

COWLEY COLLEGE

2023 - 2024 Benefits Guide

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This brochure summarizes the benefit plans that are available to Cowley College eligible employees and their dependents. Official plan documents, policies and certificates of insurance contain the details, conditions, maximum benefit levels and restrictions on benefits. These documents govern your benefits program. If there is any conflict, the official documents prevail. These documents are available upon request through the Human Resources Department. The information provided in this brochure is not a guarantee of benefits.

If you (and/or your dependents) have Medicare or will become eligible for Medicare in the next 12 months, a Federal law gives you more choices about your prescription drug coverage.

Please see page 28-29 for more details.

Welcome to your 2023 - 2024 Benefits Guide!

The Benefits Open Enrollment Period Is Here!

As healthcare costs continue to rise due to inflation and increased government regulation, the cost to provide healthcare coverage has also increased. Additionally, Cowley College has seen an increase in the occurrence as well as the severity of claims of healthcare costs. This has been a common scenario across the market as costs increase in an effort to keep pace with healthcare trends. Cowley College is committed to providing a comprehensive benefits package to its employees for the 2023-2024 plan year, which are outlined in this benefit guide.

Eligibility

Full-Time employees scheduled to work at least 30 hours per week are eligible to enroll in benefits.

New Hires: Your benefits start on the 1st of the month following 30 days of employment.

Generally, dependents are defined as:

Your legal spouse

Dependent "child" up to age 26. (Child means the employee's natural child or adopted child and any other child as defined in the certificate of coverage).

Changing Coverage During the Year

You can change your coverage during the year when you experience a qualified change in status, such as marriage, divorce, birth, adoption, placement for adoptions, or loss of coverage. The change must be reported to Human Resources within 30 days of the event. The change must be consisted with the event.

For example, if your dependent child no longer meets eligibility requirements, you can drop coverage only for that dependent.

When and How Do I Enroll?

Open enrollment will be conducted August 1st - August 17th, 2023.

All eligible employees are required to complete the enrollment process through Paycom, even if you're not making any changes. No benefit enrollment or changes are accepted after the enrollment period unless due to a family status change (qualifying life event).

ENROLLMENT

Open Enrollment

An open enrollment period is a window of time that happens once a year — typically in August — when you can sign up for benefits or adjust/change your benefit options. It's usually limited to a few days. If you miss it, you may have to wait until the next open enrollment period to make any changes. Elections made during open enrollment become effective on the 1st day of the plan year **Sept 1, 2023.**

Plan Year

A plan year is the 12-month period during which your health plan is effective.

September 1st, 2023 – August 31st, 2024.

Special Enrollment

Outside of Open Enrollment, changes to your benefits are only allowed when a qualifying life event occurs (see qualifying life events below).

For example, getting married, having a baby, or losing health coverage – that can make you eligible for a Special Enrollment Period, allowing you to enroll in health Insurance outside the Yearly Open Enrollment Period.

If you experience a qualifying life event, please contact your Human Resources if you would like to make changes to your benefit elections within 30 days of the qualifying life event.

Qualifying Life Events

Marriage
Divorce
Legal Separation
Birth or Adoption
Change in Employment Status
Death of Spouse or Dependent
Gain or Loss of Insurance

FOR BENEFIT QUESTIONS and/or ELECTIONS
Please contact Jenette Hanna, Director of Human Resources
Jenette.Hanna@cowley.edu
620.441.5214

CARE OPTIONS

TELEHEALTH

- Allergies
- Cold/Flu
- Rash
- Pink Eye
- Sinus Infection
- Ear Infection

AVAILABLE 24/7!

Resolve common issues with a virtual visit! Easily speak with a doctor from the comfort of your home via web, phone, or mobile app.

PRIMARY CARE

- Well Visits & Physicals
- Immunizations for children/Adults
- Follow Up Appointments
- Screenings

LOWEST COST

Pay the least amount out of pocket expenses by going to your PCP for non-life-threatening medical issues. Your doctors knows you and has access to your health history and medical records.

URGENT CARE/WALK IN CLINICS

- Rashes
- Minor Infections
- Scrapes
- Stings, bites
- Abdominal Pain
- Mild Asthma Attacks
- Sore Throat
- Small Cuts
- Strains or Sprains

LOWEST COST

If you need immediate, convenient medical care and can't get into your doctor during regular office hours, consider going to an Urgent Care facility or Walk-in Clinic.

EMERGENCY ROOM

- Chest Pain
- Maior Burns
- Sudden Weakness
- Broken Bones
- Large Open Wounds
- Foreign objects in the body

HIGHEST COST

If you're in need of immediate medical attention that may result in severe pain, or dysfunction to bodily functions or organs, a visit to the emergency room is necessary.

TIPS ON HOW TO CONTROL COST

Ways to reduce costs in healthcare cost. This helps our premiums (and employee/employer contributions) go down. It also helps you pay less when receiving medical services.

SAVE TIME AND MONEY!

- Use In-Network providers and pharmacies.
- Know your care options ER vs Urgent Care vs. Walk-In clinics.
- Establish relationship with your Primary Care Physician (PCP).
- Learn about and utilize Telemedicine through AMWELL when appropriate.

BE A SMART CONSUMER!

- Use all resources available mail order prescription, online cost estimator and other carrier tools
- Know what's free Preventive care services are free of charge when you an in-network provider. See a complete list of covered services at www.healthcare.gov.
- Never pay provider invoice until you read the Explanation of Benefits (EOB).
- Download carrier's mobile app to allow you to view claims, deductible and other information.

SAVE ON PRESCRIPTIONS!

- Use generic instead of Brand Name
- Discount Programs Wal-Mart and Target offer lower cost on many generic drugs.
- Use GoodRx Compare local pharmacies and save up to 80% on your cost. www.GoodRx.com (if you use the GoodRx coupon, the cost of prescription will not apply toward your Max- Out -of Pocket amount.
- Participate in FSA & HSA using these accounts can save you money because the contributions are made in a - pretax basis.

STAY HEALTHY

- Exercise & eat right Eat more whole foods and less processed food.
- Get enough sleep!
- Get your routine preventive services!
- Healthy Habits- Moderate alcohol intake, avoid tobacco use, and limit sweets/sugar.
- Stay hydrated!

TELEMEDICINE

With Amwell, you can have a virtual doctor's visit from your smartphone or computer - right when you need it.

See a doctor from the comfort of your own home – or anywhere else for the matter. Safe and secure, it's the quality care you need, made easier.

What is Telemedicine?

Telemedicine is an alternative to in-person visits. It allows health care professionals to evaluate, diagnose and treat patients at a distance via secure video/audio connections.

Patient Benefits

- Less time away from work
- No travel expenses or time
- Easier if you have a child or elder in your care.
- Privacy
- No exposure to other potentially contagious patients

When Can I Use it?

- Cold or Flu
- Fever
- Rash
- Sinus Infections
- Pink Eye
- Ear Infections
- No travel expenses or time
- Easier if you have a child or elderly person in your care.
- Privacy

Can My Family Use Telemedicine?

Yes, if your spouse and/or children are covered by your Blue Cross Plan.

Three ways to register:

Download the Amwell app on any mobile device.





- Visit bcbsks.com/telemed
- 3 Call toll-free 844-733-3627



Behavioral Health Services

Licensed therapists can provide advice and counseling for depression, anxiety, stress, relationship issues and more. Private appointments available 7 days a week, 6:00 a.m. to 10:00 p.m. CST.

How Much Does it Cost?

Option 1 – \$30 Copay
Option 2 & 3 – Approximately \$59



MEDICAL PLAN OPTIONS



Cowley College will continue to offer medical coverage. The chart on the following page is a brief outline of the plan. Please refer to the summary plan description for complete plan details.

Description Deductible	Option 1 \$1,000		Option 2 \$1,500		Option 3 HDHF \$3,500				
Preventive Care	eventive Care Covered at 100%								
Telehealth Visits	\$30 co	\$30 copay		nately \$59	Approxima	itely \$59			
Primary Physician Office Visit	\$30 co	pay	80% after	deductible	100% after D	eductible			
Specialist (includes Eye Exam) Urgent Care	\$50 co	pay	80% after of	deductible	100% after D	eductible			
Emergency Room	\$100 copay ther Coinsur		\$100 copay the Coins		100% after [Deductible			
Plan Year Deductible									
Individual / Family	\$1,000 / \$	\$ 3,000	\$1,500	/ \$4,500	\$3,500 /	\$7,000			
Coinsurance	You pay 20% to \$1,000 / \$3,000		You pay 20% \$3,	% to \$1,000 / 000	1009	%			
Out of Pocket Maximum (in	cludes deductible, copays, & coins)								
Individual / Family	\$6,350 / \$12,700		\$6,350 / \$12,700		\$3,500 /	\$7,000			
Diagnostic Services									
X-ray and Lab Tests	100% to \$300 ther	n Ded. & Coins	80% after Deductible		100% after Deductible				
Retail Prescriptions (34-day									
Generic	\$20 copay or 30% of Maxim	um	80% after Deductible		100% after D	eductible			
Preferred Brand	\$40 copay or 30% of Maxim		80% after Deductible		100% after D	eductible			
Non-Preferred Brand	\$60 copay or 30% o Maxim		80% after Deductible		100% after Deductible				
Specialty Medications Copay assistance available	30% up to a ma	ax of \$1,000	80% after Deductible		100% after Deductible				
Mail Order Prescriptions (9									
Generic	\$50 copay or 30% of Maxim		80% after Deductible		100% after Deductible				
Preferred Brand	\$90 copay or 30% o Maxim	um	80% after Deductible		100% after D	eductible			
Non-Preferred Brand	\$150 copay or 30% Maxim		80% after D	Deductible	100% after D	eductible			
	E	mployee (Cost						
	Current Rate		Current Rate		Current Rate				
Employee	\$753.71	(\$46.29)	\$694.76	(\$105.24)	\$632.18	(\$167.82)			
Employee + Spouse	\$964.75	\$164.75	\$889.18	(\$1.24)	\$808.50	\$8.50			
Employee + Child(ren)	\$866.77	\$66.77	\$798.76	\$89.18	\$727.12	(\$72.88)			
Family	\$1,040.12	\$240.12	\$958.51	\$158.51	\$871.79	\$71.79			

Note: Option 1 & 2 have a 3-month deductible carryover. (Deductible amounts accumulated in June or July will carry over to September).



CONNECT WITH BLUE

BCBS of Kansas online member portal is the gateway to your health information.

Access your information – quickly and securely!

Our secure online member portal allows you to:

- View benefits, including eligibility and deductible/coinsurance information
- Check your claims
- View, download and monitor medical expenses through your Explanation of Benefits (EOBs)
- · View, download or print your digital ID card

Registration is quick and simple.

If you already have a BlueAccess account, log in to view your health plan information. If you don't have an account, registration is easy.

- 1 Go to bcbsks.com/blueaccess.
- 2 Click Register for a BlueAccess account.
- 3 Have your ID card handy and follow the step-by-step instructions



- Manage My Account | Edit and manage your preferences and go paperless.
- Forms | Order a new ID card, find authorization forms and other forms related to your health insurance coverage.

- 3 Summary of Benefits and Coverage (SBC) and Contract/Certificate | View details about your coverage and contract.
 - View your copay, deductible and coinsurance amounts
 - · Common medical coverage information
 - Coverage for specific tests or treatments
- 4 Strive, powered by WebMD ONE | Use this health and wellness platform to take a Health Assessment and generate a personalized health plan to reach your well-being goals.
- 5 Blue365° | Exclusive health and fitness deals and discounts.



Finding a Network Provider is Easy!

Employees can search by name, specialty, or location on our website, through our convenient online Doctor/Hospital Finder.

Plus, they have access to our cost transparency tool that can compare costs before going to the doctor.

Bcbsks.com/find-a-doctor.



HEALTH SAVINGS ACCOUNT (HSA)

When you are enrolled in a Qualified High Deductible Health Plan (QHDHP) and meet the eligibility requirements, the IRS allows you to open and contribute to an HSA Account.

An HSA is a tax-sheltered bank account that you own to pay for eligible health care expenses for you and/or your eligible dependents for current or future healthcare expenses. The Health Savings Account (HSA) is yours to keep, even if you change jobs or medical plans. There is no "use it or lose it" rule; your balance carries over year to year.

Plus, you get extra tax advantages with an HSA because:

- Money you deposit into an HSA is exempt from federal income taxes
- Interest in your account grows tax free; and
- You don't pay income taxes on withdrawals used to pay for eligible health expenses. (If you withdraw funds for non-eligible expenses, taxes and penalties apply).
- You also have a choice of investment options which earn competitive interest rates, so your unused funds grow over time.

Are you eligible to open a Health Savings Account (HSA)?

Although everyone can enroll in the Qualified High Deductible Health Plan, not everyone is eligible to open and contribute to an HSA. If you do not meet these requirements, you cannot open an HSA.

- You must be enrolled in a Qualified High Deductible Health Plan (QHDHP) Option 3
- You must not be covered by another non-QHDHP health plan, such as a spouse's PPO plan.
- You are not enrolled in Medicare.
- You are not in the TRICARE or TRICARE for Life military benefits program.
- You have not received Veterans Administration (VA) benefits within the past three months.
- You are not claimed as dependent on another person's tax return.
- You are not covered by a traditional health care flexible spending account (FSA). This includes your spouse's FSA. (Enrollment in a limited purpose health care FSA is allowed).

2023 HSA Contributions

You can contribute to your Health Savings Account on a pre-tax basis through payroll deductions up to the IRS statutory maximums. The IRS has established the following maximum HSA contributions:

2023 HSA Contribution Limits

\$3,850 Individual/\$7,750 Family

*If you are age 55 and over, you may contribute an extra \$1,000 catch up contribution.



FLEXIBLE SPENDING ACCOUNTS (FSA)

The Flexible Spending Account (FSA) allows you to set aside pre-tax dollars to cover qualified expenses you would normally pay out of your pocket with post-tax dollars. The plan is comprised of a health care spending account and a dependent care account. You pay no federal or state income taxes on the money you place in an FSA.

How an FSA works:

- Choose a specific amount of money to contribute each pay period, pre-tax, to one or both accounts during the year.
- The amount is automatically deducted from your pay at the same level each pay period.
- As you incur eligible expenses, you may use your flexible spending debit card to pay at the point of service OR submit the appropriate paperwork to be reimbursed by the plan.
- Minimum contribution \$300 per year
- Maximum Contribution \$3,050
- Eligible medical, dental and vision expenses must be incurred from September 1 through August 31 each year.

Important rules to keep in mind:

- Grace period of 2 ½ months following the end of the plan year in which eligible expenses can be incurred.
- Once you enroll in the FSA, you cannot change your contribution amount during the year unless you experience a qualifying life event.
- You cannot transfer funds from one FSA to another account.
- Please plan your FSA contributions carefully. Re-enrollment is required each year.

Flex Made Easy Login Information

To set up your online Account: Go to flexmadeeasy.com

Customer Service: (855) 615-3679 **Email:** info@FlexMadeEasy.com

Easy

An AMERILIFE' Company

BENEFITS

Maximum Annual Election Health Care FSA \$3,050 Dependent Care FSA \$5,000

FLEXIBLE SPENDING ACCOUNTS – DEPENDENT CARE

The **Dependent Care Flexible Spending Account** reimburses you for eligible dependent care expenses with tax-free dollars. This is a valuable plan for employees with children or dependent parents. The maximum you may set aside is **\$5,000 per plan year**, deductions are pre-taxed.

- Run-out Period: Plan participants have an extended time after the end of the plan year to submit receipts for reimbursement. You can only get reimbursed for claims with a date of service during the previous plan year. The run-out period is for 90 days after the plan year ends.
- Expenses you may claim and be reimbursed with tax-free dollars include:
 - Wages paid to babysitters, whether the care is provided in or outside of your home. The babysitter may not be someone you claim as dependent on your tax return and must be over 18 years of age. Expenses for a babysitter can only be used for services provided during regular working hours. Babysitting costs for social events are not eligible.
 - Services of a day care center, nursery school, or Pre-K (providing the centers comply with state and local laws).
 - Cost for care at facilities away from home, such as family daycare or adult daycare centers, if the dependent returns home for at least 8 hours of a 24-hour day.
 - Wages paid to a caregiver or home aide for providing eligible care.
 - Any other qualified dependent care expenses as defined by the IRS.

Eligible dependents must be under the age of 13, and/or physically or mentally unable to care for themselves and claim as an exemption on your tax return.

If you participate in a Dependent Care Flexible Spending Account, you can elect to have your reimbursements directly deposited. This is the fastest and easiest way to be reimbursed.

Debit Card

The Visa card can only be used with a Dependent Care provider with a properly registered credit card processing system including the four-digit Merchant Category code of 8351 "Child Care Services" or code 8299 "Schools and Educational Services." If the merchant's credit card terminal is not set up this way, the card will not be accepted.

Questions regarding your Flexible Spending Accounts? Contact Flex Made Easy

Phone: (855) 615-3679

Email: info@FlexMadeEasy.com

Maximum Annual Election
Health Care FSA \$3,050
Dependent Care FSA \$5,000



DENTAL INSURANCE

Cowley College will continue to offer a dental program. The chart below is a brief outline of the plan. Please refer to the summary plan description for complete plan details.

	Delta Dental Insurance Company Dental Plan
Benefit Coverage	In-Network Benefits
Annual Deductible	
Individual	\$25
Family	\$75
Annual Maximum	
Per Person / Family	\$1,500
Preventive	100% - Unlimited Cleanings - Services for children 12 & under paid at 100% Dental Examinations – Limited 2 per year.
Primary Services Oral Surgery Endodontics Simple Extractions	50% - Services for children 12 & under paid at 100%
Major Services Periodontal Onlays Bridges, Crowns	50% - Services for children 12 & under paid at 100%
Orthodontia - Not Covered	

Employee Contributions (Monthly)		
Employee Only	\$38.81	
Employee + Spouse	\$71.81	
Employee + Child(ren)	\$69.86	
Family	\$81.51	

RIGHT START 4 KIDSSM (RS4K):

Children 12 and under receive their Claims paid at 100% for all Covered Services. Deductibles will not apply, but the annual maximum, frequencies, and limitations will apply. Orthodontics Services will not change. If a Child visits an Out-of-Network Dentist, normal waiting periods, Deductibles, and Coinsurance will apply.

△ DELTA DENTAL®

Helpful Tip: Ask your dentist for a pre-determination letter prior to treatment and/or procedure. A treatment plan is usually submitted by a dentist for Delta Dental to review and provide an estimate of benefits before treatment starts. This can help a member budget for dental procedures and predict their out-of-pocket cost.

PPO & Premier Network: You may see a dental provider in either the Delta Dental PPO or Delta Dental Premier network. You will see deeper discounts when utilizing a PPO provider but will have the same percentage of coverage with both networks.

DENTAL PLAN INFORMATION

Cowley College provides you with an opportunity to purchase Dental coverage with Delta Dental Insurance Company. You are eligible for this benefit on the first day of the month following 30 calendar days of employment.

SUMMARY OF DENTAL BENEFITS

The Dental Plan is designed to provide the dental coverage you need with the features you want. Take advantage of what this plan has to offer without compromising what matters most - including the freedom to visit the dentist of you and your dependents choice – an "in-network" dentist or an "out-of-network" dentist.

For the best savings, use a Delta Dental participating dentist or specialist. If you choose a dentist who does not participate in our dental plan, your out-of-pocket expenses may be more, since you will be responsible for paying any difference between the dentist's fee and the plan's payment for the approved service.

Before you get any major dental work, you should talk to your dentist about getting a pretreatment estimate. That is when your dentist sends the plan for your care to Delta Dental. For most procedures, you and your dentist will receive the estimate. The estimate will show the amounts for what your plan covers. Then you and your dentist can talk about your care and costs before your treatment. It is a great way to be prepared and plan ahead.

RIGHT START 4 KIDS (RS4K)

The Right Start 4 Kids program removes the cost barriers for dental care by providing children 12 and under 100% coverage, with no deductible, for all services covered under the plan, excluding orthodontics, when an innetwork dentist is seen. If an out-of-network is seen, the underlying contract applies.

MANAGING MY BENEFITS

- At deltadentalks.com, you can log in to your member account to:
- Print ID cards.
- Check your eligibility and benefit information.
- Check your claim status.
- Sign-up to receive your explanation of Benefits electronically.
- And more!

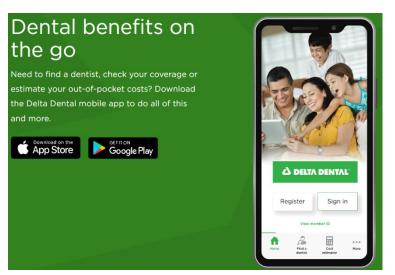
DELTA DENTAL®

FIND A DENTIST

To find a Delta Dental Provider: On the internet, go to wwww.deltadentalks.com. and click on "find a Dentist" or download the mobile app.



Questions? 800.234.3375 Delta Dental of Kansas | DeltaDentalKS.com





VISION INSURANCE

Cowley College provides vision coverage through Vision Care Direct.

The chart below is a brief outline of the plan. Please refer to the summary of benefits for complete plan details.

Benefit Coverage	Vision Care Direct Complete Plan	Vision Care Direct Materials Only Plan						
	In- Network	In- Network						
Routine Eye Exam								
Exam	\$15 copay	Not covered						
Prescription Glasses	\$15 copay	\$15 copay						
	Standard Lenses / Contacts							
Single	\$15 copay	\$15 copay						
Bifocal	\$15 copay	\$15 copay						
Trifocal	\$15 copay	\$15 copay						
	Standa	rd Frame						
Frame Allowance	Up to \$160 al	lowance; 20% off bal.						
Contacts		160 allowance						
	Service I	Frequency						
Routine Eye Exams	Every 12 Months	N/A						
Lenses/Contacts	Every 12 Months	Every 12 Months						
Standard Frame	Every 24 Months	Every 24 Months						
	Employee Contributions (M	onthly)						
Employee Only	\$13.48	\$9.34						
Employee + 1	\$21.57	\$14.94						
Employee + Child(ren)	\$24.88	\$17.24						
Family	\$42.31	\$29.30						

Note: Medical plan option 1 includes a routine eye exam with a \$50 copay. Individuals enrolled in Option 1 may consider the materials only vision plan and receive an eye exam through medical insurance.

If you are enrolled in option 2 or 3 (HDHP) eye exams are subject to deductible with medical insurance.

To find a Vision Provider in your area go to: www.VisionCareDirect.com.



VOLUNTARY LIFE INSURANCE

You may purchase additional Life and AD&D Insurance through One America. This plan is 100% employee paid via payroll deductions. You may purchase additional life insurance for yourself, spouse, and child(ren).

The cost of Life Insurance will be determined based on your age and the amount of coverage you choose. Please review your coverage options through the Paycom Enrollment Portal or go to www.benefits-direct.com/cowleycollege to see complete plan details.

	Voluntary Life Insurance					
Employee						
Benefit Amount	A flat amount in \$1,000 increments with a Minimum of \$10,000 and Maximum of \$150,000 not to exceed 5 times your annual base salary.					
Guarantee Issue Amount	\$150,000					
Spouse						
Benefit Amount	A flat amount in \$500 increments with a Minimum of \$10,000 and a Maximum of \$50,000 not to exceed 100% of your Life Amount.					
Guarantee Issue Amount \$50,000						
Child(ren)						
	Plan 1: Employee & Spouse Benefits same as above: Dependent Child Benefit - 6 months to age 19, or 25 if full-time student \$2,500 Live birth to 6 months - \$1,000					
Plan 2: Employee & Spouse Benefits same as above: Dependent Child Benefit - 6 months to age 19, or 25 if full-time student \$5,000 Live birth to 6 months - \$1,000.						
Plan 3: Employee & Spouse Benefits same as above: Dependent Child Benefit - 6 months to age 19, or 25 if full-time student \$7,520 Live birth to 6 months - \$1,000.						
Plan 4: Employee & Spouse Benefits same as above: Dependent Child Benefit - 6 months to age 19, or 25 if full-time student \$10,000 Live birth to 6 months - \$1,000.						

^{*}If you elect more than the guaranteed issue amount, you may be required to answer medical questions and evidence of insurability forms (statement of health form).



LIFE INSURANCE MONTHLY RATES



				F			n Illustration vee Options	: Monthly					
Life & AD&D	0-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
\$10,000	\$.70	\$.70	\$.70	\$.90	\$1.10	\$1.30	\$1.70	\$2,30	\$4.00	\$5.90	\$11.00	\$27.70	\$27.70
\$20,000	\$1.40	\$1.40	\$1.40	\$1.80	\$2.20	\$2.60	\$3.40	\$4.60	\$8.00	\$11.80	\$22.00	\$55-40	\$55.40
\$30,000	\$2.10	\$2.10	\$2.10	\$2.70	\$3.30	\$3.90	\$5.10	\$6.90	\$12.00	\$17.70	\$33.00	\$83.10	\$83.10
\$40,000	\$2.80	\$2.80	\$2.80	\$3.60	\$4.40	\$5.20	\$6.80	\$9.20	\$16.00	\$23.60	\$44.00	\$110.80	\$110.80
\$50,000	\$3.50	\$3.50	\$3.50	\$4.50	\$5.50	\$6.50	\$8.50	\$11.50	\$20.00	\$29.50	\$55.00	\$138.50	\$138.50
\$60,000	\$4.20	\$4.20	\$4.20	\$5.40	\$6.60	\$7.80	\$10.20	\$13.80	\$24.00	\$35.40	\$66.00	\$166.20	\$166.20
\$80,000	\$5.60	\$5.60	\$5.60	\$7.20	\$8.80	\$10.40	\$13.60	\$18.40	\$32.00	\$47.20	\$88.00	\$221.60	\$221.60
\$100,000	\$7.00	\$7.00	\$7.00	\$9.00	\$11.00	\$13.00	\$17.00	\$23.00	\$40.00	\$59.00	\$110.00	\$277.00	\$277.00
\$120,000	\$8.40	\$8.40	\$8.40	\$10.80	\$13.20	\$15.60	\$20.40	\$27.60	\$48.00	\$70.80	\$132.00	\$332.40	\$332.40
\$150,000	\$10.50	\$10.50	\$10.50	\$13.50	\$16.50	\$19.50	\$25.50	\$34.50	\$60.00	\$88.50	\$165.00	\$415.50	\$415.50
						Spous	e Options						
Life & AD&D	0-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
\$10,000	\$.70	\$.70	\$.70	\$.90	\$1.10	\$1.30	\$1.70	\$2.30	\$4.00	\$5.90	\$11.00	\$27.70	\$27.70
\$20,000	\$1.40	\$1.40	\$1.40	\$1.80	\$2.20	\$2.60	\$3.40	\$4.60	\$8.00	\$11.80	\$22.00	\$55-40	\$55.40
\$30,000	\$2.10	\$2.10	\$2.10	\$2.70	\$3.30	\$3.90	\$5.10	\$6.90	\$12.00	\$17.70	\$33.00	\$83.10	\$83.10
\$40,000	\$2.80	\$2.80	\$2.80	\$3.60	\$4.40	\$5.20	\$6.80	\$9.20	\$16.00	\$23.60	\$44.00	\$110.80	\$110.80
\$50,000	\$3.50	\$3.50	\$3.50	\$4.50	\$5.50	\$6.50	\$8.50	\$11.50	\$20.00	\$29.50	\$55.00	\$138.50	\$138.50
						Child	Options						
Life & AD&D				n) 6 mon	-		Child(ren) I	ive birth to	6	ı	Deduction Chil	amount d(ren)	
Option 1:				\$2,50	00		5	\$1,000			\$0.0	60	
Option 2:				\$5,00	00		\$1,000				\$1.:	20	
Option 3:				\$7,50	00		5	\$1,000			\$1.8	80	
Option 4:				\$10,00	00		5	\$1,000			\$2.	40	

Note: Employee and Spouse premiums are based on your age as of 10/01 and amount of coverage chosen. Child premiums are for all eligible children combined

Please review your coverage options through the Paycom Enrollment Portal or go to www.benefits-direct.com/cowleycollege to see complete plan details.

VOL LIFE INSURANCE – Optional Gorup Life with KPERS (OGLI)

As part of your KPERS benefits, your employer offers Optional Life Insurance, additional coverage beyond KPERS basic life insurance. This is extra coverage to help you protect what matters most – your family, including their financial security. With Optional Life, you decide how much you need and pay your premiums through payroll deduction.

Employee

Benefit Amount: Increments of \$5,000

Maximum Amount: \$400,000

Guarantee Issue Amount: \$50,000 to \$250,000

Spouse

Benefit Amount: Increments of \$5,000

Maximum Amount: \$100,000 Guarantee Issue Amount: \$25,000

Child(ren)

Benefit Amount: \$10,000 or \$20,000

Maximum Amount: \$20,000

Guarantee Issue Amount: \$10,000 or \$20,000

One Premium covers all eligible children in your family up to the age of 26. No age limit with disabled dependents.

SHORT TERM DISABILITY

Cowley College will provide a voluntary disability option to full-time employees with Short Term Disability benefits with OneAmerica through Benefits Direct. In the event you become disabled from a non-work-related injury or sickness, disability income benefits are provided as a source of income. You are not eligible to receive disability benefits if you are receiving workers' compensation benefits and you may be subject to waiting periods for pre-existing conditions. Long Term Disability coverage is provided through the Kansas Public Employees Retirement System. Long Term Disability begins after 6 months of disability.

	Option 1	Option 3				
Coverage Amount	70% of your earnings to a maximum \$1,750/week (minimum \$200)					
Elimination Period	Injury: 0 days Sickness: 7 days	Injury: 14 days Sickness: 14 days	Injury: 30 days Sickness: 30 days			
Maximum Duration	26 weeks	24 weeks	22 weeks			
Pre-Existing Limitations	3 months/12 months *Any condition you were treated for prior to your effectivedate will not be covered for the first 12 months					

The cost of Short-Term Disability Insurance will be determined based on your age and the amount of coverage you elect. For more information review the brochure or go to **www.benefits-direct.com/cowleycollege** to see complete plan details.

EXAMPLE OF STD RATES ARE DEMONSTRATED BELOW (OPTION 1)

				Wor	ksite Sh	ort Term	Disability	Coverag	ge Option	1				
Yo	u may sel	ect a mini	mum wee	kly benefi			naximum ' kly pre-di			,750, in in	crements	of \$50, no	ot to excee	ed
El	liminatio	n Period			Ma	ximum B	enefit Du	ration		Pre	-Existing	Conditio	n Period	
o days	injury / 7	days sick	ness			26	weeks				3 month	s / 12 mon	iths	
				Op	tion 1 Pa	ayroll De	duction II	lustration	: Monthly	/				
If your annual salary is at least:	You ma select Weekl benefit	a	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
\$11,143	\$150	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70	\$14.70
\$14,857	\$200	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60	\$19.60
\$18,571	\$250	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50	\$24.50
\$22,286	\$300	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40	\$29.40
\$29,714	\$400	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20	\$39.20
\$37,143	\$500	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00	\$49.00
\$55,714	\$750	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50	\$73.50
\$74,286	\$1,000	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00	\$98.00
\$111,429	\$1,500	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00	\$147.00
\$130,000	\$1,750	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50	\$171.50



EMPLOYEE ASSISTANCE PROGRAM (EAP)

When you or a household member need trusted, professional help, **empac** is just a phone call away. For more than 40 years, **empac** has been helping employees thrive in their personal and professional lives by providing caring and compassionate support.

Free, confidential, empac service include:

12 phone, video, or in-person sessions per household per year for personal and professional needs such as:

SERVICES

Work/Life Balance
Stress
Depression
Anxiety
Marital Issues
Grief and Loss
Substance Abuse
Work related concerns
Life-changing events



Work Life Services

- Financial consultation and resources for debt management and consolidation, identity theft, budgeting, and credit report information.
- Legal consultation with an attorney for issues relating to family law, estate planning, traffic citations landlord conflicts, and many others. Discounted legal fees.
- Dependent care resources and referrals.
- Self-help resources on a variety of topics via a member only website.
- Monthly newsletters for employees and supervisors.



Get Started. Make your free appointment.

316.265.9922 | 800.234.0630 | txt 316.710.7374 | empac-eap.com

RETIREMENT PLAN 403(b)

Cowley's 403(b) Savings Plan is a tax-deferred retirement plan which allows you to contribute a percentage of your pay before taxes and receive a basic contribution and matching contribution from Cowley College. Distributions generally are only available when you reach age 59 ½. However, distributions can also be available in the event of financial hardship, death or disability.

You can contribute up to 100% of your compensation to this plan, up to the limit allowed under the Internal Revenue Code which is \$22,500 in 2023. The combined employee and employer contribution limit is \$66,000. If you are age 50 or older, you can make a "catch-up" contribution of up to \$7,500 in 2023.

Automatic payroll deduction withdraws your contribution directly from your paycheck after you complete a Salary Deduction Agreement and return it to your financial representative. You may commence making contributions or modify the amount of your current contribution at any time.

You may choose the 403(b) custodial account or annuity contract you want from the list of approved investment providers and 403(b) investment products located on the Bay Bridge website. http://sfr.baybridgeadministrators.com.

Ameriprise Financial Services

(800) 297-7378 70100 Ameriprise Financial Cntr Minneapolis, MN 55474

Aspire Financial Services

(866) 634-5873 4010 Boy Scout Blvd, Ste 500 Tampa, FL 33607

Voya Retirement Ins

PO BOX 3015 New York, NY 10116 (888) 410-9482

Security Benefit (800-888-2461)

Ginger Hamilton (316) 670-0049 ginderhamilton@ofgfinancial.com

Ian Lindstrom

(316) 990-8923 ianlindstrom@ofgfinancial.com

Leasha Rutschman

(316) 461-5063 Leasharutschman@ofgfinancial.com





WORKSITE PRODUCTS

Accident Insurance

No one plans to have an accident. But it can happen at any moment throughout the day, whether at work or at play. Most major medical insurance plans only pay a portion of the bills. Our policy can help pick up where other insurance leaves off and provide cash to cover the expenses. Our accident coverage helps offer peace of mind when an accidental injury occurs.

These benefits are paid directly to you and may be used for any reason, from deductibles and prescriptions to transportation and childcare. This coverage includes 24-hour accidents for yourself or your entire family. Please see brochure or go to www.benefits-direct.com/cowleycollege to see complete plan details.



Cancer

This voluntary coverage through Benefits Direct helps offset the out-of-pocket medical and indirect non-medical expenses related to cancer that most medical plans may not cover. This coverage also provides benefits for specified cancer-screening tests.

Please see brochure or go to www.benefits-direct.com/cowleycollege to see complete plan details.





CONTACTS

USI Mobile App - MyBenefits2GO

Cowley College is pleased to offer on-the-go access to key benefit information through the USI Mobile App, **MyBenefits2GO**. Search for "**MyBenefits2GO**" and download the free app on your smartphone. Add your name and email then enter the **code M91455** when prompted.

Have Questions? Need Help?

Cowley College is excited to offer access to the USI Benefit Resource Center (BRC), which is designed to provide you with a responsive, consistent, hands-on approach to benefit inquiries. Benefit Specialists are available to research and solve elevated claims, unresolved eligibility problems, and any other benefit issues with which you might need assistance. The Benefit Specialists are experienced professionals, and their primary responsibility is to assist you.

The Specialists in the Benefit Resource Center are available Monday through Friday 9:00am to 5:00pm CST.

at **855-874-0742** or via e-mail at **BRCMT@usi.com**. If you need assistance outside of regular business hours, please leave a message and one of the Benefit Specialists will promptly return your call or e-mail message by the end of the following business day.

Additional information regarding benefit plans can be found on Paycom System. Please contact Human Resources to complete any changes to your benefits that are not related to your initial or annual enrollment.

Carrier Customer Service

BENEFITS PLAN	CARRIER	PHONE NUMBER	WEBSITE
Medical PPO Policy #7684	Blue Cross Blue Shield	(800) 432-3990	www.bcbsks.com
Telemedicine <i>Amwell</i>	Amwell	(844) 733-3627	www.bcbsks.com/telemed
Dental PPO Policy #54036	Delta Dental	(800)733-5823	www.deltadentalks.com
Vision Policy #1320	Vision Care Direct	(800-399-9644	www.visioncaredirect.com
Employee Assistance Program	EMPAC	(800) 234-0630	www.Empac-Eap.com
Flexible Spending FSA & Dependent Care	Flex Made Easy	(877-523-0176	www.flexmadeeasy.com
Benefits Direct Life, STD, Accident & Cancer	Benefits Direct	(877) 523-0176	Customersupport@AmeriLifeBenefits.com
Human Resources Director of HR	Cowley Collge	(620) 441-5214	Jenette.Hanna@cowley.edu

REQUIRED NOTIFICATIONS

Important Legal Notices Affecting Your Health Plan Coverage

THE WOMEN'S HEALTH CANCER RIGHTS ACT OF 1998 (WHCRA)

If you have had or are going to have a mastectomy, you may be entitled to certain benefits under the Women's Health and Cancer Rights Act of 1998 (WHCRA). For individuals receiving mastectomy-related benefits, coverage will be provided in a manner determined in consultation with the attending physician and the patient, for:

- All stages of reconstruction of the breast on which the mastectomy was performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance;
- Prostheses; and
- Treatment of physical complications of the mastectomy, including lymphedema.

These benefits will be provided subject to the same deductibles and coinsurance applicable to other medical and surgical benefits provided under this plan. Therefore, the following deductibles and coinsurance apply: Please see your benefit summary for complete plan details.

NEWBORNS ACT DISCLOSURE - FEDERAL

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 insurance issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours).

NOTICE OF SPECIAL ENROLLMENT RIGHTS

If you are declining enrollment for yourself or your dependents (including your spouse) because of other health insurance or group health plan coverage, you may be able to enroll yourself and your dependents in this plan if you or your dependents lose eligibility for that other coverage (or if the employer stops contributing toward your or your dependents' other coverage). However, you must request enrollment within 60 days after your or your dependents' other coverage ends (or after the employer stops contributing toward the other coverage).

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 dependents. However, you must request enrollment within 60 days after the marriage, birth, adoption, or placement for adoption.

CONTACT INFORMATION

CONTACT INFORMATION

Questions regarding any of this information can be directed to:

Amy Tharp
125 S. 2nd
Arkansas City, KS 67005
620-441-5295
Amy.Tharp@cowley.edu

Jenette Hanna
125 S. 2nd
Arkansas City, KS 67005
620-441-5214
Jenette.Hanna@cowley.edu

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

Your Information. Your Rights. Our Responsibilities.

Recipients of the notice are encouraged to read the entire notice. Contact information for questions or complaints is available at the end of the notice.

Your Rights

You have the right to:

- Get a copy of your health and claims records
- · Correct your health and claims records
- Request confidential communication
- Ask us to limit the information we share
- Get a list of those with whom we've shared your information
- Get a copy of this privacy notice
- Choose someone to act for you
- File a complaint if you believe your privacy rights have been violated

Your Choices

You have some choices in the way that we use and share information as we:

- Answer coverage questions from your family and friends
- Provide disaster relief
- Market our services and sell your information

Our Uses and Disclosures

We may use and share your information as we:

- Help manage the health care treatment you receive
- Run our organization
- Pay for your health services
- Administer your health plan
- · Help with public health and safety issues
- Do research
- Comply with the law
- Respond to organ and tissue donation requests and work with a medical examiner or funeral director
- · Address workers' compensation, law enforcement, and other government requests
- · Respond to lawsuits and legal actions

Your Rights

When it comes to your health information, you have certain rights. This section explains your rights and some of our responsibilities to help you.

Get a copy of health and claims records

- You can ask to see or get a copy of your health and claims records and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health and claims records, usually within 30 days of your request. We
 may charge a reasonable, cost-based fee.

Ask us to correct health and claims records

- You can ask us to correct your health and claims records if you think they are incorrect or incomplete. Ask us how to do this.
- We may say "no" to your request, but we'll tell you why in writing, usually within 60 days.

Request confidential communications

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.
- We will consider all reasonable requests, and must say "yes" if you tell us you would be in danger if we do not.

Ask us to limit what we use or share

- You can ask us not to use or share certain health information for treatment, payment, or our operations.
- We are not required to agree to your request.

Get a list of those with whom we've shared information

- You can ask for a list (accounting) of the times we've shared your health information for up to six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We'll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

Get a copy of this privacy notice

You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

Choose someone to act for you

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

File a complaint if you feel your rights are violated

- You can complain if you feel we have violated your rights by contacting us using the information at the end of this notice.
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/.
- We will not retaliate against you for filing a complaint.

Your Choices

For certain health information, you can tell us your choices about what we share. If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in payment for your care
- Share information in a disaster relief situation

If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.

• In these cases we never share your information unless you give us written permission:

Marketing purposes

Sale of your information

Our Uses and Disclosures

How do we typically use or share your health information?

We typically use or share your health information in the following ways.

Help manage the health care treatment you receive

We can use your health information and share it with professionals who are treating you.

Example: A doctor sends us information about your diagnosis and treatment plan so we can arrange additional services.

Pay for your health services

We can use and disclose your health information as we pay for your health services.

Example: We share information about you with your dental plan to coordinate payment for your dental work.

Administer your plan

We may disclose your health information to your health plan sponsor for plan administration.

Example: Your company contracts with us to provide a health plan, and we provide your company with certain statistics to explain the premiums we charge.

Run our organization

- We can use and disclose your information to run our organization and contact you when necessary.
- We are not allowed to use genetic information to decide whether we will give you coverage and the price of that coverage. This does not apply to long term care plans.

Example: We use health information about you to develop better services for you.

How else can we use or share your health information?

We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes. For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html.

Help with public health and safety issues

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety

Do research

We can use or share your information for health research.

Comply with the law

We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

Respond to organ and tissue donation requests and work with a medical examiner or funeral director

- We can share health information about you with organ procurement organizations.
- We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

Address workers' compensation, law enforcement, and other government requests

We can use or share health information about you:

- For workers' compensation claims
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services

Respond to lawsuits and legal actions

We can share health information about you in response to a court or administrative order, or in response to a subpoena.

Our Responsibilities

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html.

Changes to the Terms of this Notice

We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, on our web site (if applicable), and we will mail a copy to you.

Other Instructions for Notice

- 9/1/2023
- Jenette Hanna 620.441.5214 & Amy Tharp 620.441.5295

If you are receiving this electronically, you are responsible for providing a copy of this notice to any Medicare Part D-eligible dependents who are covered under the group health plan.

Important Notice from Cowley 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 Cowley 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:

- 1. 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.
- 2. Cowley College has determined that the prescription drug coverage offered by the Cowley College is, on average for all plan participants, expected to pay out as much as standard Medicare prescription drug coverage pays and is 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 15th to December 7th.

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 **Cowley College** coverage will not be affected.

If you do decide to join a Medicare drug plan and drop your current **Cowley College** coverage, be aware that you and your dependents will 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 **Cowley 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 **Cowley 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 www.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 www.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: 9/1/2023

Name of Entity/Sender: Cowley College

Contact--Position/Office: Jenette Hanna, Director of Human Resources &

Amy Tharp, Payroll & Benefits Coordinator

Address: 125 S 2nd St, Arkansas City, 67005

Phone Number: 620.441.5214

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 www.healthcare.gov.

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if premium assistance is available.

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-KIDS NOW** or **www.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 eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you aren't already enrolled. This is called a "special enrollment" opportunity, and you must request coverage within 60 days of being determined eligible for premium assistance. If you have questions about enrolling in your employer plan, contact the Department of Labor at www.askebsa.dol.gov or call 1-866-444-EBSA (3272).

If you live in one of the following states, you may be eligible for assistance paying your employer health plan premiums. The following list of states is current as of January 31, 2023. Contact your State for more information on eligibility –

ALABAMA – Medicaid	ALASKA – Medicaid
Website: http://myalhipp.com/	The AK Health Insurance Premium Payment Program
Phone: 1-855-692-5447	Website: http://myakhipp.com/
	Phone: 1-866-251-4861
	Email: <u>CustomerService@MyAKHIPP.com</u>
	Medicaid Eligibility:
	https://health.alaska.gov/dpa/Pages/default.aspx
ARKANSAS – Medicaid	CALIFORNIA – Medicaid
Website: http://myarhipp.com/	Website:
Phone: 1-855-MyARHIPP (855-692-7447)	Health Insurance Premium Payment (HIPP) Program
	http://dhcs.ca.gov/hipp
	Phone: 916-445-8322
	Fax: 916-440-5676
	Email: hipp@dhcs.ca.gov
COLORADO – Health First Colorado	FLORIDA – Medicaid
(Colorado's Medicaid Program) & Child Health	
Plan Plus (CHP+)	
Health First Colorado Website:	Website:
https://www.healthfirstcolorado.com/	https://www.flmedicaidtplrecovery.com/flmedicaidtplrec
Health First Colorado Member Contact Center:	overy.com/hipp/index.html
1-800-221-3943/ State Relay 711	Phone: 1-877-357-3268
CHP+: https://hcpf.colorado.gov/child-health-plan-plus	
CHP+ Customer Service: 1-800-359-1991/ State Relay 711	
Health Insurance Buy-In Program	
(HIBI): https://www.mycohibi.com/	
HIBI Customer Service: 1-855-692-6442	

GEORGIA – Medicaid	INDIANA – Medicaid
GA HIPP Website: https://medicaid.georgia.gov/health-	Healthy Indiana Plan for low-income adults 19-64
insurance-premium-payment-program-hipp	Website: http://www.in.gov/fssa/hip/
Phone: 678-564-1162, Press 1	Phone: 1-877-438-4479
GA CHIPRA Website:	All other Medicaid
https://medicaid.georgia.gov/programs/third-party-	Website: https://www.in.gov/medicaid/
liability/childrens-health-insurance-program-	Phone 1-800-457-4584
reauthorization-act-2009-chipra	
Phone: (678) 564-1162, Press 2	
IOWA – Medicaid and CHIP (Hawki)	KANSAS – Medicaid
Medicaid Website:	Website: https://www.kancare.ks.gov/
https://dhs.iowa.gov/ime/members	Phone: 1-800-792-4884
Medicaid Phone: 1-800-338-8366	HIPP Phone: 1-800-766-9012
Hawki Website:	
http://dhs.iowa.gov/Hawki	
Hawki Phone: 1-800-257-8563	
HIPP Website:	
https://dhs.iowa.gov/ime/members/medicaid-a-to-	
z/hipp	
HIPP Phone: 1-888-346-9562	T OTHER NA MARANA
KENTUCKY – Medicaid	LOUISIANA – Medicaid
Kentucky Integrated Health Insurance Premium Payment	Website: www.medicaid.la.gov or www.ldh.la.gov/lahipp
Program (KI-HIPP) Website:	Phone: 1-888-342-6207 (Medicaid hotline) or
https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.	1-855-618-5488 (LaHIPP)
<u>aspx</u>	
Phone: 1-855-459-6328	
Email: KIHIPP.PROGRAM@ky.gov	
KCHIP Website:	
https://kidshealth.ky.gov/Pages/index.aspx	
Phone: 1-877-524-4718	
Kentucky Medicaid Website: https://chfs.ky.gov	MAGGA CITHIGENERG MAIL II LOTHE
MAINE – Medicaid	MASSACHUSETTS – Medicaid and CHIP
Enrollment Website:	Website: https://www.mass.gov/masshealth/pa
https://www.mymaineconnection.gov/benefits/s/?langua	Phone: 1-800-862-4840
ge=en_US	TTY: (617) 886-8102
Phone: 1-800-442-6003	
TTY: Maine relay 711	
Private Health Insurance Premium Webpage:	
https://www.maine.gov/dhhs/ofi/applications-forms	
Phone: 1-800-977-6740	
TTY: Maine relay 711	MICCOUDI M. P 1
MINNESOTA – Medicaid	MISSOURI – Medicaid
Website:	Website:
https://mn.gov/dhs/people-we-serve/children-and-	http://www.dss.mo.gov/mhd/participants/pages/hipp.htm
	Phone: 573-751-2005
<u>families/health-care/health-care-programs/programs-</u>	Filolie: 5/3-/51-2005
and-services/other-insurance.jsp	Filone: 5/3-7/51-2005
and-services/other-insurance.jsp Phone: 1-800-657-3739	
and-services/other-insurance.jsp Phone: 1-800-657-3739 MONTANA – Medicaid	NEBRASKA – Medicaid
and-services/other-insurance.jsp Phone: 1-800-657-3739	NEBRASKA – Medicaid Website: http://www.ACCESSNebraska.ne.gov
and-services/other-insurance.jsp Phone: 1-800-657-3739 MONTANA – Medicaid Website: http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP	NEBRASKA – Medicaid Website: http://www.ACCESSNebraska.ne.gov Phone: 1-855-632-7633
and-services/other-insurance.jsp Phone: 1-800-657-3739 MONTANA – Medicaid Website: http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP Phone: 1-800-694-3084	NEBRASKA – Medicaid Website: http://www.ACCESSNebraska.ne.gov Phone: 1-855-632-7633 Lincoln: 402-473-7000
and-services/other-insurance.jsp Phone: 1-800-657-3739 MONTANA – Medicaid Website: http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP	NEBRASKA – Medicaid Website: http://www.ACCESSNebraska.ne.gov Phone: 1-855-632-7633

NEVADA – Medicaid	NEW HAMPSHIRE – Medicaid
Medicaid Website: http://dhcfp.nv.gov	Website: https://www.dhhs.nh.gov/programs-
Medicaid Phone: 1-800-992-0900	services/medicaid/health-insurance-premium-program
	Phone: 603-271-5218
	Toll free number for the HIPP program: 1-800-852-3345, ext.
NEW JERSEY – Medicaid and CHIP	5218 NEW YORK – Medicaid
Medicaid Website:	Website: https://www.health.ny.gov/health_care/medicaid/
http://www.state.nj.us/humanservices/	Phone: 1-800-541-2831
dmahs/clients/medicaid/	
Medicaid Phone: 609-631-2392	
CHIP Website: http://www.njfamilycare.org/index.html	
CHIP Phone: 1-800-701-0710	NODELL DA LOTA M. 1221
NORTH CAROLINA – Medicaid Website: https://medicaid.ncdhhs.gov/	NORTH DAKOTA – Medicaid Website:
Phone: 919-855-4100	http://www.nd.gov/dhs/services/medicalserv/medicaid/
1 Hone. 919 055 4100	Phone: 1-844-854-4825
OKLAHOMA – Medicaid and CHIP	OREGON – Medicaid
Website: http://www.insureoklahoma.org	Website: http://healthcare.oregon.gov/Pages/index.aspx
Phone: 1-888-365-3742	http://www.oregonhealthcare.gov/index-es.html
2 2 2	Phone: 1-800-699-9075
PENNSYLVANIA – Medicaid and CHIP	RHODE ISLAND – Medicaid and CHIP
Website:	Website: http://www.eohhs.ri.gov/
https://www.dhs.pa.gov/Services/Assistance/Pages/HIPP-	Phone: 1-855-697-4347, or
Program.aspx	401-462-0311 (Direct RIte Share Line)
Phone: 1-800-692-7462	
CHIP Website: Children's Health Insurance Program (CHIP) (pa.gov)	
CHIP Phone: 1-800-986-KIDS (5437)	
SOUTH CAROLINA – Medicaid	SOUTH DAKOTA - Medicaid
Website: https://www.scdhhs.gov	Website: http://dss.sd.gov
Phone: 1-888-549-0820	Phone: 1-888-828-0059
TEXAS – Medicaid	UTAH – Medicaid and CHIP
Website: http://gethipptexas.com/	Medicaid Website: https://medicaid.utah.gov/
Phone: 1-800-440-0493	CHIP Website: http://health.utah.gov/chip Phone: 1-877-543-7669
VERMONT– Medicaid	VIRGINIA – Medicaid and CHIP
Website: Health Insurance Premium Payment (HIPP)	Website: https://www.coverva.org/en/famis-select
Program Department of Vermont Health Access	https://www.coverva.org/en/hipp
Phone: 1-800-250-8427	Medicaid/CHIP Phone: 1-800-432-5924
WASHINGTON – Medicaid	WEST VIRGINIA – Medicaid and CHIP
Website: https://www.hca.wa.gov/	Website: https://dhhr.wv.gov/bms/
Phone: 1-800-562-3022	http://mywvhipp.com/
	Medicaid Phone: 304-558-1700
	CHIP Toll-free phone: 1-855-MyWVHIPP (1-855-699-8447)
WISCONSIN – Medicaid and CHIP	WYOMING – Medicaid
Website:	Website:
https://www.dhs.wisconsin.gov/badgercareplus/p-	https://health.wyo.gov/healthcarefin/medicaid/programs-and-
10095.htm	eligibility/
Phone: 1-800-362-3002	Phone: 1-800-251-1269

To see if any other states have added a premium assistance program since January 31, 2023, or for more information on special enrollment rights, contact either:

U.S. Department of Labor Employee Benefits Security Administration www.dol.gov/agencies/ebsa 1-866-444-EBSA (3272) U.S. Department of Health and Human Services Centers for Medicare & Medicaid Services www.cms.hhs.gov 1-877-267-2323, Menu Option 4, Ext. 61565

Paperwork Reduction Act Statement

According to the Paperwork Reduction Act of 1995 (Pub. L. 104-13) (PRA), no persons are required to respond to a collection of information unless such collection displays a valid Office of Management and Budget (OMB) control number. The Department notes that a Federal agency cannot conduct or sponsor a collection of information unless it is approved by OMB under the PRA, and displays a currently valid OMB control number, and the public is not required to respond to a collection of information unless it displays a currently valid OMB control number. See 44 U.S.C. 3507. Also, notwithstanding any other provisions of law, no person shall be subject to penalty for failing to comply with a collection of information if the collection of information does not display a currently valid OMB control number. See 44 U.S.C. 3512.

The public reporting burden for this collection of information is estimated to average approximately seven minutes per respondent. Interested parties are encouraged to send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Labor, Employee Benefits Security Administration, Office of Policy and Research, Attention: PRA Clearance Officer, 200 Constitution Avenue, N.W., Room N-5718, Washington, DC 20210 or email ebsa.opr@dol.gov and reference the OMB Control Number 1210-0137.

OMB Control Number 1210-0137 (expires 1/31/2026)



New Health Insurance Marketplace Coverage Options and Your Health Coverage

Form Approved OMBNo.1210-0149 (expires 6-30-2023)

PART A: General Information

When key parts of the health care law take effect in 2014, there will be a new way to buy health insurance: the Health Insurance Marketplace. To assist you as you evaluate options for you and your family, this notice provides some basic information about the new 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. Open enrollment for health insurance coverage through the Marketplace begins in October 2013 for coverage starting as early as January 1, 2014.

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 95% 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.

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.

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		3. Employer Identification Number (EIN)			
	Cowley College	48-0720889			
4. Employer address 125 S 2 nd Street 6. City Arkansas City		5. Employer phone number 620-441-5214			
		7. State KS	8. ZIP code 67005		
	10. Who can we contact about employee health coverage at this job	?			
	Jennet Hanna -Director of Human Resources				
11. Phone number (if different from above) 620-441-5214		12. Email address			
		Jenette.Hanna@cowley.edu			
As your employer, we offer a health plan to: All employees. Eligible employees are: Full-time employees working at least 30 hours per week. Some employees. Eligible employees are: Eligible dependents include legal spouse and dependents to age 26.					
	 With respect to dependents: We do offer coverage. Eligible depe We do not offer coverage. 	endents are:			
_	Total abandond their account of the main income		one and the second of the second of		
)	If checked, this coverage meets the minimum value sta to be affordable, based on employee wages.	ndard*, and the cost of this cov	verage to you is intended		
	** Even if your employer intends your coverage to b	e affordable, y ou may still be e	eligible for a premium discount		

determine whether you may be eligible for a premium discount.If, for example, your wages vary from week to week (perhaps you are an hourly employee or you work on a commission basis), if you are newly employed mid-year, or if you have other income losses, you may still qualify for a premium discount.

through the Marketplace. The Marketplace will use your household income, along with other factors, to

If you decide to shop for coverage in the Marketplace, HealthCaregov will guide you through the process. Here's the employer information you'll enter when you visit HealthCaregov to find out if you can get a tax credit to lower your monthly premiums.

[•] 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 (Section 36 B(c)(2)(C)(ii) of the Internal Revenue Code of 1986)



Jenette Hanna - Director of Human Resources 125 S. 2nd Arkansas City, Kansas 67005