

Your Bind personalized health plan.

Instant coverage answers. Clear costs in advance.

The Bind personalized health plan was designed to give you clarity and peace of mind, so you can focus on your life—not your health insurance. Choices and costs are clear—designed to be easy to understand. And you have more control over how your benefit works for you.

Preventive

Annual physical	\$0
Vaccinations	\$0
Prenatal care	\$0

Office visits

Virtual visit	\$0
Office visit	\$15 to \$75

Maternity

Prenatal	\$0
Ultrasounds	\$0
Labor & delivery	\$1,500 to \$3,500

Mental health and substance use disorder

Office visit	\$15
Inpatient setting	\$3,000

Urgent and emergency care

Urgent care visit	\$100
Emergency room visit	\$750
Emergency hospitalization	\$3,000

Therapies and rehab

Physical therapy	\$20 to \$75
Occupational therapy	\$20 to \$75
Speech therapy	\$20 to \$75
Chiropractic	\$30

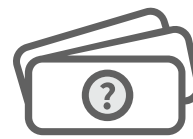
Prescription drugs

	30-day	90-day
Preventive drugs	\$0	\$0
Tier 1 (Pref./Non-Pref. Pharmacy)	\$5 to \$20	\$15 to \$50
Tier 2	\$80	\$200
Tier 3	\$150	\$375

In-network costs only
For out-of-network costs, see website.

ONE PRICE CLARITY

With traditional plans, you may receive multiple bills and charges for single trips to the doctor or hospital. Bind makes it easier with single, clear price tags you can see in advance.



Traditional Plans

VS



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Testing and diagnostics

Basic lab tests, X-rays and ultrasounds	\$0
Sleep study	\$140 to \$400
MRI/CT scan	\$250 to \$1,000

Out-of-pocket max

Employee	\$4,500
Family	\$9,000

Procedures

Thyroid Sugery	\$1,400 to \$3,000
Carpal tunnel surgery*	\$500 to \$2,400

* The Bind plan gives you more flexibility to only pay for what you need. Certain plannable treatments, like carpal tunnel surgery, are available through coverage you can activate if you need it during the year. You must activate it at least three business days prior to the covered procedure. For more information, visit your ChooseBind site at the web address below.



Visit:
ChooseBind.com/CCSD

Access code:
CCSD2021

Questions?
Call Bind Help at 1-833-576-6494

Bind coverages requiring activation

Typically, less than 5% of Bind members activate coverage during the year for certain plannable treatments, like endoscopies and knee replacements. Bind calls this coverage available with activation.

Coverages available with activation require a payment to the provider, and additional paycheck deductions, for a period of time.

If a member activates coverage, it must be purchased at least three business days in advance of the treatment or procedure.

Cardiovascular

- Cardiac Ablation
- Carotid Endarterectomy and Stents
- Coronary Artery Bypass Graft Surgery
- Coronary Catheterization and Percutaneous
- Coronary Interventions
- Pacemakers and Defibrillators
- Valve Replacement

ENT

- Ear Tubes
- Sinus and Nasal Septum Surgery
- Tonsillectomy and Adenoidectomy

Gastrointestinal

- Gallbladder Removal Surgery (Cholecystectomy)
- Hernia Repair
- Reflux and Hiatal Hernia Surgery
- Upper GI Endoscopy

Other

- Breast Reduction Surgery
 - Cataract Surgery
 - Fibroid Removal (Myomectomy)
 - Hysterectomy
 - Hysteroscopy and Endometrial Ablation
 - Kidney Stone Abalation and Removal (Lithotripsy)
 - Prostate Removal Surgery
 - Sling Surgery for Female Urinary Incontinence
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Musculoskeletal

- Ankle and Foot Bone Fusion
 - Ankle Arthroscopy and Ligament Repair
 - Ankle Replacement and Revision
 - Bunionectomy and Hammertoe Surgery
 - Carpal Tunnel Surgery
 - Cervical Spine Disc Decompression
 - Cervical Spine Fusion
 - Elbow Arthroscopy and Tenotomy
 - Elbow Replacement and Revision
 - Ganglion Cyst Surgery
 - Hip Arthroscopy and Repair
 - Hip Replacement and Revision
 - Knee Arthroscopy and Repair
 - Knee Replacement and Revision
 - Lumbar Spine Disc Decompression
 - Lumbar Spine Fusion
 - Morton's Neuroma Surgery
 - Plantar Fasciitis Surgery
 - Shoulder Arthroscopy and Repair
 - Shoulder Replacement and Revision
 - Spinal Cord Stimulator
 - Wrist and Hand Joint Replacement
 - Wrist Arthroscopy and Repair
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