

Isn't it time someone created
a healthier health plan?

CLICK HERE
for instant online quotes



We thought so. So we did.



May we
assist you?


Click here to have
a Specialist call you.

Call Me

Anthem 

Lumenos 

Lumenos[®]
Health Savings
Account

A photograph of a man and a woman sitting on a stone ledge, looking out over a pond surrounded by dense greenery. The man is on the left, wearing a blue shirt, and the woman is on the right, wearing a light blue shirt with her hair in a ponytail. The scene is peaceful and scenic.

The person most responsible for your health? You. The plan most supportive of your health? Lumenos HSA, a consumer-driven health plan from Anthem Blue Cross and Blue Shield.

Think of “health plan” and what comes to mind? Most likely, coverage that just helps pay the cost of medical care when you’re sick or injured.

We’re out to change your thinking.

With our Lumenos Health Savings Account (HSA) Plan—an innovative consumer-driven health plan for individuals and families from Anthem Blue Cross and Blue Shield—protection against high medical expenses is only part of the story.

What makes the Lumenos HSA Plan different? Plan features specially designed to improve and maintain your health and give you enhanced control over your health care dollars. Take a look:

- **Preventive care covered.** When you use our network providers, nationally recommended preventive care services are paid for by Anthem, at zero cost to you.
- **A Health Savings Account that empowers you.** You'll have the ability to better manage and control your health care dollars.
- **Exclusive health tools and personalized services.** You'll have access to a wealth of ways to improve and maintain your health—all at no charge, including:
 - An online Health Assessment designed to help you measure your overall health.
 - A Personal Health Coach Program, Smoking Cessation Program, and Weight Management Program.
 - 24-Hour Nurse Advice Line when you need a quick answer to a routine health question or advice on a medical issue.
 - An online health site with tools and information, including network provider listings, hospital quality ratings, prescription drug costs, wellness articles, and much more.
- **Built-in value through Anthem discounts.** You choose your own doctor and you never need referrals—but when you use our network providers, you can save money because you'll receive Anthem's negotiated discounts on services and prescriptions.
- **Flexibility.** Choices and options are available to help tailor your Lumenos HSA Plan to your needs and budget—and you control a portion of your health care dollars for even more flexibility.
- **Improve your health and your financial health.** Your Health Savings Account qualifies for tax advantages designed to help reduce your out-of-pocket health expenses.

Now when you think of “health plan,” think Lumenos HSA. Because a health plan you can feel good about is one that helps you feel good.

How the Lumenos HSA Plan works

Preventive Care

Preventive care to maintain your health.

- 100% coverage for nationally recommended preventive care services with no deduction from your Health Savings Account and no out-of-pocket costs when you use network providers.

Health Savings Account to pay for medical care and prescriptions.

- Contributions are tax-deductible and withdrawals are tax-free when used to pay for eligible medical expenses.
- The account balance earns interest and you have the opportunity to invest for the future.
- Unused dollars rollover from year to year so your account can keep growing to help meet future health care costs.
- The money you spend from your Health Savings Account on covered expenses applies to your plan deductible, which must be satisfied before traditional coverage begins.

Then, use Traditional Health Coverage, if needed.

- If there is no money in your Health Savings Account, you must pay any remaining deductible out-of-pocket. This payment is called a “bridge” amount because it bridges the HSA and traditional health coverage components of the plan.
- Then, the plan pays the majority of the cost for additional covered services. You are responsible for any applicable coinsurance amounts.
- Once the out-of-pocket maximum is reached (which includes the plan deductible and any coinsurance payments), the plan pays 100% of covered expenses.

Health Savings Account

Out of Pocket “Bridge” to Traditional Health Coverage

Traditional Health Coverage

A closer look at our Lumenos HSA Plan

Once you're approved for health benefits coverage under the Lumenos HSA Plan, a separate Health Savings Account will be set up for you with Mellon Trust of New England (or you can choose another financial institution).

You can make tax-deductible contributions (within certain IRS limits) to your Health Savings Account, and withdraw the money tax-free to pay for eligible medical expenses.

The tax advantages help to lower your out-of-pocket costs, and the money you use from the account applies to your "Bridge" responsibility (the amount you must pay out-of-pocket before traditional health coverage kicks in).

There are other advantages: The money in the account is yours to keep—it's never forfeited, even if you leave the plan. If you don't spend all the money in a given year, the amount rolls over, so your account keeps growing..

Health Savings Accounts: 3-Way Tax Savings

If you open a Health Savings Account with your Lumenos HSA plan, you can save on taxes in three ways:

- First, the contributions you make to your account are tax-deductible (within certain IRS limits), which can reduce your overall taxes.
- Second, the money in your account can earn tax-free interest and you even have the opportunity to invest for the future.
- Third, withdrawals to pay for eligible medical expenses are tax-free.

You can also use the money in your Health Savings Account to pay for medical expenses that aren't covered by the health plan, like contact lenses, over-the-counter medications, or orthodontic braces (however, these amounts won't apply to your deductible).

Your Health Savings Account with Mellon Bank

Anthem makes it easy to get your account started. We've partnered with Mellon Trust of New England to make establishing and managing your Health Savings Account simple—we'll even set up the account for you once you're approved for coverage. Or, if you would rather use another financial institution, that's fine too.

The Lumenos HSA Plan includes servicing for your Health Savings Account through Mellon Trust of New England. While you are not required to use Mellon Bank for your Health Savings Account, the features and services provided by Mellon were designed to meet all of your needs.

Key Features

The Mellon Health Savings Account provides many useful tools and services:

- a single customer service contact for the health plan and the Health Savings Account
- a single online health site to access your plan benefit information and account details
- competitive interest rates and investment options for the funds in your Health Savings Account

Interest and Investments

You will earn interest on your Health Savings Account funds and will also have the opportunity to invest your funds once your account balance reaches \$3000. Investment options include seven mutual funds from the Dreyfus family of mutual funds. Once you are ready to invest, you can request a prospectus for each fund for more details.

Debit Cards and Checkbooks

Use your MasterCard® debit card or your Health Savings Account checkbook to pay your health care provider directly for eligible medical expenses, or to access cash from your account.

Deposits to your account

Contribute to your Health Savings Account by sending a check and deposit slip to the address printed on your checkbook. You can also set up an electronic funds transfer between your bank and Mellon for regular account contributions.

Account Activity Statements

Each month, you will receive a monthly statement from Mellon that shows all of your account activity. You will also receive a 1099 form and a 5498 form near tax time so you can file your taxes.

Welcome Kit

Once you're approved for the Lumenos HSA Plan, your Health Savings Account with Mellon will automatically be established—a separate application for your account is not required (unless you choose a different financial institution). Soon after you're approved for the plan, you will receive a Welcome Kit from Mellon with all of the banking documentation and instructions for using your Health Savings Account.

Mellon Health Savings Account Fee and Rate Schedule

The following administrative and banking fees apply to the Health Savings Account with Mellon Trust:

Administrative fees

- One time account set-up fee\$15

Banking fees

- Monthly account fee\$2.95
- Debit card transactions..... no charge
- Check writing..... no charge
- ATM transactions..... \$1
- Card replacement fee..... \$5
- Check reorder..... \$10
- Non-sufficient funds \$25
- Stop check service..... \$25
- Duplicate check \$5

You will receive a Health Savings Account Deposit Agreement and Disclosures and Fee Sheet in your Mellon Welcome Kit after you're approved for the Lumenos HSA Plan. Please refer to those documents for the complete terms and conditions related to your account.

To open a Health Savings Account, you must meet certain IRS eligibility requirements:

- You must be covered by an HSA-compatible plan (such as the Lumenos[®] HSA plan).
- You cannot be covered by any other medical plan that is not an HSA-compatible health plan.
- You must not be enrolled in Medicare.
- You must not be claimed as a dependent on another individual's tax return.
- You must be a U.S. resident, and not a resident of Puerto Rico or American Samoa.
- If you are a veteran, you may not have received veteran's benefits within the last three months.
- You may not be active military.

Lumenos HSA plan options

	Deductible		Coinsurance		Preventive Care Coinsurance	Out of Pocket Maximum	
	In-network	Out-of-network	In-network	Out-of-network	In-network, before deductible	In-network	Out-of-network
Plans for Individuals							
Lumenos HSA 1500/70%	\$1,500	\$3,000	70%	50%	100%	\$5,000	\$10,000
Lumenos HSA 1500/100%	\$1,500	\$3,000	100%	70%	100%	\$1,500	\$4,500
Lumenos HSA 2500/80%	\$2,500	\$5,000	80%	60%	100%	\$5,000	\$10,000
Lumenos HSA 2500/100%	\$2,500	\$5,000	100%	70%	100%	\$2,500	\$7,500
Lumenos HSA 3000/80%	\$3,000	\$6,000	80%	60%	100%	\$5,000	\$10,000
Lumenos HSA 3000/100%	\$3,000	\$6,000	100%	70%	100%	\$3,000	\$9,000
Lumenos HSA 5000/100%	\$5,000	\$10,000	100%	70%	100%	\$5,000	\$15,000
Plans for Families							
Lumenos HSA 3000/70%	\$3,000	\$6,000	70%	50%	100%	\$10,000	\$20,000
Lumenos HSA 3000/100%	\$3,000	\$6,000	100%	70%	100%	\$3,000	\$9,000
Lumenos HSA 5000/80%	\$5,000	\$10,000	80%	60%	100%	\$10,000	\$20,000
Lumenos HSA 5000/100%	\$5,000	\$10,000	100%	70%	100%	\$5,000	\$15,000
Lumenos HSA 6000/80%	\$6,000	\$12,000	80%	60%	100%	\$10,000	\$20,000
Lumenos HSA 6000/100%	\$6,000	\$12,000	100%	70%	100%	\$6,000	\$18,000
Lumenos HSA 10000/100%	\$10,000	\$20,000	100%	70%	100%	\$10,000	\$30,000



Health Savings Account

- For 2007*, you can make tax-deductible contributions to your account up to the following limits:

- Individual \$2,850
- Family \$5,650

Other Details

- The plan's annual deductible must be satisfied before traditional health coverage begins. The money you pay from your Health Savings Account for covered medical expenses applies to your deductible.
- If there is no money in your Health Savings Account, or if you choose not to use the account to pay for covered services, you will pay any remaining deductible out-of-pocket as a "Bridge" to the traditional health coverage.
- When traditional health coverage begins, the plan pays the majority of covered expenses, and you pay a limited coinsurance amount.
- The plan pays 100% of covered expenses after you reach the annual out-of-pocket maximum, including the deductible and coinsurance payments.

*The contribution limits set by the U.S. Treasury and the IRS may be increased for inflation annually. Consumers over age 50 may make additional "catch-up" contributors. Consult your tax advisor for details.

How could the Lumenos HSA plan work for you?

Let's look at one example of how the Lumenos HSA plan can help individuals and their families. You can view more examples at anthem.com.

Steve Adams

Steve is a healthy 35-year-old who loves skiing and the outdoors. Being healthy is important to him, but he never really thinks about it. Unfortunately, he took a nasty spill on the slopes and had to have knee surgery later in the year. Since his expenses were higher than usual, Steve had some out-of-pocket expenses in his first year. His second year was more typical and he was able to begin to build savings in his HSA for the future.

Services used by Steve:

- Online Health Assessment

- Online physician directory and profiles
- 24-Hour Nurse Advice Line

Services to help Steve stay healthy:

- Online fitness program

Steve Adams' HSA Plan

Steve contributes \$1,500 to his HSA each year. His plan's deductible is \$2,000. If he chooses to use his HSA to pay for covered services, this will reduce the out-of-pocket amount (the Bridge) needed to meet his deductible before the Traditional Health Coverage begins.



Year 1		Year 2		
HSA:	\$1,500 contribution	\$1,500	SA Balance: \$0 from Year 1, plus \$1,500 Contribution for Year 2	\$1,500
Total Expenses:		\$4,650	Total Expenses:	\$500
	Preventive care services: \$250		Preventive care services: \$200	
	Arthroscopic Knee Surgery: \$4,200		Office visits: \$100	
	Prescription drugs: \$20		Prescription drugs: \$200	
Paid by preventive care benefit - no deduction from HSA		\$250	Paid by preventive care benefit - no deduction from HSA	\$200
Expense balance remaining		\$4,400	Amount paid from HSA (Steve's choice)	\$300
Amount paid from HSA (Steve's choice)		\$1,500		
Steve pays remainder of Bridge amount needed to meet annual deductible (\$2,000 - \$1,500 = \$500)		\$500		
Expense balance remaining		\$2,400		
Amount paid by Traditional Health Coverage (90% x \$2,400 = \$2,160)		\$2,160		
Steve pays coinsurance under Traditional Health Coverage (10% x \$2,400 = \$240)		\$240		
Total Amount HSA and Plan Pays		\$3,910		
Total Amount Steve Adams Pays		\$740		
HSA Rollover to Year 2		\$0	HSA Rollover to Year 3	\$1,200
			Since Steve did not spend all of his HSA dollars, he did not need to pay any additional amounts out-of-pocket this year.	

This is an example. Your actual experience will vary. All expenses assume the use of in-network providers.





Need another reason to choose the Lumenos HSA Plan?

How about how easy it is to apply.

Our Lumenos HSA Plan offers a wealth of benefits, including:

- 100% preventive care coverage
- A Health Savings Account to better manage and control your health care dollars
- Traditional health coverage to protect against high medical expenses
- Tax advantages on your health care savings
- Exclusive access to online tools, information, and personalized services to help improve and maintain your health

To all these benefits, add one more: it's easy to get started.

Whether you're looking for individual or family coverage, the application can be filled out and submitted easily and securely online and, in most cases, the approval process takes only a day or two.

Talk to your agent or financial advisor today for more information and complete details. A healthier future is just ahead.



The contribution limits set by the U.S. Treasury and the IRS may be increased for inflation annually. These limits include contributions from any source.

Anthem Blue Cross and Blue Shield is the trade name of Rocky Mountain Hospital and Medical Service, Inc. Life and disability products are underwritten by Anthem Life Insurance Company, Independent licensees of the Blue Cross and Blue Shield Association. ©Anthem is a registered trademark. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association. ©LUMENOS is a registered trademark.