




# CLAIMS & BALANCES STATEMENT

Customized by me, for me.


## CURRENT PLAN YEAR SNAPSHOT

As of today February 21, 2022



**In-Network Deductible**  
**\$0.00**  
 Plan Medical Deductible Met-to-Date

Plan Deductible ..... \$2,500.00  
 Remaining ..... \$2,500.00



**Out-of-Network Deductible**  
**\$0.00**  
 Plan Medical Deductible Met-to-Date

Plan Deductible ..... \$5,000.00  
 Remaining ..... \$5,000.00



**Account Balance(s)**

HSA ..... \$1,104.01

## MY CLAIMS & BALANCES STATEMENT

Selected Period: January 01, 2021 - December 31, 2021



### Prior Plan Year Medical Deductibles And Out-of-Pocket Maximums

Includes all claims processed for the prior plan year

<p><b>In-Network Deductible</b>  <b>\$144.75</b>          Met</p>	<p>Plan Deductible ..... <b>\$2,500.00</b>          Met ..... \$144.75          Remaining ..... \$2,355.25</p>	<p><b>Out-of-Pocket Maximum</b> ..... <b>\$4,000.00</b>          Spent to Date ..... \$144.75          Remaining ..... \$3,855.25</p>
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<p><b>Out-of-Network Deductible</b>  <b>\$0.00</b>          Met</p>	<p>Plan Deductible ..... <b>\$5,000.00</b>          Met ..... \$0.00          Remaining ..... \$5,000.00</p>	<p><b>Out-of-Pocket Maximum</b> ..... <b>\$10,000.00</b>          Spent to Date ..... \$0.00          Remaining ..... \$10,000.00</p>
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### Claims (for SRUTHI )

#### Medical Claims with a date of service from January 01, 2021 - December 31, 2021

Service Date	Provided By	For	Status	Amount Billed	Discount*	What Your Plan Paid	My Account Paid	What I Owe
11/22/2021	QUEST DIAGNOSTICS CLINIC	SRUTHI	Paid	\$734.48	\$674.94	\$49.23	--	\$10.31
11/22/2021	SHAMA MD SAVITHA G	SRUTHI	Paid	\$725.00	\$327.80	\$397.20	--	\$0.00
11/17/2021	SHETTY MD ANITA K	SRUTHI	Processed	\$193.00	\$78.68	\$0.00	--	\$114.32
04/20/2021	YOST MD JAMES A	SRUTHI	DUPLICATE	\$321.90	\$0.00	\$0.00	--	\$0.00
04/20/2021	YOST MD JAMES A	SRUTHI	Paid	\$321.90	\$116.72	\$205.18	--	\$0.00
04/19/2021	YOST MD JAMES A	SRUTHI	DUPLICATE	\$592.02	\$0.00	\$0.00	--	\$0.00
04/19/2021	YOST MD JAMES A	SRUTHI	Paid	\$592.02	\$236.32	\$355.70	--	\$0.00
TOTAL FOR PAID AND PROCESSED CLAIMS:				\$2,566.40	\$1,434.46	\$1,007.31	\$0.00	\$124.63

\*Because you visited a doctor in the Cigna network, you saved \$1,434.46. Cigna negotiates lower rates with its in-network doctors, hospitals and other facilities to help you save money.



## Accounts

### Health Savings Account (HSA)

Balance on December 31, 2021 ..... \$1,104.01

#### Transactions posted from January 01, 2021 - December 31, 2021

Posted Date	Description	Deposits	Withdrawals	Running Balance
Dec 31 2021	Interest	+\$0.01		\$1,104.01
Dec 31 2021	Contribution on 2021-12-31	+\$100.00		\$1,104.00
Dec 31 2021	Contribution on 2021-12-31	+\$20.83		\$1,004.00
Dec 31 2021	Contribution on 2021-12-31	+\$100.00		\$983.17
Dec 29 2021	Distribution on 2021-12-29		-\$114.32	\$883.17
Dec 16 2021	Contribution on 2021-12-16	+\$100.00		\$997.49
Dec 16 2021	Contribution on 2021-12-16	+\$20.83		\$897.49
Dec 16 2021	Contribution on 2021-12-16	+\$100.00		\$876.66
Dec 02 2021	Contribution on 2021-12-02	+\$20.83		\$776.66
Aug 23 2021	Contribution on 2021-08-23	+\$30.83		\$755.83



## Healthy Tips

Are you in a holi-daze from all the rich foods, creamy drinks and lack of exercise this holiday season? We can help you put the pep back in your post-holiday step:

- Avoid snacks that are heavy on calories and light on nutrition. Try preparing 100-calorie snacks in resealable bags and keeping them handy throughout the day. Ideas include a handful of almonds, a small banana or string cheese.
- Regular exercise is important for your overall health. It helps keep your body at a healthy weight, gives you a feeling of well-being and reduces your risk of chronic diseases à like heart disease and diabetes. Just 30 minutes of exercise a day can have major benefits. Take the dog for a walk, use the stairs instead of the elevator or go for a walk during lunch.



## Glossary

### Claims

#### Amount Billed

The amount charged by the health care professional or facility (physician, hospital, etc.) for services provided to you or your covered dependents.

#### My Account Paid

The portion of the amount billed that was paid by your health care account.

#### What Your Plan Paid/My Cigna Plan Paid

The portion of the billed amount that was paid by your health care plan.

#### What I Owe/Customer Cost

The portion of the billed amount that is your responsibility. This amount might include your deductible, coinsurance, any amount over the maximum reimbursable charge, or products or services not covered by your plan.

### Deductibles

#### In-Network

A group of health care professionals and facilities (doctors, hospitals, labs, etc) that offer discounts on services based on their relationship with CIGNA. Using in-network services gives you significant discounts, which help you stretch your health care account money further.

#### Out-of-Network

Health care professionals and facilities (doctors, hospitals, labs, etc) that do not belong to the Cigna network. Depending on your plan, you can use out-of-network services, but you may pay more for the same services, and you might have to file a separate claim for reimbursement.

#### Out-of-Pocket Maximum

The most you'll pay in a given year for all covered expenses. After you reach this amount, your benefit plan will pay all covered expenses for the rest of the year. Money in your reimbursement account contributes toward meeting your out-of-pocket maximum.

**Note:** If you'd like to keep a copy of this statement, be sure to save it to your computer. It won't be saved on myCigna.

**THIS IS NOT A BILL.** Your health care professional may bill you directly for any amount that you owe.

**Cigna Health & Life Insurance Co.**

This health statement shows activity processed during the chosen date range and may only display a portion of your benefit offerings. To review all of your benefit offerings and benefits that may be covered at a different co-insurance level, refer to your health care plan documents (certificate, benefit booklet, summary plan description, summary of benefits or other documents.)