement rate and with out-of-pocket cost.

A high deductible health plan (HDHP) is PPO-based and requires greater member out-of-pocket expense in exchange for lower monthly premiums. This plan will also feature a Health Savings Account (HSA).

KEYSTONE HMO PLAN

With the Keystone HMO (Health Maintenance Organization):

- **A Primary Care Physician (PCP) is required.** You must select a PCP when enrolling, and treat with that physician before treating with a participating specialist.
- **Referrals are required.** Specific documentation is required from your PCP, authorizing care at a participating specialist for covered services.
- **Preapproval/Precertification is required.** Approval from Independence Blue Cross (IBC) is required for non-emergency or elective hospital admissions and procedures prior to the admission or procedure. Your participating provider will contact Independence Blue Cross for authorization.

For more details regarding the HMO plan, please refer to the HMO Plan Summary and the HMO Rx Benefits Summary, available at haverford.edu/human-resources/benefits, or call (800) ASK-BLUE/(800) 275-2583.
PERSONAL CHOICE PPO PLAN

With the Personal Choice PPO (Preferred Provider Organization):

• You do not need to specify a Primary Care Physician (PCP).
• Typically you do not need a referral to see a specialist; you can go directly for care.

The Personal Choice PPO Plan provides you greater freedom of choice by allowing you to select from an expansive network of doctors and hospitals. You can maximize your coverage by accessing care through Personal Choice's network (in-network) of hospitals, doctors and specialists, or by accessing care through preferred providers that participate in the BlueCard® PPO program across the country. With Personal Choice, you also have the freedom to select providers who do not participate in the Personal Choice network or BlueCard® PPO program (out-of-network). However, if you receive services from out-of-network providers, you will have higher out-of-pocket costs and may have to submit paid claims for reimbursement.

For more details regarding the PPO plan, please refer to the PPO Plan Summary and the PPO Rx Benefits Summary, available at haverford.edu/human-resources/benefits, or call (800) ASK-BLUE/(800) 275-2583.

HIGH DEDUCTIBLE HEALTH PLAN (HDHP)

With the PPO-based High Deductible Health Plan (HDHP):

• You are responsible for higher initial out-of-pocket expenses, because of the higher deductible.
• You do not need to specify a Primary Care Physician (PCP).
• Typically you do not need a referral to see a specialist; you can go directly for care.
• You will have access to a Health Savings Account (HSA). See details in the following section.

The HDHP provides you greater freedom of choice by allowing you to select from an expansive network of doctors and hospitals. You can maximize your coverage by accessing in-network care through the Personal Choice PPO network of hospitals, doctors and specialists, or by accessing care through preferred providers that participate in the BlueCard® PPO program across the country. With the HDHP, you also have the freedom to select out-of-network providers who do not participate in the Personal Choice PPO network or BlueCard® PPO program. However, if you receive services from out-of-network providers, you will have higher out-of-pocket costs and may have to submit paid claims for reimbursement.

For more details regarding the HDHP plan, please refer to the HDHP Plan Summary and the HDHP Rx Benefits Summary, available at haverford.edu/human-resources/benefits, or call (800) ASK-BLUE/(800) 275-2583.

HEALTH SAVINGS ACCOUNT (HSA)

Employees participating in the HDHP will have access to a Health Savings Account (HSA). This is an interest bearing “pretax” savings vehicle, which can be funded with either College or employee pre-tax contributions. It can be used to pay for qualified health care expenses on a tax-free basis. If elected, the employee’s contribution is deposited into this account during the year. (Changes to the contribution amount can be made during the year, subject to maximum IRS contribution limits.)

An HSA works very much like a flexible spending account (FSA) with some advantages. In addition to higher annual contribution limits versus an FSA, the money in the HSA account is fully owned by the employee, and the balance can be carried forward into future years without fear of forfeiture. Note: IRS guidelines prohibit an employee from participating in a Health Care FSA account if they are enrolled in the HDHP/HSA account option.

Bank of America is the HSA plan administrator for 2023. Employees initially enrolling in the HSA account for 2023 will receive an HSA debit card from Bank of America.
HSA contribution limits for 2023 are as follows:

- Individual: $3,850
- Family: $7,750
- Age 55 catch-up: $1,000 (additional)

The College only makes an annual contribution (seed) to an HSA account if the employee elects the HDHP during the annual Open Enrollment.

**MEDICAL INSURANCE OPT-OUT**

Benefit-eligible employees who have adequate coverage through an external qualifying health plan and provide proof of this insurance to the Office of Human Resources (via Workday), will receive a monetary taxable addition with their regular pay. *(See amounts on page 11.)*

**VISION INSURANCE**

*Eligibility:* Full-time and part-time benefit-eligible employees are eligible to participate in voluntary vision insurance coverage.

The College offers Davis Vision for vision care insurance for 2023. Davis Vision offers members comprehensive routine eye care coverage, including discounted exams and corrective eyewear (frames/lenses and contact lenses). Benefits are maximized when using a participating Davis Vision Provider.

*For more details regarding the Davis Vision plan, please refer to the Vision Plan Summary and Highlights available at haverford.edu/human-resources/benefits, or call (800) ASK-BLUE/ (800) 275-2583.*

**CLINICAL DENTAL PANEL**

*Eligibility:* Full-time and part-time benefit-eligible employees are eligible to elect participation in the Clinical Dental Panel.

*All new hires have a 1-year waiting period* (from date of hire) before becoming eligible for coverage under the Clinical Dental Panel. Once eligible and enrolled, employees and their eligible dependents have access to five local participating Dental Panel providers who provide an extensive list of covered dental services.

*For more information, please refer to the Dental Panel summary of covered services, available at haverford.edu/human-resources/benefits.*

**FLEXIBLE SPENDING ACCOUNTS (FSA)**

*Eligibility:* Full-time and part-time benefit-eligible employees are eligible to elect participation in Flexible Spending Accounts.

PayFlex is the administrator for the Flexible Spending Accounts program. This program allows employees to save money on a pre-tax basis to pay for unreimbursed (out-of-pocket) qualified health/medical care expenses, and certain dependent care expenses. In these accounts, you save a portion of your pay with pre-tax dollars (though payroll deduction), thereby reducing your federal income tax burden. Specifically, the plan allows you to contribute your own money, before federal income tax, Social Security tax, and state tax (exceptions apply) to accounts, which will then be used to reimburse you for qualified out-of-pocket health care or dependent care costs. Reimbursements are, in essence, the employee’s own money paid back tax-free. A Grace Period (for Health and Limited Purpose FSAs only) exists to allow participants to incur claims through March 15, 2023, and submit them by March 31, 2024, against the 2023 plan year account balance. Visit payflex.com.
Important: The IRS applies a “forfeiture rule” to FSA accounts: If the amount in the FSA account is not used by the end of the calendar year (for Dependent Care), or by the end of the Grace Period (for Health and Limited Purpose)—that remaining balance is forfeited and returned to the College. Remember that you should only fund the flex accounts for eligible expenses that you can reasonably expect to incur in 2023.

HEALTH CARE FSA
You may have money deducted from your pay on a pre-tax basis to cover qualified medical expenses that are not covered by your medical, prescription drug, dental, or vision insurance. The annual Health Care FSA contribution maximum for 2023 is $3,050.

Reminder: Because of the healthcare reform legislation, you may utilize funds in your Health Care FSA to pay for qualified medical expenses for dependents to age 26. Flexible spending accounts operate on a calendar year basis. If you wish to participate for 2023, you must enroll via Workday. An FSA debit card will be issued to all new members who are enrolling in the Health Care FSA for 2023.

Note: IRS guidelines prohibit an employee from participating in a Health Care FSA account if they are enrolling in the HDHP/HSA option.

DEPENDENT CARE FSA
You may have money deducted from your pay on a pre-tax basis (federal tax) to cover the costs for qualified dependent care expenses. This account would include expenses related to child care for children up to age 13, and for expenses incurred for the care of other qualified dependents. The maximum annual contribution amount for the 2023 plan year is $5,000 per family. You save money by paying for these expenses with pre-tax dollars.

LIMITED PURPOSE FSA
You may have money deducted from your pay on a pre-tax basis to cover qualified dental or vision care expenses. You must be enrolled in a HDHP and enrolled in an HSA in order to elect this type of FSA arrangement. The maximum annual contribution amount for a Limited Purpose FSA for 2023 is $3,050.

For more details regarding the PayFlex FSA plans, please refer to the Flexible Spending Account information at haverford.edu/human-resources/benefits, or visit PayFlex at payflex.com.

LIFE INSURANCE
Eligibility: Full-time employees (employees who work 35 or more hours per week over nine or more months) are eligible for all life insurance coverage options.

BASIC LIFE/ACCIDENTAL DEATH (AD&D) INSURANCE
Eligible employees under age 65 receive Basic Group Term Life and AD&D Insurance coverage through Unum Insurance in the amount of $50,000 at no cost to the employee. Coverage is effective on the first of the month following, or concurrent with, the first day of employment. Beginning at age 65, employees receive Basic Group Term Life Insurance coverage with age-based reductions in coverage amounts.

EMPLOYEE VOLUNTARY LIFE /ACCIDENTAL DEATH (AD&D) INSURANCE
Over and above the Basic Life Insurance (described above) provided by the College, employees may elect additional Voluntary Life Insurance, offered by Haverford through Unum Insurance. Premiums, which are determined by the amount of coverage elected and the age of the employee (based on age-banded rates), are fully paid by the employee through payroll deduction.
At the time of hire, new employees may purchase Voluntary Life and AD&D Insurance for themselves in increments of $10,000, up to five times their annual salary (not to exceed $500,000). (Evidence of Insurability may be required.)

- For elected coverage amounts up to $150,000 (not to exceed five times annual salary), evidence of insurability is not required. (Guarantee issue)
- For elected coverage amounts greater than $150,000, evidence of insurability is required. (See sidebar, Providing Evidence of Insurability.)

After the time of hire, employees may purchase or adjust levels of Voluntary Life Insurance and AD&D only after a qualifying life event (see Key Terms, page 2) or during the annual Open Enrollment period, held each fall for benefits coverage during the following calendar year. After a qualifying life event or during Open Enrollment:

- An employee who currently holds Voluntary Life Insurance coverage in an amount less than $150,000 may elect $10,000 of additional coverage without providing evidence of insurability.
- An employee electing Voluntary Life coverage for the first time; electing more than $10,000 of additional coverage; or increasing coverage above current coverage of $150,000 must provide evidence of insurability. (See sidebar, Providing Evidence of Insurability.)

DEPENDENT LIFE/ACCIDENTAL DEATH (AD&D) INSURANCE
Qualified, benefit-eligible employees may purchase Dependent Life Insurance for their spouse/partner and/or dependent children (to age 26), and Accidental Death Insurance (AD&D) for themselves and for their spouse/partner and/or dependent children (to age 26). Please note these important conditions for enrollment:

- Employees must hold Voluntary Life and AD&D coverage for themselves before electing Dependent Life and AD&D for dependents.
- Voluntary/Dependent Life must be elected for all covered persons before electing AD&D coverage for those same people.
- Employees cannot elect more Dependent Life or AD&D coverage for their spouse/partner or dependents than they hold for themselves.

Dependent Life and AD&D coverage is also available during Open Enrollment or after an IRS qualifying life event. Coverage amounts are listed below.

**Dependent Life:**
- **Spouse/Partner:** Up to 100% of employee’s Voluntary Life coverage amount, in increments of $5,000, not to exceed $500,000. (Note: Coverage up to $25,000 does not require evidence of insurability; coverage of more than $25,000 requires evidence of insurability. (See sidebar, Providing Evidence of Insurability.)
- **Each Child:** Up to 100% of employee’s Voluntary Life coverage, in increments of $2,000, not to exceed $10,000. (Evidence of Insurability is not required.)

**AD&D:**
- **Employee:** Up to 100% of Voluntary Life coverage amount, in increments of $10,000, not to exceed $500,000.
- **Spouse/Partner:** Up to 100% of employee’s Voluntary Life coverage amount, in increments of $5,000, not to exceed $500,000. (Must elect Dependent Life first.)
- **Each Child:** Up to 100% of employee’s Voluntary Life coverage amount, in increments of $2,000, not to exceed $10,000. (Must elect Dependent Life first.)

PROVIDING EVIDENCE OF INSURABILITY
When evidence of insurability is required, the employee MUST complete and submit the Evidence of Insurability form, a health questionnaire provided by Unum and available via Workday. Unum will review the form and make a determination. Elected coverage amounts will not take effect until approved by Unum.

Please note these important deadlines:

- For coverage elected at the time of hire, the Evidence of Insurability form MUST be completed by the employee and submitted to Unum within 31 days of the employee’s date of hire.
- For coverage elected during Open Enrollment, the Evidence of Insurability form MUST be completed by the employee and submitted to Unum within 31 days of the effective date of coverage.

If the form is not received by Unum by the deadline, the requested additional coverage will not be in place.
LONG-TERM DISABILITY INSURANCE (LTD)

**Eligibility:** Full-time employees (employees who work 35 or more hours per week over nine or more months) are eligible for LTD.

Eligible employees receive College-paid Long-term Disability Insurance (LTD) through Unum. This insurance provides income replacement benefits of up to 60% of base monthly earnings (maximum monthly benefit of $15,000). LTD insurance payments begin after a 180-day elimination period (considered Short-Term Disability) for a qualified medical condition which causes the employee an inability to perform the essential functions of their job, resulting in a loss in earnings. LTD payments provide an income-replacement component and a retirement plan contribution component. The duration of benefit payments depends on the age at which disability begins and may continue until Social Security Normal Retirement Age.

ADDITIONAL RESOURCES

**CAREBRIDGE EMPLOYEE ASSISTANCE PROGRAM**

**Eligibility:** Full-time and part-time benefit-eligible employees are eligible for Carebridge services.

Carebridge is a free, confidential resource that provides counseling, information, and referral services to help address personal, family, and work-related concerns, and provides support for you in completing daily life responsibilities. Counselors have advanced degrees and are credentialed and experienced in helping you or your eligible dependents. You can contact Carebridge at (800) 437-0911 or log on to myliferesource.com with Haverford’s code TTYN. (Please see page 18.)

**HEALTH ADVOCATE**

**Eligibility:** Full-time and part-time benefit-eligible employees are eligible for Health Advocate services.

Health Advocate, Inc. is a U.S. national health advocacy, patient advocacy, and assistance company, offering a spectrum of services to help employees navigate the healthcare system and to facilitate interactions with insurers and providers. Health Advocate uses registered nurses, medical directors, and benefits specialists to assist employees in addressing a range of health care and health insurance issues. Personal Health Advocates can help members locate providers, address errors on medical bills, answer questions about coverage denials, and assist with insurance appeals. There is no cost to the employee for this program. Visit healthadvocate.com/members or call (866) 695-8622. (Please see page 20.)

**RIDE ECO TRANSPORTATION BENEFIT**

**Eligibility:** Full-time and part-time benefit-eligible employees are eligible to participate in the RideEco program.

RideEco is a College-offered benefit that helps commuters pay for the cost of getting to work on public transportation. RideEco allows commuters to use pre-tax dollars to pay for transportation from their residence to the College. Transportation benefits are exempt from federal income tax withholding, Social Security and Medicare (FICA) taxes. View the RideEco instructions and then enroll at rideecoselect.com. (The employer ID is 1072.)

**TUITION GRANT PROGRAM**

**Eligibility:** Employees who have held a benefit-eligible position for seven consecutive years preceding the utilization of the Tuition Grant benefit may request this benefit for tax-qualified dependent children of the employee.

Once eligible, employees can receive a 50% tuition grant benefit (50% of the tuition of the school being attended, not to exceed 50% of Haverford’s tuition for that academic
year). The maximum tuition grant benefit payable “per child” is 8 academic semesters; the maximum grant benefit payable for “all children” is 16 academic semesters.

For further details, please contact the Office of Human Resources.

RETIREMENT PLANS

HAVERFORD COLLEGE RETIREMENT PLAN

**Eligibility:** Benefit-eligible faculty and exempt staff scheduled to work 1000 hours per year are immediately eligible for the Haverford College contribution. After a one-year waiting period, benefit-eligible fixed-term and non-exempt staff scheduled to work 1000 hours per year are eligible for the College contribution. All employees of Haverford College are eligible to participate in the Haverford College Retirement Plan at any time, through the employee’s own voluntary pre-tax contributions (elective deferrals) to the Plan.

Upon meeting eligibility requirements, the College contributes an amount equal to 10% of base salary each pay period to a 403(b) defined contribution retirement plan. No contribution by the employee is required to receive this 10% College contribution. Additional voluntary contributions can be made to the plan at any time of the year.

The Haverford College Retirement Plan is a “defined contribution” plan covered under Section 403(b) of the Internal Revenue Codes. All contributions to the plan, both Employer and Employee (voluntary) are 100% and immediately vested. (Employee has full and immediate ownership of these contributions.)

Although a target-date investment fund is the default fund when a new employee is hired, employees can select from a diverse investment fund lineup that collectively covers all major asset classes. Employees can choose investment funds on the Fidelity Investments fund platform. Fund allocations and contribution amounts can be changed at any time of the year within the employee’s portfolio via the Fidelity NetBenefits website, netbenefits.com.

In-service distributions are permitted from the plan (all sources) upon attaining age 59 ½. Loans and hardship withdrawals are also permitted from the plan subject to certain restrictions and limitations.

Please refer to the Haverford College Retirement Plan Summary Plan Description (SPD) for further details about the plan, available on the HR website and at netbenefits.com.

EMERITI RETIREMENT HEALTH PLAN

The Emeriti Retirement Health Plan is a way to help you prepare and pay for your qualified medical expenses in retirement. As you get older, healthcare costs are likely to take up a larger portion of your budget, and Medicare may not be enough. The Emeriti plan complements your retirement plan, and it offers a number of tax advantages, both while you are accumulating savings and later when you are retired, including:

- Tax-free employer contributions
- Tax-free investment earnings
- Tax-free reimbursement for qualified medical expenses during retirement.

The College makes contributions to an Emeriti account (pro-rated per pay), for each benefit-eligible employee age 40 and above. Employees may make after-tax voluntary contributions at any time of the year.* There is a seven-year vesting requirement for employer contributions, before the employee owns the account balance. (Employee after-tax voluntary contributions are immediately vested.) Funds can be used only after termination of employment with Haverford College, or after retirement, to pay for qualified medical expenses through a reimbursement process. In addition, qualified retired employees may be eligible to enroll in post-65 medical and/or prescription drug plans, and a dental plan offered through Aetna.

*Employer contributions and voluntary after-tax contributions are subject to forfeiture. Assets remaining in your account at time of death, if there are no surviving eligible dependents (spouse, domestic partner, IRS dependent children or relatives), forfeit back to Haverford College.
### BRIEF COMPARISON OF MEDICAL PLANS & COVERAGE

For January 1, 2023, through December 31, 2023

<table>
<thead>
<tr>
<th>BENEFITS</th>
<th>KHMO PC PPO</th>
<th>HDHP/HSA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In Network</td>
<td>Out of Network</td>
</tr>
<tr>
<td><strong>DEDUCTIBLE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$0</td>
<td>$300</td>
</tr>
<tr>
<td>Family</td>
<td>$0</td>
<td>$900</td>
</tr>
<tr>
<td><strong>OUT OF POCKET MAXIMUM (INCLUDES DEDUCTIBLE, COPAYMENTS AND COINSURANCE)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$6,350</td>
<td>$3,000</td>
</tr>
<tr>
<td>Family</td>
<td>$12,700</td>
<td>$9,000</td>
</tr>
<tr>
<td><strong>PHYSICIAN SERVICES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary Care</td>
<td>$15 Copay</td>
<td>$20 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td>Specialists</td>
<td>$25 Copay</td>
<td>$40 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td>Retail Health Clinic</td>
<td>$15 Copay</td>
<td>$20 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td>Telemedicine (Via MDLive)</td>
<td>$15 Copay</td>
<td>$20 Copay, No Deductible Not Covered</td>
</tr>
<tr>
<td>Urgent Care</td>
<td>$105 Copay</td>
<td>$105 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td><strong>RADIOLOGY AND LAB WORK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Xrays/ Radiology</td>
<td>100%</td>
<td>$40 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td>Lab Work/ Pathology</td>
<td>100%</td>
<td>100% After Deductible 70% After Deductible</td>
</tr>
<tr>
<td><strong>WELL CHILD CARE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office Visits</td>
<td>100%</td>
<td>100%, No Deductible 70%, No Deductible</td>
</tr>
<tr>
<td>Immunizations</td>
<td>100%</td>
<td>100%, No Deductible 70%, No Deductible</td>
</tr>
<tr>
<td><strong>ADULT PREVENTATIVE CARE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Physicals</td>
<td>100%</td>
<td>100%, No Deductible 70%, No Deductible</td>
</tr>
<tr>
<td>Gyn Exam</td>
<td>100%</td>
<td>100%, No Deductible 70%, No Deductible</td>
</tr>
<tr>
<td>Prostate Exams</td>
<td>100%</td>
<td>100%, No Deductible 70%, No Deductible</td>
</tr>
<tr>
<td>Mammograms</td>
<td>100%</td>
<td>100%, No Deductible 70%, No Deductible</td>
</tr>
<tr>
<td><strong>HOSPITAL CARE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Treatment</td>
<td>$500 Copay Per Admission $500/day Copay, Max 5 Days; No Deductible (After 5 Days Full Coverage, No Copay)</td>
<td>70% After Deductible</td>
</tr>
<tr>
<td><strong>OUTPATIENT FACILITY AND PHYSICIAN SERVICES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facility</td>
<td>$250 Copay</td>
<td>$150 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td>Physician</td>
<td>100%</td>
<td>100% After Deductible 70% After Deductible</td>
</tr>
<tr>
<td><strong>BEHAVIORAL HEALTH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient</td>
<td>$500 Copay Per Admission $500/day Copay, Max 5 Days; No Deductible, Same As Above</td>
<td>70% After Deductible</td>
</tr>
<tr>
<td>Outpatient</td>
<td>$25 Copay</td>
<td>$40 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td><strong>PHYSICAL, SPEECH, AND OCCUPATIONAL THERAPIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office Visits</td>
<td>100%</td>
<td>$40 Copay, No Deductible 70% After Deductible</td>
</tr>
<tr>
<td><strong>RETAIL DRUGS (30 DAY SUPPLY)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>$20 Copay</td>
<td>$20 Copay</td>
</tr>
<tr>
<td>Preferred Brand</td>
<td>$40 Copay</td>
<td>$40 Copay</td>
</tr>
<tr>
<td>Non-Preferred Brand</td>
<td>$80 Copay</td>
<td>$80 Copay</td>
</tr>
<tr>
<td><strong>MAIL ORDER DRUGS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>$40 Copay</td>
<td>$40 Copay</td>
</tr>
<tr>
<td>Preferred Brand</td>
<td>$80 Copay</td>
<td>$80 Copay</td>
</tr>
<tr>
<td>Non-Preferred Brand</td>
<td>$160 Copay</td>
<td>$160 Copay</td>
</tr>
</tbody>
</table>

For a complete list of covered services, please refer to the Summary of Benefits and Coverage.
### TIER 1 | SALARY $48,999 AND UNDER

<table>
<thead>
<tr>
<th></th>
<th>KHMO</th>
<th>PC PPO</th>
<th>HDHP/HSA</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$25</td>
<td>$64</td>
<td>$11</td>
</tr>
<tr>
<td>EMPLOYEE &amp; CHILDREN</td>
<td>$110</td>
<td>$203</td>
<td>$17</td>
</tr>
<tr>
<td>COUPLE</td>
<td>$132</td>
<td>$238</td>
<td>$28</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$186</td>
<td>$338</td>
<td>$34</td>
</tr>
</tbody>
</table>

**Opt-out waiver amount is $159.20 per month (paid to you as taxable income).**

### TIER 2 | SALARY $49,000 TO $98,000

<table>
<thead>
<tr>
<th></th>
<th>KHMO</th>
<th>PC PPO</th>
<th>HDHP/HSA</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$56</td>
<td>$110</td>
<td>$22</td>
</tr>
<tr>
<td>EMPLOYEE &amp; CHILDREN</td>
<td>$186</td>
<td>$280</td>
<td>$72</td>
</tr>
<tr>
<td>COUPLE</td>
<td>$219</td>
<td>$327</td>
<td>$92</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$312</td>
<td>$465</td>
<td>$127</td>
</tr>
</tbody>
</table>

**Opt-out waiver amount is $142.10 per month (paid to you as taxable income).**

### TIER 3 | SALARY $98,001 AND ABOVE

<table>
<thead>
<tr>
<th></th>
<th>KHMO</th>
<th>PC PPO</th>
<th>HDHP/HSA</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$110</td>
<td>$172</td>
<td>$35</td>
</tr>
<tr>
<td>EMPLOYEE &amp; CHILDREN</td>
<td>$324</td>
<td>$465</td>
<td>$199</td>
</tr>
<tr>
<td>COUPLE</td>
<td>$376</td>
<td>$535</td>
<td>$234</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$537</td>
<td>$768</td>
<td>$333</td>
</tr>
</tbody>
</table>

**Opt-out waiver amount is $125.00 per month (paid to you as taxable income).**

### PART-TIME EMPLOYEES

<table>
<thead>
<tr>
<th></th>
<th>KHMO</th>
<th>PC PPO</th>
<th>HDHP/HSA</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$36</td>
<td>$364</td>
<td>$327</td>
</tr>
<tr>
<td>EMPLOYEE &amp; CHILDREN</td>
<td>$72</td>
<td>$727</td>
<td>$654</td>
</tr>
<tr>
<td>COUPLE</td>
<td>$81</td>
<td>$818</td>
<td>$736</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$117</td>
<td>$1182</td>
<td>$792</td>
</tr>
</tbody>
</table>

**Opt-out waiver amount is $79.60 per month (paid to you as taxable income).**

### DENTAL PANEL RATES

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$4.00</td>
<td>$9.25</td>
<td>$16.50</td>
</tr>
<tr>
<td>EMPLOYEE &amp; CHILDREN</td>
<td>$7.25</td>
<td>$13.50</td>
<td>$20.75</td>
</tr>
<tr>
<td>EMPLOYEE + 1 DEPENDENT</td>
<td>$8.50</td>
<td>$14.75</td>
<td>$22.00</td>
</tr>
</tbody>
</table>

### VISION COVERAGE PREMIUM RATES

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$7.53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMPLOYEE &amp; CHILDREN</td>
<td>$15.06</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COUPLE</td>
<td>$15.06</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FAMILY</td>
<td>$15.06</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For a complete list of covered services, please refer to the Summary of Benefits and Coverage.
MICHELLE’S LAW

Michelle’s Law permits seriously ill or injured college students to continue coverage under a group health plan when they must leave school on a full-time basis due to their injury or illness and would otherwise lose coverage. The continuation of coverage applies to a dependent child’s leave of absence from (or other change in enrollment) a postsecondary educational institution (college or university) because of a serious illness or injury, while covered under a health plan. This would otherwise cause the child to lose dependent status under the terms of the plan. Coverage will be continued until:

- One year from the start of the medically necessary leave of absence; or
- The date on which the coverage would otherwise terminate under the terms of the health plan; whichever is earlier.

WOMEN’S HEALTH AND CANCER RIGHTS ACT

The Women’s Health and Cancer Rights Act requires that all medical plans cover breast reconstruction following a mastectomy. Under this law, if an individual who has had a mastectomy elects to have breast reconstruction, the medical plan must provide the following coverage as determined in consultation with the attending physician and the patient:

- Reconstruction of the breast on which the mastectomy has been performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance;
- Prostheses and physical complications at all stages of the mastectomy, including lymphedemas. Benefits received for the above coverage will be subject to any deductibles and coinsurance amounts required under the medical plan for similar services. The Act prohibits any group health plan from:
  - Denying a participant or an eligible beneficiary to enroll or renew coverage under the plan in order to avoid the requirements of the Act;
  - Penalizing, reducing, or limiting reimbursement to the attending provider (e.g. physician, clinic or hospital) to induce the provider to provide care inconsistent with the Act; and providing monetary or other incentives to an attending provider to induce the provider to provide care inconsistent with the Act.

PREMIUM ASSISTANCE UNDER MEDICAID AND THE CHILDREN’S HEALTH INSURANCE PROGRAM (CHIP)

If you or your children are eligible for Medicaid or CHIP and you’re eligible for health coverage from your employer, your state may have a premium assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren’t eligible for Medicaid or CHIP, you won’t be eligible for these premium assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit healthcare.gov.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial 1-877-KIDSNOW or insurekidsnow.gov to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer sponsored plan.

If you or your dependents are enrolled in Medicaid or CHIP, contact your State Medicaid or CHIP office to find out if premium assistance is available.

GENETIC INFORMATION NON-DISCRIMINATION ACT (GINA)

GINA broadly prohibits covered employers from discriminating against an employee, individual, or member because of the employee’s “genetic information,” which is broadly defined in GINA to mean (1) genetic tests of the individual, (2) genetic tests of family members of the individual, and (3) the manifestation of a disease or disorder in family members of such individual. GINA also prohibits employers from requesting, requiring, or purchasing an employee’s genetic information. This prohibition does not extend to information that is requested or required to comply with the certification requirements of family and medical leave laws, or to information inadvertently obtained through lawful inquiries under, for example, the Americans with Disabilities Act, provided the employer does not use the information in any discriminatory manner. In the event a covered employer lawfully (or inadvertently) acquires genetic information, the information must be kept in a separate file and treated as a confidential medical record, and may be disclosed to third parties only in very limited circumstances.
THE NEWBORNS’ AND MOTHERS’ HEALTH PROTECTION ACT

Group health plans and health insurance issuers 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 and issuers may not, under federal law, require that a provider obtain authorization from the plan or the issuer for prescribing a length of stay not in excess of 48 (or 96) hours.

MARKETPLACE COVERAGE OPTIONS AND YOUR HEALTH COVERAGE
PART A: GENERAL INFORMATION

To assist you as you evaluate options for you and your family, this notice provides some basic information about the Marketplace and employment-based health coverage offered by your employer.

What is the health insurance Marketplace?
The Marketplace is designed to help you find health insurance that meets your needs and fits your budget. The Marketplace offers “one-stop shopping” to find and compare private health insurance options. You may also be eligible for a new kind of tax credit that lowers your monthly premium right away.

Can I save money on my health insurance premiums in the Marketplace?
You may qualify to save money and lower your monthly premium, but only if your employer does not offer coverage, or offers coverage that doesn’t meet certain standards. The savings on your premium that you’re eligible for depends on your household income.

Does employer health coverage affect eligibility for premium savings through the Marketplace?
Yes. If you have an offer of health coverage from your employer that meets certain standards, you will not be eligible for a tax credit through the Marketplace and may wish to enroll in your employer’s health plan. However, you may be eligible for a tax credit that lowers your monthly premium, or a reduction in certain cost-sharing if your employer does not offer coverage to you at all or does not offer coverage that meets certain standards. If the cost of a plan from your employer that would cover you (and not any other members of your family) is more than 9.12% for 2023 of your household income for the year, or if the coverage your employer provides does not meet the “minimum value” standard set by the Affordable Care Act, you may be eligible for a tax credit.¹

Note: If you purchase a health plan through the Marketplace instead of accepting health coverage offered by your employer, then you may lose the employer contribution (if any) to the employer-offered coverage. Also, this employer contribution as well as your employee contribution to employer-offered coverage- is often excluded from income for Federal and State income tax purposes. Your payments for coverage through the Marketplace are made on an after-tax basis.

How can I get more information?
For more information about your coverage offered by your employer, please check your summary plan description or contact Director of Benefits Administration Charles Crawford.

The Marketplace can help you evaluate your coverage options, including your eligibility for coverage through the Marketplace and its cost. Please visit HealthCare.gov for more information, including an online application for health insurance coverage and contact information for a Health Insurance Marketplace in your area.

¹. An employer-sponsored health plan meets the “minimum value standard” if the plan’s share of the total allowed benefit costs covered by the plan is no less than 60 percent of such costs.
NOTICE OF CREDITABLE COVERAGE

IMPORTANT NOTICE FROM HAVERFORD COLLEGE ABOUT YOUR PRESCRIPTION DRUG COVERAGE AND MEDICARE

Please read this notice carefully and keep it where you can find it. This notice has information about your current prescription drug coverage with Haverford College and about your options under Medicare's prescription drug coverage. This information can help you decide whether or not you want to join a Medicare drug plan. If you are considering joining, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area. Information about where you can get help to make decisions about your prescription drug coverage is at the end of this notice.

There are two important things you need to know about your current coverage and Medicare's prescription drug coverage:

• Medicare prescription drug coverage became available in 2006 to everyone with Medicare. You can get this coverage if you join a Medicare Prescription Drug Plan or join a Medicare Advantage Plan (like an HMO or PPO) that offers prescription drug coverage. All Medicare drug plans provide at least a standard level of coverage set by Medicare. Some plans may also offer more coverage for a higher monthly premium.

PART B: INFORMATION ABOUT HEALTH COVERAGE OFFERED BY YOUR EMPLOYER

This section contains information about any health coverage offered by your employer. If you decide to complete an application for coverage in the Marketplace, you will be asked to provide this information. This information is numbered to correspond to the Marketplace application.

3. Employer name: Haverford College
4. Employer Identification Number (EIN): 23-6002304
5. Employer address: 370 Lancaster Avenue
6. Employer phone number: 610-896-1219
7. City: Haverford
8. State: PA
9. Zip code: 19041
10. Who can we contact about employee health coverage at this job?
Charles Crawford – Director, Benefits Administration
11. Phone number (if different from above)
12. Email address: ccrawford1@haverford.edu

NOTICE OF SPECIAL ENROLLMENT RIGHTS FOR HEALTH PLAN COVERAGE

As you know, if you have declined enrollment in Haverford College’s health plan for you or your dependents (including your spouse/partner) because of other health insurance coverage, you or your dependents may be able to enroll in some coverages under this plan without waiting for the next open enrollment period, provided that you request enrollment within 31 days after your other coverage ends. In addition, if you have a new dependent as a result of marriage, birth, adoption or placement for adoption, you may be able to enroll yourself and your eligible dependents, provided that you request enrollment within 31 days after the marriage, birth, adoption or placement for adoption.

• Haverford College will also allow a special enrollment opportunity if you or your eligible dependents either:
  • Lose Medicaid or Children’s Health Insurance Program (CHIP) coverage because you are no longer eligible; or
  • Become eligible for a state's premium assistance program under Medicaid or CHIP.

For these enrollment opportunities, you will have 60 days—instead of 31—from the date of the Medicaid/CHIP eligibility change to request enrollment in the Haverford College group health plan. Note that this new 60-day extension doesn’t apply to enrollment opportunities other than due to the Medicaid/CHIP eligibility change.

Note: If your dependent becomes eligible for a special enrollment right, you may add the dependent to your current coverage.

NOTICE OF CREDITABLE COVERAGE

IMPORTANT NOTICE FROM HAVERFORD COLLEGE ABOUT YOUR PRESCRIPTION DRUG COVERAGE AND MEDICARE

Please read this notice carefully and keep it where you can find it. This notice has information about your current prescription drug coverage with Haverford College and about your options under Medicare's prescription drug coverage. This information can help you decide whether or not you want to join a Medicare drug plan. If you are considering joining, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area. Information about where you can get help to make decisions about your prescription drug coverage is at the end of this notice.

There are two important things you need to know about your current coverage and Medicare's prescription drug coverage:

• Medicare prescription drug coverage became available in 2006 to everyone with Medicare. You can get this coverage if you join a Medicare Prescription Drug Plan or join a Medicare Advantage Plan (like an HMO or PPO) that offers prescription drug coverage. All Medicare drug plans provide at least a standard level of coverage set by Medicare. Some plans may also offer more coverage for a higher monthly premium.
Haverford College has determined that the prescription drug coverage offered by the Independence Blue Cross (IBC) PPO, IBC High Deductible Health Plan (HDHP), and Keystone HMO plans are, on average for all plan participants, expected to payout as much as standard Medicare prescription drug coverage pays and are therefore considered Creditable Coverage. Because your existing coverage is Creditable Coverage, you can keep this coverage and not pay a higher premium (a penalty) if you later decide to join a Medicare drug plan.

When Can You Join a Medicare Drug Plan?

You can join a Medicare drug plan when you first become eligible for Medicare and each year from October 15 to December 7. However, if you lose your current creditable prescription drug coverage, through no fault of your own, you will also be eligible for a two (2) month Special Enrollment Period (SEP) to join a Medicare drug plan.

What Happens To Your Current Coverage If You Decide to Join a Medicare Drug Plan?

If you decide to join a Medicare drug plan, your current coverage may be affected. If you do decide to join a Medicare drug plan and drop your current Haverford College coverage, be aware that you and your dependents may not be able to get this coverage back.

When Will You Pay a Higher Premium (Penalty) to Join a Medicare Drug Plan?

You should also know that if you drop or lose your current coverage with Haverford College and don’t join a Medicare drug plan within 63 continuous days after your current coverage ends, you may pay a higher premium (a penalty) to join a Medicare drug plan later. If you go 63 continuous days or longer without creditable prescription drug coverage, your monthly premium may go up by at least 1% of the Medicare base beneficiary premium per month for every month that you did not have that coverage. For example, if you go nineteen months without creditable coverage, your premium may consistently be at least 19% higher than the Medicare base beneficiary premium. You may have to pay this higher premium (a penalty) as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the following October to join.

For More Information About This Notice or Your Current Prescription Drug Coverage

Contact the person listed below for further information. NOTE: You’ll get this notice each year. You will also get it before the next period you can join a Medicare drug plan, and if this coverage through Haverford College changes. You also may request a copy of this notice at any time.

For More Information About Your Options Under Medicare Prescription Drug Coverage

More detailed information about Medicare plans that offer prescription drug coverage is in the “Medicare & You” handbook. You’ll get a copy of the handbook in the mail every year from Medicare. You may also be contacted directly by Medicare drug plans.

For More Information About Medicare Prescription Drug Coverage

- Visit medicare.gov
- Call your State Health Insurance Assistance Program (see the inside back cover of your copy of the “Medicare & You” handbook for their telephone number) for personalized help.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

If you have limited income and resources, extra help paying for Medicare prescription drug coverage is available. For information about this extra help, visit Social Security on the web at socialsecurity.gov, or call them at 1-800-772-1213 (TTY 1-800-325-0778).

Remember: Keep this Creditable Coverage notice. If you decide to join one of the Medicare drug plans, you may be required to provide a copy of this notice when you join to show whether or not you have maintained creditable coverage and, therefore, whether or not you are required to pay a higher premium (a penalty).

Date: October, 10, 2022
Name of Entity/Sender: Charles F. Crawford
Position/Office: Haverford College – Office of Human Resources
Address: 370 Lancaster Ave., Haverford, PA 19041
Phone Number: (610) 896-1219
Tools available on ibx.com

Easy access to health and benefits information and resources

A comprehensive, personal, online health care resource is available to you anytime, anywhere through ibx.com. With one simple login, you can unlock the tools, perks, and resources you need to take control of your health and well-being, make the most of your health plan, and make informed choices that can impact your overall bottom line.

Access coverage

Whether you want to find a doctor, get an ID card, or search coverage information, you can find all the information you need quickly and easily in one convenient location.

- Access current benefit information
- Order a new ID card
- Find a doctor, hospital, pharmacy, or other network provider
- View recent claims and referrals
- Find or price a prescription drug
- Track deductibles and spending account balances*
- Access Achieve Well-being tools
- Estimate the cost of in-network care
- Get answers through the Ask IBX virtual assistant

*This feature is only available for applicable members.
Estimate costs and savings

With our online Care Cost Estimator, you can get an estimate of your out-of-pocket costs before you schedule a doctor’s appointment or medical procedure. With our market-leading estimator tool, you can look up the price of up to 1,600 procedures based on your health plan and learn important ways to save money on your care based on:

- Cost estimates for the health care services you need and cost comparisons and quality ratings for network doctors/providers
- Plan coverage and anticipated costs including coinsurance and copays, as well as how much you’ve already paid toward deductibles and out-of-pocket limits

Achieve Well-being with tools available to you

Whether you want to increase physical activity, lose weight, or manage a health condition, you can find the motivation and help you need with our Achieve Well-being tools, including:

- Your current Personal Health Record
- Health videos, articles, and recipes
- A personalized dashboard that syncs with the health apps and trackers you already use
- The Health Navigator symptoms database
- Motivational tools to help you reach your wellness goals

Manage your care — anywhere

You can access IBX resources and tools — anytime, anywhere — with the IBX mobile app. Available free for iPhone or Android, the IBX app gives you the freedom to manage your health and coverage on the go.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.
Life Doesn’t Stop When You’re At Work.
That’s Why We’re Here for You & Eligible Family Members with Free and Confidential Support.

Mental Health Support
Build resilience and overcome life’s tough moments.
Get real support for anxiety, depression, conflict, grief, addiction, and more. We provide free consultations, short-term counseling with licensed clinicians, and referrals for long-term care.

Work-Life Services
You don’t need to have it all figured out.
Let us help you through life’s circumstances, such as childcare, eldercare, legal, and financial matters. We offer unlimited access to work-life specialists for guidance, referrals, and educational support.

Emotional Wellbeing & Behavioral Change
Reach your highest potential every day.
Make progress towards your goals with motivation, stress relief, mindfulness, and goal-setting assistance. We provide live training, life coaching, virtual groups, and digital tools for proactive support.

Use your Carebridge EAP to your advantage today!
800.437.0911
clientservice@carebridge.com
myliferesource.com
Access Code: TTY4N

Download the Carebridge EAP App

© 2022 Carebridge Corporation, All Rights Reserved.
Your New Mindfulness Benefit: eM Life
Discover a proven way to take on life’s challenges

eM Life is an app and website that provides evidence-based mindfulness solutions to prevent and reduce mental health concerns such as compassion fatigue, stress, anxiety, depression, chronic pain, and addictive behavior.

Learn more about eM Life. Sign up today!
Enter your company access code TTY4N

One Solution, Many Features

- Live daily 14-minute mindfulness programs led by experts multiple times a day
- Hundreds of hours of on-demand content on a wide range of topics including leadership, diversity and inclusion and anxiety
- Expert-led community to gain support and purpose
- Game and meditation timer to help you build and sustain healthy habits
- Easy accessibility via website or app

Immersive Multi-Week Programs

- Better Living with Diabetes™
- Cultivating Compassion
- Living Well with Chronic Pain™
- Mindfully Overcoming Addictive Behaviors
- Mindfulness At Work™
- Mindfulness Based Cancer Recovery™
- QuitSmart® Mindfully
- Skills to Thrive in Anxious Times
- Stress Less, Live More™
- The Journey Forward: Your M.M.A.P. For Success
- Weight Balance for Life™

myliferesource.com
Only an expert who knows the ins and outs of healthcare can get to the bottom of an issue and fix it.

Our team of Personal Health Advocates, benefits and claims specialists is skilled at working with healthcare providers, insurance plans and other organizations to resolve a wide range of complex and time-consuming issues.

Here’s how we can help:

Resolve Benefits and Claims Issues
• Review coverage and help you understand the rules that apply to your benefits
• Research and resolve benefits and claim denials and other issues
• Help you understand any out-of-pocket costs
• Investigate possible errors made by providers or health plans

Help You Understand Other Important Coverage Issues:
• Deductibles, co-pays and other financial responsibilities
• Preventive care services versus condition-specific care
• Pre-certification processes and the benefit of using in-network versus out-of-network providers
• Flexible Spending Accounts (“FSAs”), Health Savings Accounts (“HSAs”) and Health Reimbursement Accounts (“HRAs”), including eligible services and timeframes for filing requests for reimbursement

Appeals Support
We can also answer questions about your appeal rights and help you understand the appeals process. We can:
• Attempt to resolve any coverage disputes by contacting the involved parties
• Help you create an argument for coverage
• Gather supporting documentation and help you draft a letter of appeal

Contact us to be connected to these valuable services.

866.695.8622
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com-members
If you have any questions or concerns about your benefits, please contact the Office of Human Resources:

(610) 795-6124 | hc-hr@haverford.edu | haverford.edu/hr

T. Muriel Brisbon  
Executive Director and  
Chief Human Resources Officer  
(610) 896-1250  
tbrisbon@haverford.edu

Charles Crawford  
Director of Benefits Administration  
(610) 896-1219  
ccrawford1@haverford.edu

Debra Doyle  
Human Resources Generalist  
(610) 896-2943  
ddoyle12@haverford.edu

Shelley Harshe  
Director of Talent Acquisition and Workforce Development  
(610) 896-1044  
sharshe@haverford.edu

Donna Hawkins  
Director of Employee Relations  
(610) 896-1241  
dhawkins@haverford.edu

Tessa Kahley  
Manager, HRIS  
(610) 896-1239  
tkahley@haverford.edu

Sue McCarthy  
Administrative Coordinator  
(610) 795-6124  
smccarthy1@haverford.edu
The information in this guide is only a summary of plan benefits and Haverford College’s policies and is not intended to be a complete description. If there are differences between this guide and any plan documents or contracts, the plan documents or contracts will prevail. This guide is not intended to constitute a contract of employment, a promise of employment for any length of time, or a guarantee of the benefits or policies stated in it. Provisions described herein are subject to change with or without notice to the employees.