



Sedera

ACCESS⁺ Membership Guidelines

Medical Cost Sharing for
Families and Individuals



What is Sedera?

Welcome to the Sedera Medical Cost Sharing Community!

It's no secret that America's healthcare system has problems. Health care costs are increasingly unaffordable for ordinary people. Health insurance often limits people's access to providers of their choice. Costs lack transparency and providers lack accountability. These problems make people feel frustrated, confined, and overwhelmed; but it doesn't need to be this way.

That is why Sedera was created.

Sedera is a Medical Cost Sharing community, providing individuals and families a new approach to manage their health care needs. Sedera members join a community of like-minded individuals who are committed to leading a healthy lifestyle and want to be active and engaged participants in their health care decision making.

Members of the Sedera Medical Cost Sharing Community ("Sedera MCS Community") remain responsible for paying their own healthcare costs. But, if these healthcare costs are shareable as agreed to and outlined in the community's guidelines, the other members of the community can contribute funds to partially offset these healthcare costs. This Sedera model is built on the legacy of the faith-based medical cost sharing platform and borrows from the best innovations of the modern sharing economy.

The Sedera MCS Community promotes open access to healthcare, and it gives members the freedom to choose their medical providers. There is no provider network. Instead, Sedera Inc., the entity that services the community, works with members to seek cost savings, help obtain more transparency from medical professionals, and provide caring customer service.

Sedera's goal is to provide exceptional service to members of our community, reduce their healthcare costs and empower them to lead healthier lives. Together, we are tapping the power of community to create a new normal in healthcare.



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Key Terms

<i>Sedera Term</i>	<i>Definition</i>
Ancillary Member Services (AMS)	Ancillary Member Services (AMS) are the portion of peripheral services that are made available to Members along with their membership in the Sedera MCS Community. AMS are designed to enhance the membership experience, as well as reduce costs.
Application Date	The date a Member's application/enrollment is completed and received by Sedera for membership in the Sedera Medical Cost Sharing Community. This date may be different from the Start Date.
Benevolence organization	An organization whose primary purpose is to care for the needs of the persons/members who make up the membership.
Community Stewardship Board (CSB)	A board comprised of senior Sedera MCS Community personnel and senior Sedera, Inc. personnel, including medical professionals, tasked with reviewing the application and/or interpretation of the Guidelines by the Needs Coordination Team.
Health Care Sharing (HCS)	See Medical Cost Sharing.
Health Savings Account (HSA)	A Health Savings Account (HSA) is a tax-advantaged savings vehicle. HSAs are only available with certain types of qualified health plans. The funds contributed to an HSA are not subject to federal income tax at the time of deposit. Funds may accumulate year-by-year, with interest, if not spent. HSAs are owned by the individual, so are portable from job to job. Sedera membership, by itself, does not qualify for an HSA, and HSA funds cannot be used to pay your Monthly Member Contribution. HSA dollars can be used to pay for amounts under the Member's IUA and medical expenses that are not shareable with the Sedera Medical Cost Sharing Community.
Initial Unshareable Amount (IUA)	The specified financial amount (in dollars) that members are required to carry on their own prior to any amount that may be eligible for sharing.
Life Change Event (LCE)	A life event that allows for a Member to make changes to certain aspects of the Member's Sedera Membership outside of the Member's standard yearly renewal period. Please see Section 2 for more details on the LCE
Maximum Shareable Amount	Certain medical conditions have a maximum dollar amount (limit) that can be shared for any one need as described in the Guidelines.
Medical Cost Sharing (MCS)	A membership-based non-insurance arrangement established for the purpose of sharing legitimate medical expenses between members. Also referred to as Health Care Sharing.
Medical Necessity	The accepted health care services and supplies that are appropriate to the evaluation and treatment of a disease, condition, illness or injury and consistent with the applicable standard of care and supervised by clinical professionals working within their scope of practice.
Member	A person, or dependent thereof, who has agreed in writing to abide by the requirements of the Sedera MCS Community and made his/her monthly contribution and is thereby eligible to participate in the sharing of medical needs with other members.
Membership	Term used to describe participation in the Sedera MCS Community.

Member Advisor	A Sedera, Inc. team member dedicated to assisting Members. Member Service Advisors can be reached at 1-855-973-3372.
Membership Requirements	The required principles and ongoing behavioral code attested to by Members as required for membership in the Sedera MCS Community.
Membership Year	The effective period of time in which a Member is eligible for Ancillary Member Services, patient advocacy and participation in medical cost sharing. The Membership Year begins on the Start Date of membership and continues until the one-year anniversary of that date.
Minimum Essential Coverage (MEC)	Minimum Essential Coverage (MEC) is a requirement of the Affordable Care Act. Membership in the Sedera Medical Cost Sharing Community does not provide Minimum Essential Coverage as required by any federal or state law.
Monthly share	The monthly monetary allotment contributed to the Sedera MCS Community facilitated by Sedera, Inc. for participating Members in order to remain an active Member.
Need	One or more shareable medical expenses caused by an injury or illness to an eligible Member that exceeds the Member's Initial Unshareable Amount (IUA).
Patient Advocate/ Advocacy	<p>When a member incurs large, out-of-pocket medical bills, their Member Services Representative will assign a dedicated Patient Advocate to work directly with the member's healthcare providers to help reduce their medical bills.</p> <p>The Patient Advocate works proactively and positively with all involved to gain a solution — providers, facilities, hospitals, and the Member themselves. The Sedera, Inc. team works person-to-person to make it happen. A Member's advocate can help lower the patient's portion of the medical bills to something more manageable.</p>
Pre-existing Medical Conditions	Any medical condition that existed prior to membership (diagnosed, suspected or producing observable signs or symptoms) is considered a Pre-existing Medical Condition. Needs that result from Pre-existing Medical Conditions are subject to sharing limitations (as presented in these Guidelines) <u>unless</u> 36 months immediately prior to membership effective date has passed without any signs or symptoms of the condition, without any treatment needed, without any medication prescribed or taken, and without any suspicion by the patient or doctors that the condition is resurfacing. This applies whether or not the cause of the symptoms is unknown or misdiagnosed. Please see Section 7 for the more detailed explanation.
Proration	If shareable needs are ever significantly greater than shares available in any given month, the Sedera MCS Community and Sedera, Inc. may prorate the needs amount requested for medical expenses. This involves an across the board percentage reduction of needs payments but does not necessarily mean that all Member needs will not be met in that month.
Routine medical care	Includes medical examinations and tests that doctors provide to patients who are healthy, as far as they know, in order to screen them for medical issues that may not yet be causing symptoms. Also includes medical services that are prescribed on a regularly scheduled basis for the purpose of screening and monitoring known risk situations or cured medical conditions, e.g. biennially, annually, semi-annually.
Second Opinion Program	A consultation with a medical expert, other than the patient's current doctor, in order to confirm the diagnosis/treatment plan or gain new perspective on available treatment alternatives.
Shareable amount	The amount of the need request that remains after the member's Initial Unshareable Amount (IUA) has been satisfied and falls within the Guidelines for sharing within the membership.
Sharing / Shareable	An eligible need that meets the requirements as determined by the Sedera Membership Guidelines and current membership.
Start Date	The date an applicant/Member starts their membership in the Sedera Medical Cost Sharing Community. This date may be different from the Application Date.

Tobacco/Vape User	A Member who engages in regular use of cigarettes, cigars, pipes, smokeless tobacco, e-cigarettes, nicotine products, and vaping products.
Unshareable amount(s)	A medical expense incurred by a Member that is not shareable for one or more of the following reasons; violation of member responsibilities, non-current membership status, or any other condition that is excluded by the Guidelines.

Organization and Membership

The Sedera Medical Cost Sharing Community (“Sedera MCS Community”) is a membership-based non-insurance community of like-minded individuals established for the purpose of sharing legitimate healthcare expenses between Members, as more particularly described in these Membership Guidelines. Sedera, Inc. is the technology company that facilitates and services the Sedera MCS Community by providing member management, member services, and managing Monthly Member contributions. Sedera, Inc. also facilitates the sharing of medical costs between participating members of the Sedera MCS Community. Throughout these Guidelines the term “Sedera” will be used to refer to the team created by the relationship between the Sedera MCS Community and Sedera, Inc. The Sedera MCS Community is modeled after a number of proven and highly successful health care sharing ministries that have facilitated the sharing of their members’ healthcare expenses for more than two decades within the confines of the Christian community. The actual sharing model has its roots philosophically in religious movements that can be traced back to the time of Christ.

Sedera, Inc. is a Delaware corporation founded in response to the urgent need of people to find affordable ways to help with their healthcare costs. Sedera Inc.’s founders have been deeply involved in issues of medical cost containment for the past 22 years, working with clients all around the country with members across the United States. Sedera’s administrative offices are located in Austin, Texas. Sedera Inc.’s purpose is to administer medical cost sharing communities designed to assist their members in the sharing of legitimate medical expenses by and for the exclusive use of its members.

The Sedera MCS Community and Sedera, Inc. emphasize facilitating a medical cost sharing community for members through the sharing of their financial needs, and by encouraging one another with practical tools to maintain their health. The Sedera MCS Community members willingly assist one another with healthcare costs through voluntary monthly giving.

Membership in the Sedera MCS Community, by and of itself, is not qualifying coverage as defined by the Affordable Care Act (ACA). However, some third party affiliates provide other solutions that satisfy the ACA or state law requirements without compromising the moral and/or spiritual beliefs of the Sedera MCS Community members.*

Participating member households are required to abide by the Sedera Membership Guidelines, as set forth in this document. Memberships are not refused on the basis of the health status of individual members, although medical conditions that existed prior to membership may be limited or excluded from sharing.

No one is denied membership based on Pre-existing Medical Conditions, but any conditions that existed prior to membership would not be shareable with the community until certain membership longevity requirements are met.

*Any group self-insurance plan is not provided by or affiliated with the Sedera MCS Community and/or Sedera, Inc. It is typically administered by a Third Party Administrator.

Disclaimers

WARNING: : THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC. ARE NOT INSURANCE COMPANIES AND THE SEDERA MEDICAL COST SHARING MEMBERSHIP IS NOT ISSUED OR OFFERED BY AN INSURANCE COMPANY. WHETHER A MEMBER/HOUSEHOLD CHOOSES TO SEND MONETARY ASSISTANCE TO YOU AND/OR YOUR HOUSEHOLD TO HELP WITH YOUR MEDICAL EXPENSES WILL BE TOTALLY VOLUNTARY AND NEITHER YOU NOR THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC. HAS ANY RIGHT TO COMPEL PAYMENT OF MEDICAL COST SHARING COSTS FROM ANY MEMBER. THE SEDERA MEMBERSHIP IS NOT AND SHOULD NEVER BE CONSIDERED TO BE OR TO BE LIKE A GROUP INSURANCE POLICY OR AN INDIVIDUAL INSURANCE POLICY.

WHETHER YOU RECEIVE ANY MONEY FOR MEDICAL EXPENSES, OR WHETHER OR NOT THIS MEMBERSHIP CONTINUES TO OPERATE, **YOU AS THE MEMBER WILL ALWAYS REMAIN LIABLE FOR YOUR UNPAID MEDICAL EXPENSES AND DO NOT HAVE ANY LEGAL RIGHT TO SEEK REIMBURSEMENT OR INDEMNIFICATION FOR ANY SUCH EXPENSES FROM THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC. OR ANY OTHER MEMBER OR HOUSEHOLD.** THIS IS NOT A LEGALLY BINDING AGREEMENT TO REIMBURSE OR INDEMNIFY YOU FOR THE MEDICAL EXPENSES YOU INCUR, BUT IS AN OPPORTUNITY FOR YOU TO ASSIST OTHER MEMBERS IN NEED, AND WHEN YOU ARE IN NEED, TO PRESENT YOUR MEDICAL BILLS TO OTHER MEMBERS AND HOUSEHOLDS AS OUTLINED IN THESE GUIDELINES. THE FINANCIAL ASSISTANCE YOU MAY RECEIVE WILL COME FROM OTHER MEMBERS AND/OR HOUSEHOLDS, AND NOT FROM THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC.



Frequently Asked Questions (FAQs) For Individuals and Families

Sedera Basics

1. What is the Sedera MCS Community about?	The Sedera MCS Community believes that our members, in concert with the medical providers of their choosing, have a natural incentive to do what is best for themselves and their families, as well as the primary responsibility for making their own health care decisions. When our Members have financial needs due to illness that are greater than they can individually carry, Sedera Members believe that the Sedera MCS Community, in a corporate sense, should assist in carrying one another's burdens. The Sedera method of sharing each other's medical bills seeks to teach these principles as an integral part of our community of sharing philosophy.
2. What kind of company is the Sedera Medical Cost Sharing Community.	The Sedera MCS Community is a Texas 501(c)(3) non-profit corporation with its administrative offices in Austin, Texas. The Sedera MCS Community is not an insurance company and does not offer insurance. The Sedera MCS Community is a medical cost sharing benevolence organization.
3. What kind of company is Sedera, Inc.?	Sedera, Inc. is a Delaware corporation with administrative offices in Austin, Texas. Sedera, Inc. is not an insurance company. Sedera, Inc. facilitates and provides the systems and administrative support for the Sedera MCS Community.
4. Isn't the Sedera MCS Community really just another health insurance company?	No. Insurance arrangements are a contract whereby one party agrees to be legally responsible for and accept another party's risk of loss in exchange for a payment—a premium. Medical cost sharing is an arrangement whereby members agree to share medical expenses through an act of voluntary giving. The Sedera MCS Community is not licensed or registered by any insurance board or department. The Sedera MCS Community does not assess applicants' health risks, because neither the Sedera, Inc. nor the Sedera Medical Cost Sharing Community members are assuming financial liability for any other member's risk. Unlike insurance, the focus of the Sedera Medical Cost Sharing membership is on how our members help one another with their immediate needs.
5. What's the advantage of the Sedera MCS Community not being a health insurance company?	When healthcare costs are paid by someone other than the person receiving care, typically an insurance company or government entity, the healthcare model can be undermined. We believe many of the current problems with the healthcare system are the direct result of restricting personal freedom and responsibility through dependence on third-party payors. The Sedera MCS Community is designed to allow Members to help one another while maintaining freedom of choice and personal responsibility.
6. How are members of the Sedera MCS Community affected by the federal health care law (the ACA)?	Sedera MCS Community Members, like most U.S. citizens, may be required by federal or state law to satisfy the Individual Shared Responsibility provision of the ACA (aka, the individual mandate) or be subject to a tax assessment (aka, a penalty). Membership in the Sedera Medical Cost Sharing Community, by and of itself, does not make any representations that it satisfies any federal or state law requirements for healthcare coverage or insurance.

How does Sedera Medical Cost Sharing Work?

7. How does Sedera Medical Cost Sharing handle medical claims?	Because there is no "transfer of risk" with Medical Cost Sharing no "claim" is ever owed. When members incur medical expenses that exceed their Initial Unshareable Amount (IUA), there is simply a medical need. Sedera MCS Community members send proof of their medical expenses to Sedera, Inc. where they are evaluated in accordance with the Guidelines. Qualified Needs are then designated for sharing based on the total number of shares collected from members each month. Each member's monthly share is voluntary, but also a requirement in order to remain an active participant in the membership.
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How does Sedera Medical Cost Sharing Work?

8. What is the process for paying my medical bills when I have a need?	At the time of service, members should disclose to medical providers (doctors, laboratories, clinics, hospitals, etc.) that they are “cash-pay” patients. The providers will send their bills directly to the member. The Member then organizes his/her bills, goes online to sederamcs.org/login , completes the online Needs Submittal Process and submits everything online, including providing copies of all relevant medical bills and any proof of payments made towards the Member’s Initial Unshareable Amount (IUA). The online Needs Submittal Process can be accessed at sederamcs.org/login , login, and then click on the Needs Management section. If you have any questions about the Needs Submittal Process, please feel free to contact your Needs Coordinator or a Sedera Member Advisor. Sedera, Inc. will review the Need and determine if it’s shareable per the Guidelines. Our team of medical bill negotiators may contact the providers to discuss the appropriate payment for the services that were performed and determine if negotiations are applicable for the billed amounts and work with the Member and providers to negotiate an agreed price. Sedera then administers a process whereby member funds are shared with the Member, less the Member’s IUA (as applicable).
9. How long does it take Sedera, Inc. to process a medical need?	The sharing turnaround time normally ranges from 14–60 days from receipt of your bills and required information. If you complete the Needs Submittal Process, submit all the necessary documentation, and there are no ongoing financial negotiations with providers, your need will normally be shared within 14–30 days after Sedera, Inc. receives your Need request. Please note that larger bills typically take longer to negotiate.
10. What if I refuse to authorize Sedera to negotiate my medical bills?	Virtually all medical bills are inflated due to “medical price indexing.” Therefore, medical bills are <i>required</i> to be negotiated. Members who refuse bill negotiations negatively impact the community as a whole. Consequently, Sedera reserves the right to reduce the shareable amount by up-to 50% off billed charges on bills of \$500 or more in cases where a member refuses authorization to negotiate. See section 3.E. The goal is to quickly and fairly compensate medical providers for their services.
11. Can I choose my own doctors and hospitals without being penalized?	<p>Yes. Having the personal freedom to choose the medical providers of your choice is fundamental to the Sedera MCS Community’s values. At the same time, Sedera Members, being cash-pay patients, are expected to seek reasonable prices for their medical care. Paying exorbitant charges for medical care ultimately leads to higher monthly costs for the entire community. Outside of bona fide medical emergencies, the Sedera MCS Community and its members are disinclined to share in expenses generated by physicians and facilities who charge hyperinflated and exorbitant prices and are unwilling to negotiate for fair prices. Once informed by Sedera that a provider or facility charges exorbitantly and is not willing to negotiate reasonably, a member should not expect the community to share in more than a fair and reasonable price, as defined by industry norms, if they choose to return to that provider.</p> <p>Sedera’s Member Advisors are available and happy to assist Members in locating high quality medical providers that charge fair prices for their services.</p>
12. Is there a penalty if I don’t use the Expert Second Opinion program?	<p>Yes. Since treatment protocols and quality levels vary dramatically throughout the medical profession, the Sedera MCS Community requires its members to seek an Expert Second Opinion (ESO) prior to undergoing elective/non-emergency surgeries.</p> <p>Needs sharing may be reduced by up-to 50% on bills over \$500 for members who either refuse to utilize the ESO program or skip the process prior to having the surgery.</p> <p>Conversely, if a Member uses ESO and submits the completed ESO consult to Sedera at least 7 business days prior to the surgery, the member’s IUA will be reduced by \$250 for the Need. Example: A member with a \$1000 IUA would have their IUA decreased to \$750 if they consult with the ESO prior to a scheduled procedure and submit the consult to Sedera at least 7 business days prior to the surgery.</p> <p>See Section 3.I. for further details concerning the ESO program.</p>
13. Does the Sedera MCS Community charge monthly premiums?	Because the Sedera Medical Cost Sharing membership is not insurance, it does not charge premiums. Sedera members freely choose to assist other members with their medical expenses by contributing a predetermined amount each month; called a “share.” 90.1 percent of each member’s monthly shares are designated solely for assisting other member’s needs.

How does Sedera Medical Cost Sharing Work?

14. Does the Sedera MCS Community use deductibles and co-insurance?	The Sedera process differs significantly from insurance practices in this regard; to Sedera members' advantage. Traditional healthcare deductibles are cumulative over the course of a plan year. Co-insurance is the portion of the medical expense owed by the patient. These insurance cost-sharing measures can amount to thousands of dollars in out-of-pocket costs to insurance policyholders annually. Conversely, after Sedera members incur an eligible medical expense that exceeds their Initial Unshareable Amount (IUA) any remaining balance related to that specific Need would be eligible for sharing. This effectively reduces the member's portion (or share) to their selected IUA for any single Need.
15. What if I have a medical need that is not shareable?	Sedera's skilled Patient Advocates are available to negotiate our member's medical bills, even if the expenses are not eligible for sharing with the Sedera MCS Community.
16. What if my medical provider demands payment up front?	<p>Sharing is meant to occur after a medical expense has been incurred. Occasionally medical providers require up-front payment prior to delivering service. In these instances, members should make every effort to limit the up-front payment to their selected IUA and request to be billed for any remaining charges. Please contact your Member Advisor early on in the process if you suspect or believe that an up-front payment may be required. Your Sedera Member Advisor can help you explore cash pay provider and service options.</p> <p>Special consideration can be given for up-front payment requests that exceed \$3,000. Members are strongly encouraged to contact their Member Advisor prior to making large up-front payments to medical providers. If advanced payment is required that exceeds the member's IUA, the amount will be eligible for sharing with the Sedera MCS Community, assuming it is in accordance with the Guidelines and adequate shares are available. See section 3.I. for additional details.</p>
17. If all the monthly shares go to meet member's Needs, how does Sedera, Inc. get paid?	Each month Sedera, Inc. retains a portion (9.9%) of the Member Share Amount (monthly contribution) received to cover its administrative costs. The remaining monthly shares remain in the household medical cost sharing account until needed for medical cost sharing. Sedera, Inc. also retains a set member services fee each month. Additionally, Sedera, Inc. may retain up to the first 90 days of new member's monthly shares to cover program expenses and costs related to expanding the community. An audit of Sedera Inc.'s finances is conducted each year by an independent auditing firm. An audit of the Sedera MCS Community is conducted on an annual basis by an independent auditing firm. Please see Section 13 for additional details about how Sedera, Inc. is paid.
18. Will the Sedera MCS Community share medical costs that were incurred outside of the United States?	Yes, members' eligible needs, wherever incurred, will be handled through your Sedera membership.

Participation Requirements

19. What are the Sedera MCS Community membership requirements?	Sedera Members must agree to the Ethical Beliefs and Principles of the Sedera MCS Community and agree to the Sedera Member Commitments outlined in Section 1 of these Guidelines. Among other things, Members understand that medical expenses resulting from the use of illegal drugs, or while participating in unlawful activities, will not be shared. See Section 1 of the Guidelines for a complete list of membership requirements.
20. What if someone does not pay their monthly share or drops out of the membership?	If a Member fails to contribute their monthly shares, they would no longer be eligible for sharing medical costs with the Sedera MCS Community unless/until the member catches up on their committed shares to the Sedera MCS Community.
21. Can my membership be dropped if I have very high medical needs?	Members cannot be dropped due to their medical needs. Neither your membership nor your monthly share is affected by the amount of medical expenses you or any family members may have.

Participation Requirements

22. Can my family members participate in medical cost sharing?	Yes, spouses/domestic partners and dependent children are welcome to participate in the membership. See Section 2 of the Guidelines for eligibility details.
23. What if my dependents do not agree to abide by the Sedera Membership Guidelines?	Sedera members agree to abide by the Sedera Membership Guidelines and Principles of Membership, and Sedera Member Commitments. Parental members are responsible to hold their participating dependent children age 16 – 25 to adherence with the Guidelines. For example, the Sedera MCS Community does not share expenses for injuries resulting from the use of illegal substances. Hence, medical expenses incurred by a member child who is injured while he/she is under the influence of an illegal substance would not be eligible for sharing. Note: Does not apply to dependent children under the age of 16.

Qualifications and Limits

24. Is there a lifetime or yearly maximum amount that is eligible for sharing for any one person or family?	There is no specific annual maximum dollar amount or lifetime maximum limits per member, though certain dollar amounts and/or visit limits apply to specific types of medical care and therapies. Sharing is only limited to the cumulative contributions received from participating members in any given month. There is, however, no limit on the number of Needs that an individual member or household may have. See Section 8.B. for specifics. Additionally, no single Need may consume more than one third (1/3) of the total number of shares available in the Excess Needs Account (“ENA”) in order to assure ample shares for all members. (See FAQ 29 for additional details).
25. What kinds of Needs do Sedera members share?	In general, Needs for illnesses or injuries resulting in visits to licensed medical providers, emergency rooms, testing facilities, or hospitals are shared on a per person, per incident basis. See Sections 6-9 for more details.
26. What kinds of Needs do Sedera members not share?	Needs directly resulting from Pre-existing Medical Conditions that preceded the membership effective date are typically not shared (see Section 7 for details). Additionally, since costs resulting from routine checkups and preventive care are typically lower than your IUA and/or may be provided through other relationships/products you may have, they are not eligible for sharing. Certain exceptions apply. A detailed explanation of the limitations on Needs shared is explained in Sections 8 and 9.
27. How can I know if a need qualifies for sharing?	The types of Needs that qualify for sharing can be found in the Guidelines that follow. Consult Section 10 to familiarize yourself with the general procedures for submitting your Need and Sections 6-9 for the specific requirements for sharing certain types of Needs. If you have further questions, please do not hesitate to call your Sedera Member Advisor at 1-855-973-3372.
28. What about routine medical care?	In general, the Sedera Medical Cost Sharing membership is designed to help our members with the costs associated with unpredicted injury and illnesses. Expenses for routine preventive care and wellness coverage are generally not shareable, however certain exceptions exist as described throughout these guidelines.
29. How does the Sedera MCS Community handle very large medical expenses?	While there is no general cap to the amount that the Sedera MCS Community will share towards medical needs, the Need must be within the scope of the Guidelines before it will be eligible for sharing. Because of the economic impact of very large medical bills (e.g., those over \$150,000), Sedera has devised an internal mechanism to ensure that adequate shares are available to meet both the Sedera Medical Cost Sharing Member’s normal and high-cost Needs. For the very large medical expenses that occur from time to time, Sedera makes provision by allocating 15% of member’s monthly shares to remain available for very large medical bills, which is commonly referred to as the Excess Needs Account (“ENA”). Sedera, Inc. reserves the right to negotiate medical expenses with providers, and to prorate available shares, as necessary, in order to address all Members medical expense Needs.
30. What amounts do members share for maternity needs?	For pregnancies that begin after the membership effective date, the Maternity Initial Unshareable Amount (Maternity IUA) is \$5,000 (certain exceptions apply), the Need is shared as any other Need for both the mother and delivery of the baby. Medical expenses for childbirth with an expected deliver date within the first 12 months of membership are not shareable. See Section 9 for details.

Qualifications and Limits

31. What if I'm a cancer survivor? Does that mean the Sedera MCS Community would never have its members share in any future cancer related bills I might have?	No, in fact there are two ways in which that need could be shared: 1) The expenses for your second occurrence of cancer would only be ineligible for sharing if it "resulted from" the first episode of cancer. It is quite possible that a second episode of cancer is unrelated to the first and thus would be eligible for sharing. 2) All conditions you had before your membership may be shareable after a period of time without symptoms or treatments (see Section 7 for details).
32. How are expenses for medical treatments that occurred overseas handled?	Bills from medical treatments occurring overseas must be written or translated into English and the price converted to U.S. dollars. They are then handled the same as bills from treatment in the U.S.

Risks

33. This approach sounds kind of unconventional! Does it really work?	The concept of medical cost sharing has been highly successful within the confines of faith-based Christian groups for more than 25 years. More than one million members have shared billions of dollars in medical expenses across the various sharing ministries. Hence, there is strong precedence in the concept. We believe that a community of health-conscious individuals who care for one another can successfully participate in the sharing of medical burdens. It is important to note however that past successes by faith-based sharing groups assisting one another is no guarantee of the future success of similar programs. There is no promise/contract by Sedera or the Members to contribute toward any Need you might have in the future. The only promise by Sedera is to guide the voluntary monthly member contributions given through the medical cost sharing process.
34. What happens if the Sedera MCS Community Members' Needs are greater than the monthly shares received?	If all Needs cannot be met in any given month, Sedera would use a prorating method to evenly distribute the burden. For example, if the monthly shares available for a given month equals 90 percent of the Needs submitted for a particular month, only 90 percent of each Need would be shared that month. This does not necessarily mean that members would not receive enough money through other member shares to pay their medical bills. Sedera works with outside bill negotiation vendors who specialize in Patient Advocacy to seek fair pricing on medical bills that exceed \$1,000. So as long as this team is able to get members costs below 90% of the billed charges, there would still be enough to meet all of the Needs in that month. If prorating occurs three months out of six at any time, the Sedera MCS Community Board will evaluate, potentially with member input, whether there needs to be an increase in the monthly contributions. See Section 5 for details.

Costs and Payment Processes

35. How much does it cost to belong to the Sedera MCS Community?	Every member is required to make a Monthly Member Contribution amount each month which is paid into the member household's medical cost sharing account. The Monthly Member Contribution amount varies depending on each member household's dependent status and age. Monthly Member Contribution amounts are subject to change by vote of the Board, following consultation with Members and/or other interested parties. The Monthly Member Contribution consists of the Member Share Amount, the Member Services Fee, the Bank Maintenance Fee, and other costs. 90.1% of the Member Share Amount is used to help pay other members' medical needs, while 9.9% of the monthly share is retained by Sedera to support our infrastructure and administrative expenses. Sedera, Inc. may also retain each new member's monthly shares for up-to the first 90 days of their membership in order to cover program expenses and costs related to expanding the community. The monthly contribution varies depending on each member household's dependent status and age. Monthly contributions are subject to change by vote of the Sedera MCS Community Board, following consultation with Member and/or other interested parties. Please see Section 13 for additional details.
36. How is my portion of the Monthly Member Contribution collected?	There will be an ACH transfer from your linked bank account into your medical cost sharing account you created with Austin Capital Bank during enrollment.

Costs and Payment Processes

37. Is My Monthly Member Contribution higher if I, or a participating member in my family, uses tobacco products?	Yes. See Section 8 and the Appendix for additional details. Please also note that there is limited sharing for certain medical Needs for Tobacco/Vape Users age 50 and older as outlined in these Sections.
38. Are my monthly shares a pre-tax deduction like health insurance premiums?	No. The monthly share is a voluntary contribution towards a membership that facilitates the sharing of member's medical bills. As such, the money members contribute to the Sedera Medical Cost Sharing membership is a post-tax contribution.
39. How often can the monthly share amounts be changed?	The monthly share can only change when approved by Sedera MCS Community Board of Directors.



1. Sedera MCS Community Principles of Membership

The following requirements protect all members by assuring honor and integrity on the part of members and by minimizing medical risks and ensuring proper accountability while encouraging good health practices.

Membership in the Sedera Medical Cost Sharing Community requires agreeing to all of the requirements of this section as well as the submission of an application for membership. As long as Members continue to meet these requirements and fulfill all membership duties as determined by the Board of Directors, their membership will continue. If at any time a Member no longer meets all these membership requirements, they must notify Sedera immediately, and their Sedera MCS Community membership and all privileges will cease, unless otherwise indicated.

While member health status has no effect on eligibility for membership, there are limitations on the sharing of Needs for some conditions that existed prior to the membership effective date. See Sections 6-9 for a detailed list of shareable and non-shareable Needs.

A) Sedera Ethical Beliefs and Principles

The Ethical Beliefs of our community:

The members of the Sedera Medical Cost Sharing Community are united by a shared faith in the following beliefs and principles. As a demonstration of these beliefs and principles we have decided to come together to support each other and share medical needs according to the member sharing Guidelines with all-comers from all backgrounds, nationalities, ethnicities, and races, as long as each Member accepts the beliefs of this community as out in these Ethical Beliefs and Principles:

1. We share a faith in each other and in the strength of our community.
2. We believe improving the lot of humankind, present and future, is a virtuous goal and that it is an expression of our moral and ethical responsibility to endeavor to voluntarily support our fellow community members.
3. We believe that as a community we should care for one another and assist fellow members with each other's medical burdens when the opportunity and resources allow. We strive to share with others as we would like them to share with us.
4. We believe in the importance of charity and benevolence as well as the social duties of voluntariness, integrity, honesty, and personal responsibility.
5. We believe in personal accountability for our decisions and responsible stewardship of all that is entrusted to us and share faith that all members of our community will be empowered to apply these beliefs and principles in their day-to-day lives.
6. We believe that the use of illegal substances or the act of performing an illegal or unlawful activity is harmful to the community and ourselves.
7. We believe in respecting our bodies, practicing good health measures, avoiding harmful substances and addictions, and striving for a balanced lifestyle.
8. We believe it is a basic right to make our own health decisions and to pursue the advice of learned physicians and advisors, spiritual or otherwise, in determining our own health decisions.

9. We believe the we have a fundamental right guaranteed by the U.S. Constitution to freely associate in the lawful exercise of our common beliefs to voluntarily share health care expenses with one another. We believe that a community of ethical and health-conscious people can most effectively encourage and care for one another by sharing each other's medical needs directly.
10. We believe in the power of educated, informed, and empowered healthcare consumers to generate value for themselves, the community, and the American healthcare system.

B) Disclaimer

WARNING: THE SEDERA MEDICAL COST SHARING COMMUNITY AND SEDERA, INC. ARE NOT INSURANCE COMPANIES AND THE SEDERA MEDICAL COST SHARING MEMBERSHIP IS NOT ISSUED OR OFFERED BY AN INSURANCE COMPANY. WHETHER ANY MEMBER CHOOSES TO SEND MONETARY ASSISTANCE TO YOU AND/OR YOUR HOUSEHOLD TO HELP WITH YOUR MEDICAL EXPENSES WILL BE TOTALLY VOLUNTARY AND NEITHER YOU NOR THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC. HAS ANY RIGHT TO COMPEL PAYMENT OF MEDICAL COST SHARING COSTS FROM ANY MEMBER OR HOUSEHOLD. THE SEDERA MEMBERSHIP IS NOT AND SHOULD NEVER BE CONSIDERED TO BE OR TO BE LIKE A GROUP INSURANCE POLICY OR AN INDIVIDUAL INSURANCE POLICY.

WHETHER YOU RECEIVE ANY MONEY FOR MEDICAL EXPENSES, OR WHETHER OR NOT THIS MEMBERSHIP CONTINUES TO OPERATE, **YOU AS THE MEMBER WILL ALWAYS REMAIN LIABLE FOR YOUR UNPAID MEDICAL EXPENSES AND DO NOT HAVE ANY LEGAL RIGHT TO SEEK REIMBURSEMENT OR INDEMNIFICATION FOR ANY SUCH EXPENSES FROM THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC. OR ANY OTHER MEMBER OR HOUSEHOLD.** THIS IS NOT A LEGALLY BINDING AGREEMENT TO REIMBURSE OR INDEMNIFY YOU FOR THE MEDICAL EXPENSES YOU INCUR, BUT IS AN OPPORTUNITY FOR YOU TO ASSIST OTHER MEMBERS IN NEED, AND WHEN YOU ARE IN NEED, TO PRESENT YOUR MEDICAL BILLS TO OTHER MEMBERS AS OUTLINED IN THESE GUIDELINES. THE FINANCIAL ASSISTANCE YOU MAY RECEIVE WILL COME FROM OTHER MEMBERS AND/OR HOUSEHOLDS, AND NOT FROM THE SEDERA MEDICAL COST SHARING COMMUNITY AND/OR SEDERA, INC.

C) Member Commitments

Personal Commitments

- I have read and understand the Sedera Membership Guidelines and am confirming that all of my answers in this application process are true and accurate and indicate my commitment to abide by the Membership Guidelines.
- I understand and acknowledge that membership in the Sedera Medical Cost Sharing Community is not insurance and is not issued or offered by an insurance entity and while every effort will be made to facilitate the sharing of a Member's medical needs, the Sedera Medical Cost Sharing Community, Sedera, Inc. and their partners and affiliates cannot and do not guarantee payment of any medical expenses.
- I agree to submit to mediation following subsequent binding arbitration, if needed, for any instance of a dispute with Sedera Medical Cost Sharing Community, Sedera, Inc., or their affiliates as more fully outlined in Section 12 of the Membership Guidelines. I hereby knowingly, voluntarily, and intelligently waive any right to trial by jury to the fullest extent permitted by law.

- I agree to refrain from using any form of illegal substances. I understand that medical needs caused by, or due to, the act of performing any illegal or unlawful activity will not be shareable with the Sedera Medical Cost Sharing Community.
- As the head of household, I accept the responsibility to notify, educate and inform all persons listed on my application concerning their participation in the Sedera Medical Cost Sharing Community as well as their responsibilities, their obligation to the community and the basic constructs for sharing needs. (If applicable).
- I understand that my Monthly Member Contribution includes an Administrative Fee, a Member Services Fee, the Member Share amount, the Bank Maintenance Fee and any additional services I choose to purchase along with my medical cost sharing membership. (See the Membership Guidelines for more details regarding the fee structure).
- I understand that an active Medical Cost Sharing Account is a requirement for membership in the Sedera MCS Community. I also commit to keeping my Medical Cost Sharing Account open for one year after termination of my household's membership to allow for the continued sharing of Needs amongst the community members. I understand that the Bank Maintenance Fee will continue to be withdrawn from my Medical Cost Sharing Account during this one year period.
- I fully authorize, the Sedera MCS Community and its partners banking access to the Medical Cost Sharing Account that I open at Austin Capital Bank and grant the Sedera MCS Community and its partners, full authority to debit and/or credit to my Medical Cost Sharing Account at Austin Capital Bank. I also agree to keep this authorization in effect for one year after termination of my household's membership to allow for continued sharing of Needs among community Members.
- I represent and warrant that I am legally competent to execute these commitments and that I have full authority to execute these commitments on behalf of all members of my household.

Community Commitments

- I understand that I am joining a community of moral, ethical, health-conscious people who are voluntarily sharing each other's medical expenses.
- I understand that I am a cash-pay patient for medical services and that seeking fair pricing for my medical services benefits both me and the community.
- I commit to choosing medical professionals and hospitals based on transparent and good prices, am willing to travel to get the best value for elective procedures, select doctors and facilities that publish and charge fair and reasonable prices, and actively participate with Sedera on behalf of the community to negotiate down overpriced medical bills that my household may incur.
- I understand that the Sedera MCS Community, by and of itself does not make any representations that it satisfies any federal or state law requirements for healthcare coverage or insurance.
- I understand that other obligated insurance, government entities or other responsible parties are always considered primary payors and commit to exhausting these primary payors before submitting a potentially shareable Need to the Sedera MCS Community.
- I understand that my membership continues year to year unless I notify the Sedera MCS Community of my desire to terminate my membership.
- I understand that I can notify the Sedera MCS Community of my desire to cancel membership at any time, however cancellation generally occurs at midnight on the last day of the billing cycle in which I notify Sedera.

Needs Sharing Commitments

- I understand that all members who have joined within a primary member's account will have access to information for any other members within the same account. This information includes all pending and past medical needs and other personal information.
- I understand that no one is denied membership based on Pre-existing Medical Conditions, but any conditions that existed prior to membership would not be shareable with the community until certain membership longevity requirements are met.
- I understand that Sedera members retain complete autonomy with regard to how they spend their own money on medical care. However, Sedera members know that when they are asking for others to share their expenses, the community will decide what it will share according to Sharing Guidelines. Sedera members do not expect the community to share the costs of poorly proven therapies and testing, overly expensive practitioners or hospitals.
- I commit to fully cooperating with the Sedera MCS Community and its partners to determine whether submitted Needs are shareable and/or the extent to which submitted needs are shareable by obtaining requested documents, signing necessary releases, and communicating with my Needs Coordinator.
- I commit to act with honor and integrity when interacting with the Sedera MCS Community, and understand that presenting a falsified Need, using deceptive practices, or participating in another member's misuse of trust will result in termination of my household's membership.
- I understand that there is a three-step internal appeals process outlined in the Membership Guidelines.
- I understand that my contributions are made monthly in advance of the membership service month into my household's Medical Cost Sharing Account and grant the Sedera MCS Community and its partners full authority to credit and/or debit from my household's Medical Cost Sharing Account.

2. Membership Requirements and Management

There are four primary levels of household participation for Sedera membership. The Monthly Member Contributions are derived from household membership status. See Section 2.B. for details.

Unmarried children age 18 and younger, and unmarried children ages 19-25 who meet the requirements of Section 2.C. below, may be included as a child in a family membership and may submit medical needs for sharing if they meet the member requirements as listed above and are included on the membership enrollment form.

2.A.	Enrollment date limitations	None. Unlike federally regulated health insurance plans, Sedera's membership in the Sedera MCS Community has no calendar date restrictions for enrollment. However, the membership effective date must occur within 3 months of completing the Sedera MCS Community online enrollment flow.
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2.B.	Determination of household membership	<p>Four tiers (Household Members):</p> <ul style="list-style-type: none"> • Member Only (MO) • Member & Spouse/domestic partner (MS) • Member & 1 or more Child (MC) • Member & Family (MF) <p>Please note: the Monthly Member Contribution varies depending on each member household's dependent status and age. This determination is based on the age of the household's oldest Member as of the membership start date.</p>
2.C.	Child dependent participation	<p>Limited to children age 18 and younger, and unmarried children ages 19 through 25, who are bona fide dependents of a member parent.</p> <p>The Sedera MCS Community will give special consideration, on a case-by-case basis, to unmarried children ages 26 and older that remain dependent on their member parent(s) due to special needs. Any such determination will be made by Sedera at its sole discretion.</p>
2.D.	Marriage	When a member's children gets married, they must request their own membership even if they may otherwise qualify as a dependent.
2.E.	Transition allowance	<ol style="list-style-type: none"> 1. Married children, and those age 26 and over, are not eligible to participate on their parent's membership at the end of the month during which they turn 26. Married children and those age 26 and over therefore must establish a new distinct membership with the Sedera MCS Community. 2. Gap Time—Medical incidents that occur from the time a child leaves their parents' membership to the date they begin their own membership will not be shareable.
2.F.	Newborn	Newborns will be included within the household membership retroactive to the date of birth as long as the member notifies Sedera to add the child to the membership no later than 30 days after birth. Otherwise the effective membership date will be no earlier than the date of notification to Sedera. REMEMBER: Failure to add the newborn within 30 days after birth will result in all newborn's prior medical bills being unshareable. Sedera should be notified as soon as possible to add subsequent newborn children to the membership. Please be aware that there are specific Guidelines that address sharing Needs for a newborn. See Section 9.
2.G.	Adoption	<p>New adoptions will be included within the household membership retroactive to the date of adoption as long as the member notifies Sedera, Inc. to add the child to the membership no later than 30 days after the adoption. Otherwise the effective membership date will be no earlier than the date of notification to Sedera, Inc. Sedera, Inc. should be notified as soon as possible to add subsequent adopted children to the membership. Member is required to provide adoption documentation to verify this Life Change Event.</p> <p>Adopted, unmarried children are considered members of the household the same as biological children. Any physical condition of which the adopting parents are aware that the adopted child has prior to the adopting parents being legally responsible for the child's expenses, or prior to the child's effective date within his parents' membership, will be considered a "medical condition that existed prior to membership" under Section 7.</p>
2.H.	Grandchildren	<p>Grandchildren may be included as part of their grandparents' membership if they meet all of the following criteria:</p> <ol style="list-style-type: none"> 1. They live permanently with their grandparents (their residence), and 2. The grandparents have legal custody, or the grandchild is the child of a minor, and 3. They meet the eligibility Guidelines for children, and 4. They have no other agency, person, or group responsible for their medical bills.

2.I.	Reinstatement of Membership	Members who cancel their Sedera Membership may reapply for membership. In general, re-enrollments are treated as new enrollments, regardless of the elapsed time between termination and reinstatement. Pre-existing Medical Conditions (if any) would be subject to a 36-month look back period and waiting periods may apply before Needs associated with those conditions would be eligible for sharing. See Section 8.B.
2.J.	Maximum Membership Age of 65	Eligibility for Sedera MCS Community Access Membership terminates at age 65. As such, a Member's Membership terminates on the last day of the month in which the Member turns 65. This termination occurs regardless of whether the Member is eligible for Medicare.
2.K.	Changes to Membership During the Membership Year - Life Change Event (LCE)	<p>Every Sedera Membership has a yearly anniversary date based on the membership Start Date (Membership Year) when a Member can make certain changes to their Membership options. Membership options include items such as household Membership level, IUA level, and additional services purchased.</p> <p>A Life Change Event (LCE) also allows a Member to make changes to their dependents and/or Membership level during the Membership Year within 30 days of the LCE and will be made effective at the start of the next billing cycle. An LCE includes:</p> <ol style="list-style-type: none"> 1. Changes in your household: a) A Member or spouse/domestic partner having a baby or adopting a child; b) A Member or dependent getting married or divorced; c) A Member or dependent dying; d) A dependent turning 26 years old. 2. Changes in your employment status. <p>Please Note: Automatic changes to membership based on changes in a member's age take effect on the first day of the next contribution cycle after the member's birth date.</p>
2.L.	Cancellation of Membership	Members can notify the Sedera MCS Community of their desire to cancel their membership at any time or log on to their Member Portal and cancel their membership, however the cancellation will generally become effective at midnight on the last day of the billing cycle in which the cancellation occurs. Please note that due to banking requirements, cancellations that occur on the last day of a billing cycle or on a banking holiday may not actually occur until the end of the next billing cycle.
2.M.	Death of a Member	Upon the death of a Member, please notify a Sedera Member Advisor as soon as possible. Sedera will likely require certain documentation to efficiently handle any existing Need and/or close or make changes to an existing Sedera Membership. A Sedera Member Advisor can also help answer any questions about submitting a Need on behalf of a deceased Member or how Medical Cost Sharing works.
2.N.	Change to Selected IUA	<p>A Member's chosen IUA affects the Monthly Member Contribution and therefore the amount available to the Community for medical cost sharing.</p> <p>Increase. A Member can choose to increase their selected IUA at any time. The new Monthly Member Contribution will go into effect/be pulled/reflected on the next billing cycle. Please contact a Sedera Member Advisor if you have any questions. Sedera reserves the right, at its sole discretion to determine an exception to this general rule.</p> <p>Decrease. A Member may decrease their IUA only during the month prior to the anniversary of their Start Date. The IUA can only be decreased by one IUA lower than the current selected IUA. For example, if your IUA was \$1,500, the Member could only decrease their IUA to \$1,000. The new Monthly Member Contribution will go into effect/be pulled/reflected on the next billing cycle.</p> <p>Please Note: Any change in a Member's IUA will not affect any open or ongoing Needs case</p>

3. Member Responsibilities

Members should familiarize themselves with the following responsibilities in order to more effectively participate in medical cost sharing. Each member's faithful participation directly contributes to other members.

A. New members — Must fully complete the Sedera MCS Community online enrollment flow. Your Monthly Member Contribution will be collected from the bank account or

credit card you specified when you completed the Sedera MCS Community application process.

- B. Monthly Member Contributions — The Monthly Member Contribution includes the Member Share Amount (“monthly shares”), the Member Services Fee, and other service costs. All of these are broken out in the Member’s monthly contribution statement. All contributions are entirely voluntary. NO ONE is ever obligated to be a part of this medical cost sharing membership.

Each month the monthly shares that Members have contributed are made available to other Members who have eligible medical needs. The amount each individual member contributes depends on the member household size, IUA selected and member and spouse/domestic partner ages. For purposes of the definition of spouse/domestic partner in reference to a husband or wife, “husband or wife refers to the other person with whom an individual entered into marriage as defined or recognized under state law for purposes of marriage in the State in which the marriage was entered into or, in the case of a marriage entered into outside of any State, if the marriage is valid in the place where entered into and could have been entered into in at least one State.”

- C. Submission of Medical Needs to Sedera, Inc.— See Section 10 for full details.

D. Misuse of Trust and Accountability — At all times, Sedera Members are expected to act with honor and integrity. Members presenting a falsified Need, using deceptive practices, or participating in another Member’s misuse of trust will have their membership cancelled. When a Need is submitted requesting other Members to share financially in order to relieve the burden of a medical expense, the Member submitting the Need is committing that those monies will be used to help pay their financial obligations to their medical providers, as directed by Sedera to the extent of the monthly shares received. Members submitting Needs further commit to work with Sedera’s staff and its authorized affiliates to seek equitable prices from providers and to document amounts paid to providers. The Member may request resolution of the question through the mediation and arbitration provisions described in Section 12 of the Guidelines.

- E. Member Cooperation -- At all times, Sedera Members are expected to fully cooperate with Sedera, Inc. and its partners. This includes fully cooperating in any determination concerning whether submitted Needs are shareable and/or the extent to which submitted Needs are shareable. Members agree to obtain any documents or sign an authorization as requested by Sedera or its partners. Furthermore, to the extent that any submitted Need could be the responsibility of a third party, Sedera Members agree to fully disclose the same and cooperate in any investigation/inquiry conducted by Sedera and/or its partners. Sedera Members with minor dependents agree to fully cooperate on behalf of the minor dependent. Sedera reserves the right to not share the submitted Need if Member Responsibilities are not met and /or the Member Guidelines are not followed. Furthermore, Sedera may close any submitted Need and determine that the Need is unshareable if a Need remains inactive for 6 months, the Member fails to provide requested information within 6 months of the request, and/or the Member fails to respond to Sedera for a 6-month period. Upon request by Sedera or its authorized partner, Sedera Members are expected to make reasonable efforts to contact their medical provider’s offices via telephone and/or in writing who are non-responsive for billed amounts that are deemed unreasonable.

- F. Member Behavior— Each Member has voluntarily chosen to join a community of moral, ethical, and health-conscious individuals, and each Member agrees to refrain from the use of threatening, aggressive, harassing, or abusive language and/or behavior when interacting with Sedera employees or other members of the Sedera Community. This specifically includes, but is not limited to, the use of personal or legal threats. Members understand that engaging in such behavior can result in termination of their membership.
- G. Member's Responsibility for Stewardship — The Member understands that they are cash-pay patients for medical services and agrees to seek fair pricing for their medical services, which benefits both the individual Member and the community. The Member realizes the importance of shopping for medical services and commits to shopping for the best value. The Member will attempt to choose medical professionals and hospitals based on transparent and good prices and is willing to consider traveling to get the best value for elective procedures, select doctors and facilities that charge fair and reasonable prices, and actively participate with Sedera on behalf of the Community to negotiate down overpriced medical bills that the Member and their household may incur.
- H. Authorization Requirement — The majority of medical bills are grossly inflated. Therefore, member cooperation with bill negotiation is required on medical bills that exceed the member's IUA. Members agree to authorize Sedera and/or its affiliates to negotiate billed charges on their behalf. Members who refuse bill negotiations negatively impact the Sedera MCS Community as a whole. Consequently, Sedera reserves the right to reduce the amount shared by 50%, off billed charges for bills over \$500, in cases where a member refuses authorization to negotiate on their behalf.
- I. Expert Second Opinion (ESO) program — In order to ensure that Members receive the most up-to-date and effective medical treatment available, Sedera Members agree to utilize the ESO program, prior to undergoing elective (non-emergency) surgeries.¹ Please note, however, that the ESO program is not required for the following elective/non-emergency surgeries: 1) MOHS Surgery; 2) Glaucoma Surgery; 3) Cataract Surgery.

Needs sharing may be reduced by up-to 50% on non-emergency surgical procedures that exceed \$500 for Members who either 1) Refuse to utilize the Expert Second Opinion program, or 2) Fail to notify Sedera at least 7 business days prior to the procedure. Conversely, if a Member uses ESO and submits the completed ESO consult at least 7 business days prior to the surgery, then the Member's IUA will be reduced by \$250.

Sedera MCS Community Members are personally responsible for submitting their documented Expert Second Opinion consult to their Needs Coordinator in order to complete the process. Failure to do so may result in sharing reductions of up to 50%. Please note that participation in the Expert Second Opinion program prior to a Member's procedure does not guarantee or create a legally enforceable right or entitlement to the sharing of a particular Need since there is not a contractual promise or legally enforceable right to the sharing of Needs under the Membership Guidelines.

¹ PLEASE REMEMBER: The Expert Second Opinion program only provides information services and no doctor patient relationship is being created. Please review the terms of service/use for the program for further details.

Finally, Sedera has the right to ask a Member and the Member agrees to engage in the ESO program at any time to help support the determination/application of the Guidelines to a specific Need. Sedera also has the right to ask a member and the Member agrees to provide a reason/justification if the ESO program suggests a less invasive surgery/treatment and the Member decides not to change their treatment plan.

- J. Advance Payment for Medical Services — Sharing is meant to occur after a medical expense has been incurred. The Sedera Medical Cost Sharing Community understands that in some instances medical providers require up-front or advance payments prior to delivering service. In these instances, members should make every effort to limit the up-front payment to their selected IUA and request to be billed for any remaining charges. Please contact your Member Advisor early on in the process if you suspect or believe that an up-front payment may be required. Your Sedera Member Advisor can help you explore cash pay provider and service options.

Special consideration can be given for up-front payment requests that exceed \$3,000. Notification to Sedera for up-front sharing requests must occur at least 14 days prior to the scheduled medical procedure in order to allow for adequate time to process the Need and share the Need. Please note that up-front sharing is not available for continuous treatment protocols.

In instances where medical providers require payment prior to service, Sedera Members should make every effort to avoid paying full-billed charges for services in excess of their IUA, as this eliminates the ability to negotiate highly inflated medical bills. Paying highly inflated amounts for medical services reduces the effectiveness of the cash-pay patient approach and ultimately results in higher costs to the community as a whole. As such, Sedera reserves the right to reduce sharing by up-to 50% per bill for members who pay full-billed charges in advance of the procedure which exceed industry price norms.

4. Member Participation in Sedera

A. Nominations and Elections

Because the Sedera MCS Community is a community focused benevolence organization, members are encouraged to play an active part in determining how the membership functions. Members participate in important decisions by voting their preferences. The board of Sedera MCS Community is not bound by this vote, but is guided by it.

1. For board members—The Sedera MCS Community Board currently consists of the following members:
 - a. Russell Grigsby, Board Director
 - b. Brant Couch, Board Director
 - c. Dr. Felicity Dale., Board Director
 - d. Jamie Lagarde, Board Director — also serves as CEO of Sedera, Inc.
2. For share increases—If Needs requested are greater than the Member Share Amount contributed during that month, regardless of whether “prorating” of Needs occurs for any three months out of six, a Member Share Amount increase will be considered by the Board. The Board may increase share contributions to the Members at other appropriate times, such as when it believes that the occurrence of prorating demonstrates the inadequacy of the share amounts to meet all the

Needs that members have agreed to share. Discounts or share increases for various age groups may only be changed by majority vote of the Sedera MCS Community Board.

3. Advisory input—The Board may also seek an advisory vote of participating Members and/or households on any issue, e.g. whether to make changes in the Guidelines concerning which medical needs should be shared. The Board may consider, but shall not be bound by, any such vote.

B. Member Communication

Sedera believes that all Members of our sharing community should have a voice in providing input for the mutual advantage of the whole. We encourage Sedera Members to communicate with Sedera staff about all issues of health care. Member input can help us be more aware of ways to improve the membership. Example: If a member learns of a new and effective medical treatment that improves quality, saves time or reduces cost.

Input offered in a constructive and helpful spirit is highly valued, and always welcome.



5. Additional Giving

While the Sedera MCS Community practices good stewardship by adhering to the Sedera Membership Guidelines and limiting the Needs shared to those that the Members have agreed to share, we also strongly encourage giving above and beyond what is required. This can be done through extra giving to the Sedera MCS Community.

A. Proration Months

In months where a proration occurs, most members who had a shareable Need that month will only have the prorated amount shared, which could leave a significant burden on some Members. In such cases a monthly update will be published to indicate

the extra amount that Members would need to contribute in order that all Member's Needs would be fully met. All Members are asked to consider giving out of their surplus, beyond their Monthly Member Contribution, in order to minimize the effect of a proration month.

6. Needs that Members Share

This section explains how the shareable amount of a Member's medical expenses will be determined. There is no annual limit on the number of conditions that may be shared. Original, itemized bills for the medical expense that Members want considered for sharing must be submitted within six months of the date of service. Bills submitted more than six months after the date of service will not ordinarily be shareable.

A. Basic Need Levels

Medical needs are submitted on a per Member, per incident, basis. These are injuries and illnesses resulting in medical expenses incurred by receiving medically necessary treatment from licensed medical professionals; including physicians, emergency rooms, hospital facilities (whether inpatient or outpatient), and in certain circumstances the costs related to medical case management.

6.A.1.	Initial Unshareable Amount (IUA)	The financial portion (\$500, \$1,000, \$1,500, \$2,500, or \$5,000 U.S. dollars) that members pay their medical providers prior to any amount becoming eligible for sharing. After the IUA has been satisfied, a qualified Need, as determined by the Guidelines, becomes eligible for sharing consideration.
6.A.2.	Maximum shareable amount per Need	<p>While there is no lifetime maximum amount eligible for sharing for any member or household, sharing is limited to the total number of shares made available by the collective participants. No single Need may consume more than one third of the total number of shares available in order to assure adequate shares for all members.</p> <p>The Member Share Amounts are allocated as needed to handle both large and small medical bills that qualify for sharing. Because large bills are a fact of life in any community, Sedera allocates a specific portion of every month's Member Share Amounts to the very large medical costs requested in that month. Fifteen percent of the Member Shares Amount received each month is allocated to very large Needs.</p>
6.A.3.	Determination of "Need"	Expenses related to the same medical condition, including those for separate incidents, (e.g. separate treatments or episodes of symptoms) will be shared as one Need and accumulate towards the total Need amount. When 12 consecutive months have passed without any symptoms, medication, or other treatment for the condition that originally created the Need, or related subsequent conditions, and the condition recurs, it will be treated as a new Need.
6.A.4.	Multiple needs within a 12-month period	Members and Households that experience multiple Needs within their 12-month Membership Year are required to pay the first three IUAs at the selected amount. If there is a fourth Need during the same Membership Year, no IUA would apply. The fourth Need, and any subsequent Need(s), would be eligible for sharing with no IUA subject to any stated restrictions or limitations in the Guidelines. (Please remember that to qualify as a Need, the medical expense must first exceed the member's initial unshareable amount).
6.A.5.	Effect of discounts	Keeping medical expenses to a minimum is an advantage to all Sedera MCS Community Members. Therefore, Members are asked to contact their Member Advisor in all medical incidents that are not emergency situations. If you are involved in a medical emergency, please contact your Member Advisor within 48 hours, or as soon as reasonably possible. Members who pay full-billed charges for medical services which exceed industry price norms may be subject to sharing reductions. See Sections 3 for further details.
6.A.6.	Multiple simultaneous Needs	If more than one shareable condition is treated during the same period of time, the member must submit separate Needs requests for each condition. Each Need must be submitted through a separate Needs Submittal Process. The Member's IUA will apply to each Need, subject to the multiple Needs limit. See 6.A.4.

6.A.7.	Advanced Notification	<p>Notifying your Sedera Member Advisor as soon as possible of a new medical diagnosis or medical incident (e.g., within three days of receiving notice from your doctor) is strongly encouraged. Doing so enables Sedera to assist Members in locating and utilizing highly qualified medical providers at fair prices. We refer to these as “Best Value” providers.</p> <p>Member Advisors are equipped with access to multiple data resources to assist in determining high quality medical care at fair and reasonable rates and are empowered to reward Members who embrace using Best Value providers. For example, by reducing or waiving the Member’s IUA.</p>
6.A.8.	Medical Case Management	<p>Medical case management is a collaborative process that helps plan, coordinate, and/or facilitate treatment plans to help arrange the appropriate medical care for disabled, ill or injured individuals. In certain circumstances the costs of these services are shareable with the Sedera Medical Cost Sharing Community. Please contact your Sedera Needs Coordinator for further details.</p>

B. Payments from Others Who are Obligated to Pay

6.B.1.	Insurance entities and/or government programs	<p>Obligated insurance and/or government entities are always considered the primary payor for any member’s medical expense. Members who are eligible for benefits through either insurance arrangements or government programs are <u>required</u> to contact their Sedera Member Advisor before submitting their medical need request. The Member Advisor can assist in submitting the member’s medical expenses to the entity (e.g., Medicare, Medicaid, Worker’s Compensation, or any other responsible private insurance payor) prior to submitting them to Sedera. Notice of payment, or rejection, must be received from the potentially liable party before Sedera will consider sharing the need. Any amount paid by an obligated third party payor will reduce the members IUA, dollar for dollar, up to the full amount. Amounts paid over and above the IUA by obligated third parties will not be shared.</p> <p>Example 1: A member’s child is playing at a friend’s home and suffers a fall down the stairs. The child requires treatment for lacerations and a broken wrist. The total medical expenses come to \$4,000. The accident was later attributed to a toy being left on the stairway, causing the child to trip. The member discovers that the parents’ homeowners’ policy has a \$1,000 medical liability provision and the property insurance company awards a claim to the member’s medical provider. In this case, the member’s Initial Unshareable Amount (IUA) would be eliminated and the burden for Sedera members would also be reduced as follows:</p> <p>a) Original Need request; \$4,000 medical expense - \$500 member portion IUA = \$3,500 Sedera MCS Community shareable amount</p> <p>b) Adjusted need request, after insurance award; \$4,000 medical expense - \$1,000 insurance award \$0 member IUA eliminated = \$3,000 adjusted Sedera MCS Community shareable amount</p>
6.B.2.	Pursuing legal remedy	<p>In the event that a Member suffers injury at the hand of another person/party leading that person/party to be liable or potentially liable for payment and the liable party and/or their insurer refuses to pay unless or until a legal remedy is reached, the Member will be responsible to pursue such legal remedy against the liable person/party. Sedera reserves the right to not share and/or place conditions on the sharing of these Needs until such matter is settled or adjudicated. Please contact your Member Advisor if you have questions related to a specific situation.</p>
6.B.3.	Other available assistance	<p>Members must seek reimbursement from other responsible payers, including government entities, for any portion of their needs, when the Member is eligible for such benefits.</p>

6.B.4.	Discounts	Discounts given by any health care provider should be listed when completing the online Needs Submittal Process and will not be eligible for sharing. Generally speaking, we encourage members to only pay their Initial Unshareable Amount (IUA) at the point of service so that Sedera's staff will have the opportunity to negotiate the rest of the medical cost to an appropriate level for that incident. See also Effect of Discounts; Section 6.A.5.
6.B.5.	Balancing needs and shares/proration	<p>The amount of a Need that is shareable may be affected by the amount of other members' Needs. Each month there is a fixed amount of committed shares available from members to be sent out to meet Needs. However, the Needs of members fluctuate, and in any one month may be greater, or lesser, than the shares available. Needs take varying amounts of time to process to be ready for sharing, and there is rarely an exact match between the amount of shares available for a month and the Needs that have been received. Many times, the mismatch between Needs and shares is remedied by overlapping Needs received over two months, but occasionally the discrepancy is too large for this simple adjustment. The handling of large fluctuations is described as follows:</p> <ol style="list-style-type: none"> 1. When monthly shares exceed medical Needs—If the available monthly shares exceed the requested Needs in any given month, and all of the prorated Needs from the previous month have also been met, the additional shares may be used to offset needs for the following months. . 2. When medical Needs exceed monthly shares/Prorating—Sedera Inc.'s goal is that all qualifying Needs presented by the members will be shared. However, in the event that the shareable Needs are significantly greater than the shares available for that particular month, we may use a prorating contingency plan. <p>For example, if \$500,000 in total Needs are requested to be shared in a given month, but only \$400,000 in monthly shares are available, Sedera, Inc. would take the percentage of shares as compared to Needs—$\\$400,000/\\$500,000 = 80\%$—and apply that percentage to each Need. Thus, Sedera members would share 80% of the normal shareable amount of each Need presented for that particular month. If a member has a need for which the Sedera MCS Community would normally share \$1,000, \$800 would be available for sharing. Importantly, experience to date has shown that through our bill negotiations process adequate funds have been available to meet the final negotiated costs of all qualified Needs.</p>
6.B.6.	Time limit for sharing documentation	<p>The earlier that bills are submitted typically enables the best opportunity for price reduction via negotiations with medical providers. When there are a number of bills related to treating the same incident, it is helpful for them to be submitted together if they can all be obtained within a 30-day period.</p> <p>Original, itemized bills should be submitted to Sedera via the online Needs Submittal Process as soon as possible. Barring extraordinary circumstances, bills submitted more than 6 months from the date of service ("DOS") will ordinarily not be shared. However, exceptions will be considered for bills that will be applied towards a Members IUA for up to 12 months from DOS. Members are encouraged to open a Need upon first DOS, regardless of exceeding IUA, to utilize Sedera navigation resources and maximize processing efficiency.</p>
6.B.7.	Other Medical Cost Sharing Communities	<p>Sedera Members are free to participate in other medical cost sharing communities in addition to Sedera. However, a Sedera Member should not profit from incurring a medical Need or unduly burden one community over another. Members who submit a shareable Need to Sedera, while a member of multiple sharing communities, will need to cooperate and provide supporting documentation to show what is shareable/has been shared by another community. The Sedera MCS Community will share in its proportional share of the Need.</p> <p>Example: If Sedera is one of two responsible MCS communities, Sedera will share 50% of the Need; if Sedera is one of three responsible MCS communities, Sedera will share in 1/3 of the Need; etc.</p>

7. Medical Conditions Existing Prior to Membership

Expenses for any medical service/treatment provided during membership which meets these Guidelines are shareable while being a member in good standing, except as explained below or as otherwise agreed prior to membership.

7.A.1.	Chronic or recurrent conditions existing prior to membership	<p>With the exception of specified time periods stated in section 8 below, medical Needs that result from a chronic or recurrent Pre-existing Medical Condition are subject to sharing limitations, <u>unless</u> 36 months immediately prior to membership effective date have passed without any signs or symptoms of the condition, without any treatment needed, without any medication prescribed or taken, and without any suspicion by the patient or doctors that the condition is resurfacing. This applies whether or not the cause of the symptoms is unknown or misdiagnosed.</p> <p>Recurrent acute severe allergic reactions (hives, swelling, swollen airways, shock, anaphylaxis) requiring urgent or emergent intervention will be considered a <i>chronic/recurrent condition</i> and will be subject to pre-existing condition sharing limitations if such events have occurred 3 or more times in the 36 months prior to membership effective date, regardless of the triggering allergen.</p> <p>Please note: Sedera may require that the member provide a written statement from a physician that the current Need was not caused by the prior condition.</p>
7.A.2.	Verification for certain conditions	<p>For some conditions listed below (all of Section 8 and Appendix), a written verification signed by both the Member and the Member's treating physician must be submitted to substantiate that there have been no signs or symptoms of the condition, no treatment needed, no medication recommended or taken, and no suspicion by the patient or doctors that the condition was resurfacing for at least 36 months prior to membership effective date.</p>

8. Shareable Conditions

Shareable Conditions for which Medical Expenses Are Eligible for Sharing

Medical expenses are eligible for sharing if they fit within the Guidelines approved by the Board of Directors. The Guidelines place some limitations on the types of physical maladies and medical services for which Needs are shared and limit the sharing of Needs incurred due to illnesses related to certain Pre-existing Medical Conditions.

This section is designed to enable Members to determine whether the medical services required for specific injuries and illnesses would be shareable, and to confirm if or when medical expenses would be shared for known medical conditions. There are some services and charges that are not shareable (Sections 8.C. & 8.D.). Members are advised to contact their Sedera Member Advisor if they have any questions regarding the application of these Guidelines. Also, see Section 11 regarding Binding Decisions.

A. Medical Conditions for which Expenses Are Eligible for Sharing

Most physical conditions are eligible for sharing within a range of special provisions for certain conditions as explained below.

Member Need requests for medical expenses resulting from conditions within the time periods indicated prior to membership, require a verification statement signed by both the Member and their doctor, as described in Section 7.A.2. This is to ensure that the condition did not exist prior to membership, or that the member had no signs or symptoms of the condition, no treatment was needed or undertaken, no medication prescribed or taken, and there was no suspicion by the patient or doctors that the

condition was resurfacing. This applies whether or not the cause of the symptoms is unknown or misdiagnosed

B. Medical Expense Needs for which Medical Cost Sharing is Limited

Visits to licensed medical providers, emergency rooms/urgent care centers, hospitals, laboratory & testing facilities, as well as out-patient surgery centers for physician ordered lawful medical treatments for illnesses and injuries are generally shareable. Expenses for services rendered outside of the United States are shareable provided the documentation meets the requirements of Section 10.

A look-back period of 36 months applies to all Pre-existing Medical Conditions for Sedera MCS Community applicants. A Pre-existing Medical Condition, as previously defined, is subject to sharing limitations unless 36 months immediately prior to membership effective date has passed without any signs or symptoms of the condition, without any treatment needed, without any medication prescribed or taken, and without any suspicion by the patient or doctors that the condition is resurfacing. This applies whether or not the cause of the symptoms is unknown or misdiagnosed.

A new Pre-existing Medical condition occurring after a Member’s Application Date and within the 60 days immediately preceding the Start Date will not be subject to the Pre-existing Medical Condition Limitations. Other limitations may still apply.

Sharing Limitations for Pre-existing Medical Conditions are gradually removed according to the following schedule:

Time constraints for Pre-existing Medical Conditions after membership Start Date	Sharing Eligibility
First 12 months	Not shareable
Months 13 – 24	Shareable to \$15,000
Months 25 – 36	Shareable to \$30,000
Month 37 and after	Eligible for full sharing

See Appendix for details pertaining to special provisions for conditions stated in the above table.

A look-back period of 12 months applies to all potential Tobacco/Vape User applicants. If at any time during the 12 months preceding the Application Date a Member meets the Tobacco/Vape User definition, then the Member is considered a Tobacco/Vape User. Additionally, if at the Application Date a Member was not considered a Tobacco/Vape User and the Member engages in the outlined Tobacco/Vape User behavior, the Member must contact a Sedera Member Advisor to have that change reflected in their membership. Tobacco/Vape User Members are subject to the following additional restrictions and the Proof of Cessation requirements as outlined in the Appendix.

Additional Sharing Restrictions for Tobacco/Vape Users:

Cigarette smoking is the leading preventable cause of death in the U.S. Sedera Medical Cost sharing households with one or more Tobacco/Vape Users are required to share a higher monthly share amount to incentivize the Member(s) to stop tobacco use or vaping.

Exceptions: The occasional celebratory cigar or pipe is acceptable.

Until the Member(s) meets the Requirements to Prove Cessation of Tobacco as outlined in the Appendix, Tobacco/Vape Users age 50 and older, in addition to the higher monthly share amount also have a shareable limit of: \$25,000 for each of the following conditions:

1. Cancer
2. Respiratory disease
3. Vascular disease including coronary disease and stroke
4. Oral and Esophageal disease
5. Gastric and Duodenal Ulcers

Please note that failure to report tobacco use to Sedera may result in termination of membership.

There are special rules and limitations for certain services and some services are not shareable as indicated below:

8.B.1.	ADD, ADHD, Autism, and SPD treatment	Maximum shareable amount of \$1,500 per Member per Membership Year.
8.B.2.	Allergy/Allergens	<p>Generally Shareable. However, special considerations are noted here:</p> <p>Acute Allergic Reactions: Treatment for acute allergic reactions are shareable unless subject to pre-existing condition limitations (See section_7). Each discrete episode of acute allergic reaction is <i>considered a separate Need with its own IUA</i> applied before sharing.</p> <p>Allergy Diagnostic Testing is sharable after IUA only if ordered by a physician who is trained adequately to understand and interpret the ordered testing (usually this means allergists). Such testing will not be shareable if ordered by alternative/functional/integrative medicine practitioners.</p> <p>Allergen Immunotherapy for allergic disease:</p> <ul style="list-style-type: none"> • Injected or oral/sublingual immunotherapy for <i>food allergy</i> (including peanut (<i>Palforzia</i>)) is not shareable. • Injected or oral/sublingual immunotherapy for <i>inhalant allergies</i> is partially shareable (50%), after IUA, after ESO consultation, when overseen or ordered by physicians who are trained adequately to provide these therapies and who are not alternative/functional/ integrative practitioners. (Injectable Epinephrine is addressed in section 8.B.27.).
8.B.3.	Alternative Medical Practices	<p>Unproven and insufficiently proven diagnostics and therapeutics are considered <i>Alternative</i> and are not shareable. Alternative practice methods include ayurvedic, acupuncture, homeopathy, naturopathy, functional/integrative medicine, most use of CBD and all marijuana, and any practice that promotes insufficiently proven methods. See section 8.B.11. for sharing considerations for chiropractic. All of the following are also considered <i>alternative/insufficiently proven</i>: nutritional supplements, detoxification; use of diagnostics and therapeutics for mold toxicity, chronic Lyme, Electromagnetic Hypersensitivity Syndrome, and other poorly characterized conditions; stem cell, platelet-rich plasma (PRP) therapies (other than where proven effective); non-FDA approved uses of cryotherapy and light therapy, all diagnostics and lab tests <i>performed on healthy people</i> other than screening testing as recommended by the US Preventative Task Force and heavily marketed diagnostics or therapeutics that lack sufficient evidence to gain FDA approval. Alternative therapeutics may be considered for limited (partial) sharing if the Community Stewardship Board is provided <i>convincing</i> evidence of the value/effectiveness for the specific disease being treated. Your Sedera Member Advisor or Needs Coordinator is available to discuss the submittal process.</p>

8.B.4.	Alcohol or drug abuse treatment	Treatment for Alcohol / Substance Abuse/ Chemical Dependency is shareable to a maximum of \$1,500 per separate Need.
8.B.5.	All Other Addiction treatment	Not shareable. The Sedera MCS Community does not share costs for treatments related to addictions other than for Alcohol/Substance Abuse & Chemical dependency. However, Sedera's Member Advisors are available to assist Members in locating qualified medical providers and/or alternative treatment options.
8.B.6.	Ambulance transports	Shareable as part of a Need whenever medically indicated by a licensed medical doctor, and/or whenever practical due to the severity, proximity and circumstances associated with a specific illness or injury. Not shareable for convenience purposes only.
8.B.7.	Audiological	Shareable if to correct hearing loss, but not for hearing aids. Cochlear implants are shareable if prescribed by a licensed medical provider, but Sedera staff must give advanced written approval.
8.B.8.	Breast Surgery - Cosmetic, Cancer, Mastectomy, Reduction	<p>Cosmetic. Not Shareable. Note: this includes, but is not limited to, breast augmentation and implants. See section 8.B.14. for more details.</p> <p>Cancer. A mastectomy, reconstruction, or cosmetic procedure occurring because of a new cancer diagnosis after Membership Start Date, is generally eligible for sharing subject to any other applicable limitations in the Guidelines. Members undergoing a mastectomy, reconstruction, or cosmetic procedure as part of a pre-existing cancer diagnosis are subject to the Pre-Existing Sharing Limitations. Complications related to a shareable Need are generally shareable.</p> <p>Preventive Mastectomy. A Member choosing to undergo a preventive mastectomy for cancer avoidance in a high-risk case is eligible for up to 75% sharing. Breast reconstruction, including implants, or cosmetic procedure after a preventive mastectomy is not shareable.</p> <p>Breast Reduction. A Member undergoing a breast reduction as part of a shareable Need is eligible for up to 75% sharing.</p> <p>Please Note: Complications including dissatisfaction, regret, or failure to obtain the desired results are not considered shareable complications.</p>
8.B.9.	Cancer/Chronic Illness Diagnosis	Generally shareable. If a Member is diagnosed with cancer or another chronic illness, please notify a Sedera Member Advisor as soon as possible to discuss the tools and resources that may be available to help.
8.B.10.	Chaplaincy	Not shareable outside of Sedera's ancillary services network, however access to Chaplains is provided as part of the ancillary member services program. Chaplains, both male and female, are available to members via telephone. They are experts in listening and providing spiritual support and encouragement.
8.B.11.	Chiropractic	Services related to treatment of a specific musculoskeletal injury or musculoskeletal disease are shareable for Members 18 years of age and older, up to 15 office visits (sharing limited to \$1,500 per Need with a maximum of \$1,500 per Membership Year), including related items for treating the musculoskeletal injury or musculoskeletal disease such as prescribed X-rays. Maintenance treatments are not shareable. All other chiropractic services, including any treatments on Members under 18 years of age, will be considered "Alternative Medical Practices" per the Guidelines (Section 8.B.3.).
8.B.12.	Colonoscopy	<ol style="list-style-type: none"> Diagnostic Colonoscopy. Shareable <i>after</i> IUA for a <i>diagnostic</i> colonoscopy when ordered and performed by a licensed medical provider to evaluate signs/symptoms related to a potentially shareable Need. Screening Colonoscopy. Shareable <i>without</i> an IUA up to a maximum of \$2,500 per Member per colonoscopy (as a well-patient procedure) when a <i>screening</i> colonoscopy is performed for a fair and reasonable price as a routine medical preventive <i>screening</i> test in a Member age 45 or above who does not have signs/symptoms or history of colon disease. If a <i>screening</i> colonoscopy identifies a colon abnormality, such as a polyp or diverticula that colonoscopy will then be considered a <i>diagnostic</i> colonoscopy with no IUA, and all future colonoscopies will be considered <i>diagnostic</i> and be shared only after IUA.

8.B.13.	Complications of a Non-Shareable Surgery/ Procedure	Generally not shareable. Exceptions exist when a true complication occurs during or immediately after the surgery/procedure that results in a Member needing and receiving emergency medical attention to address an issue unrelated to the original intent of the non-shareable surgery/procedure. Example: while receiving cosmetic breast implants, a Member has a reaction to the anesthesia, resulting in emergency medical attention. Note: Complications from cosmetic procedures, including dissatisfaction, regret, failure to obtain the desired results, or failure of cosmetic devices are not considered shareable complications.
8.B.14.	Cosmetic surgery/ procedures	Generally not shareable unless necessary because of disfiguration due to a shareable injury or illness.
8.B.15.	Counseling/ Psychological Services	Shareable to a maximum of \$750 per Need with a maximum of \$750 per Membership Year.
8.B.16.	Dental	Generally not shareable. See Dental Problems, Appendix #4.
8.B.17.	Dermatology	Generally not shareable. Dermatological screenings, annual visits, and checkups are considered Routine Medical Care and are not shareable. Non-cosmetic dermatological conditions that exceed a Member's IUA are generally shareable subject to other applicable provisions in the Guidelines. Please contact a Sedera Member Advisor if you have additional questions about Dermatological services.
8.B.18.	Diagnostic Neuropsychological Testing	Shareable once for each Member under the age of 18 or brain injury victim up to \$2,000 per Member, if the Member is not eligible for any public or governmental diagnostic testing program that pays for or provides the testing.
8.B.19.	End Stage Renal Disease ("ERSD")	Generally not shareable, unless the member is not eligible for ESRD Medicare and provides reasonable proof of their ineligibility or denial.
8.B.20.	Fertility/Infertility	Not shareable.
8.B.21.	High-Cost Therapeutics	Cost Sharing for high cost medications, cell therapy, gene therapy and other individual new therapeutics is limited to \$250,000 per Need and is subject to all other applicable limitations and conditions in these Guidelines including, but not limited to, the pre-existing sharing condition sharing limitation and IUA.
8.B.22.	Hospice / Palliative Care	Shareable as ordered by a licensed physician is shareable to a maximum of \$200 per day and a maximum of 90 days per Member. Additional partial sharing may be considered by the Community Stewardship Board.
8.B.23.	Hospital emergency rooms, hospitalization and urgent care facilities	Generally shareable for medically necessary services resulting in expenses that exceed the member's chosen IUA.

8.B.24.	Immunizations	<p>Except for an annual Influenza vaccination (flu shot), adult immunizations are a member responsibility so are not shareable. Routine Childhood immunizations are sharable for children from birth through age 18 for:</p> <ul style="list-style-type: none"> ○ Diphtheria, Tetanus, Pertussis (Whooping Cough) ○ Haemophilus influenza type b ○ Hepatitis A ○ Hepatitis B ○ Human Papillomavirus (HPV) ○ Inactivated Poliovirus ○ Influenza (flu shot) ○ Measles ○ Meningococcal ○ Pneumococcal ○ Rotavirus ○ Varicella (Chickenpox)
8.B.25.	Implanted Medical Devices	<p>For a new diagnosis, implanted medical devices are generally shareable, subject to any applicable provision or limitations of the Guidelines. This includes the reasonable/medically necessary maintenance/repair/replacement of the implanted medical device. Pre-existing implanted medical devices and their maintenance/repair/replacement are subject to the Sharing Limitations for Pre-existing Medical Conditions.</p> <p>Please Note: The maintenance/repair/replacement of the external components of implanted medical devices are considered “Medical Equipment” and subject to the Medical Equipment sharing restrictions.</p>
8.B.26.	In-Home Nursing Care	<p>Shareable as ordered by a licensed physician for the purpose of recovering from an illness or injury is shareable to a maximum of \$200 per day and a maximum of 90 days per medical Need. Additional partial sharing may be considered by the Community Stewardship Board.</p>
8.B.27.	Injectable Epinephrine	<p>Injectable Epinephrine kept on hand for acute treatment of allergic reactions is considered by Sedera to be a maintenance medication and therefore is not sharable after the first prescription, except that replacement epinephrine injectors will be shared up to a maximum of \$200 after IUA when previous supply was used during a recent allergic reaction.</p> <p>Please note that most generic two-packs can be found for less than your IUA and less than \$200. A Sedera Member Advisor can help you find reduced prices for most medications.</p>
8.B.28.	Laboratory tests	<p>Shareable when prescribed by a licensed medical provider to diagnose the cause of signs and symptoms of a condition when not subject to limitations for Pre-Existing Conditions.</p> <p>The Sedera MCS Community will not share in laboratory diagnostics for which the practice either receives a kickback or upcharges more than 10% over the available wholesale lab price. This is to avoid the conflict of interest that induces certain doctors to order excessive tests.</p>

8.B.29.	Mammography / Mammograms	<p>1. Diagnostic Mammograms. Shareable <i>after</i> IUA when ordered by a licensed medical provider to evaluate signs/symptoms related to a potentially shareable Need.</p> <p>2. Screening Mammograms. Shareable <i>without</i> IUA (as a well-patient procedure) when a <i>screening</i> mammogram (not thermography) is performed for a fair and reasonable price as a routine biennial medical <i>screening</i> test in a member, age 40 and above, who <i>does not have signs/symptoms of breast disease</i>.</p> <p>3. Shareable after IUA when ordered by a licensed medical provider if the member has a genetic risk or family history of breast cancer, as recommended by the US Preventive Services Task Force.</p>
8.B.30.	Medical equipment-rental/purchase	<p>Shareable at 75% of the cost of the medical equipment if prescribed by a licensed medical provider up to \$25,000 per Need. Medical equipment costs above \$25,000 are generally not shareable. Medical equipment costs above \$25,000 may be considered for additional partial sharing by the Community Stewardship Board.</p> <p>a. Qualifying equipment: The equipment must be customary or necessary part of directly treating the condition (such as oxygen tanks and devices/respirators, special shoes, orthotics, crutches, compression socks, etc.).</p> <p>b. Maintenance/Repair/Replacement: The cost of maintaining, repairing, or replacing equipment is not shareable.</p>
8.B.31.	Medical supplies	Generally shareable within 120 days of treatment start as prescribed by a licensed medical provider.
8.B.32.	Naturopathic Medicine	Treated as "Alternative medical practices" as outlined in Section 8.B.3.
8.B.33.	Newborn care	See Maternity Guidelines Section 9.
8.B.34.	Nutritionists	Not shareable unless prescribed by a licensed medical provider. "Alternative Medical Practices" provisions apply.
8.B.35.	Optical	Shareable for expenses due to cataracts, glaucoma and other diseases or injury to eyes. Vision therapy subject to 25 visit maximum per Need, to a maximum of \$2,500 per separate Need.
8.B.36.	Organ transplants	Generally shareable. Subject to limitations for conditions prior to membership. Prescriptions for medication related to organ transplants are limited to 12 months duration and subject to price negotiations by Sedera or its service partner companies.
8.B.37.	Osteopathic	Shareable—up to 15 visits for adjustments and manipulation, to a maximum of \$1,500 per separate Need. Other medical treatments shareable subject to meeting medical necessity requirements.
8.B.38.	Outpatient surgery centers	Generally shareable for medically necessary services resulting in expenses that exceed the member's selected Initial Unshareable Amount.
8.B.39.	Out-of-country (USA) medical expenses	Generally shareable for medically necessary services resulting in expenses that exceed the member's selected Initial Unshareable Amount.
8.B.40.	Physician office visits	Generally shareable for medically necessary services due to illness resulting in expenses that exceed the member's selected Initial Unshareable Amount (IUA).

8.B.41.	Prescriptions	<p>Prescriptions for medication related to a qualifying medical condition are shareable for the customary cost of the first 120 days. (Treatments for cancer and sublingual immunotherapy—a curative treatment for allergies—are not subject to this limitation; medications related to organ transplants are limited to 12 months duration). All medication, prescribed or not, administered during inpatient hospital stays will be shareable. Sedera employs various mechanisms in order to substantially reduce the cost of maintenance medications, including the use of a mail-order pharmacy program (buy-up option).</p> <p>Curative medications are prescribed with the intent to cure a disease or ailment, serve a short-term bridge toward recovery/healing (e.g., antibiotics, chemotherapy medications, or short-term pain medications, etc.). Maintenance medications are prescribed to control a medical condition (e.g., cholesterol medication, blood pressure control, thyroid medications, etc.).</p> <p>Note: Sedera Members do not share the cost of prescriptions for maintenance of chronic or recurring conditions (e.g. diabetes, eczema, blood pressure control) beyond the initial 120-day period. Subsequent sharing of a prescription for maintenance of the same condition will occur only when there is a new Need. Sedera members do not share expenses for psychotropic medications for chemical imbalances that cannot be verified by laboratory tests.</p>
8.B.42.	Prosthetics and orthotics	Generally shareable, but not for cosmetic only purposes.
8.B.43.	Psychiatric care	Shareable as follows: Inpatient psychiatric care due to involuntary commitment, and the treatment for injuries and detectable organic agents causing cognitive disabilities are shareable up to \$5,000 per condition. Sedera members share in prescribed psychotropic medications the same as other prescription medications. Other types of psychiatric care or services are shareable to a maximum of \$1,500 per separate Need.
8.B.44.	Skilled Nursing Facilities / Long-Term Care Facilities (Nursing Homes)	Shareable as a result of recovering from an injury or illness as prescribed by a licensed medical provider. Sharing is limited to 60 days or \$25,000 per medical Need, whichever comes earlier. Long-term Care / Skilled Nursing costs above \$25,000 are generally not shareable, however they may be considered for additional partial sharing by the Community Stewardship Board.
8.B.45.	Sleep Apnea	<p>Equipment. Sleep Apnea equipment including, but not limited to, MAD, CPAP, APAP and BiPAP devices is limited to a maximum shareable amount of \$2,500 per Need.</p> <p>INSPIRE Sleep Apnea Surgery. Sharing in <i>INSPIRE</i> surgical treatment for sleep apnea is available only if standard and specific clinical criteria are met. Requests for partial sharing must be approved by the CSB in advance of the procedure.</p>
8.B.46.	Sterilization	Elective sterilization such as tubal ligation and vasectomy, or the reversal of the same, is not shareable.
8.B.47.	SYNAGIS	SYNAGIS is a prescription medication that is used to help prevent a serious lung disease caused by respiratory syncytial virus (RSV) in certain children with specific diseases. Synagis is shareable if prescribed and provided in accordance with the most recent clinical guidelines for its use as established by the American Academy of Pediatrics.
8.B.48.	Therapy	<p>Outpatient or inpatient Physical Therapy, Occupational Therapy, and Speech Therapy are each individually shareable for up to \$3,000 per Membership Year (not per Need) when clearly indicated to reverse, control, or recover from a medical condition, subject to pre-existing condition limitations and IUA. Exception: In the case of a child (under age 18), if the disease/injury that caused the need for therapy began after the membership start date, the Member may request an exception to the \$3,000 sharing limit per Membership Year, which if granted, may require additional conditions be in place.</p> <p>Specific therapies outlined in Section 8.B.48., including Physical, Occupational, Speech, and Vision (Optical) are shareable as outlined. All other therapies are generally not shareable.</p>
8.B.49.	Transplants	See Organ Transplants (Section 8.B.36.)
8.B.50.	Travel expenses	Shareable only when significant savings result and can be demonstrated. Contact your Sedera Member Advisor for more information.

8.B.51.	Unresponsive Medical Providers	Outside of bona fide medical emergencies, the Sedera MCS Community does not share in expenses generated by physicians and medical facilities who charge hyperinflated and exorbitant prices and are unwilling to negotiate for fair prices. Once informed by Sedera that a provider or facility charges exorbitantly and is not willing to negotiate reasonably, a member should not expect the community to share in more than a fair and reasonable price, as defined by industry norms, if they choose to return to that provider.
8.B.52.	Varicose Veins	Varicose Veins procedures are generally not shareable. Such procedures are generally considered cosmetic procedures, however there are instances where they can cause medical danger. In such instances, Sedera will require medical records that include a written physician statement that the varicose veins are a significant medical danger. After these materials are provided, the varicose veins procedure is eligible for sharing subject to a lifetime maximum sharing limit of \$2,500 per Member.
8.B.53.	Weight reduction	Shareable only if prescribed by a licensed medical provider. \$1,500 maximum shareable amount per member.

C. Injuries Involving Motor Vehicles

Most needs for motor vehicle related injuries are shareable. A “motor vehicle” is any vehicle with an engine/motor used for transportation, work, or recreation. Medical bills must be submitted to any responsible or liable party before they will be considered for sharing. See Section 6.B.1.

8.C.1	Shareable with requirements	Needs from injuries in an accident where the Member is an operator or passenger (in, on, or being towed by the vehicle) of on-road, or off-road motor vehicles such as snowmobiles, go-karts, off-road motorcycles, four-wheel ATVs, tractors, farm implements, construction equipment, six-wheel ATVs, golf carts, personal moving devices, motorized watercraft of all kinds, and all aircraft, will be shareable for the amount of the Need that is not the responsibility of any insurance entity or other liable party, and if all of the following conditions are met. The operator and any rider: <ul style="list-style-type: none"> a. Were appropriately licensed as required by applicable law, to operate the vehicle involved in the incident, and b. Were not engaged in formal racing or stunt competition, and c. Were not operating the vehicle recklessly, or under the influence of alcohol or any illegal substance, in accordance with Federal laws.
8.C.2	Shareable expenses	Needs from injuries sustained in a motor vehicle accident where the Member is not an operator or passenger (in, on, or being towed by the vehicle), but a pedestrian, bicyclist, bystander, etc., is shareable for the Need amount that is not the responsibility of any insurance entity or other liable party.

D. Miscellaneous Items Not Shared

8.D.1	Abortion	Needs resulting in expenses for abortion of a living, unborn baby will not be shared.
8.D.2	Abuse of drugs or alcohol	Injuries or illnesses that directly result from a member abusing drugs or alcohol will not be shared.
8.D.3	Accidents to teeth while chewing	Needs resulting from breaking or injury to natural teeth and teeth structure by accident while chewing are not shareable.
8.D.4	Armed conflicts	Injuries or illnesses resulting from a member's active participation as a combatant in an armed conflict, but not including acting in self-defense or in defense of hearth or home, are not shareable.

8.D.5	Infertility expenses	Needs resulting in expenses for prescriptions, tests, treatment, in vitro fertilization, or other procedures related to infertility are not shareable.
8.D.6	Injuries obtained from certain acts	Injuries or illnesses caused as a result of participation in a public riot, criminal act, assisted suicide, or euthanasia will not be shareable.
8.D.7	Monetary interest/late charges	Financial charges incurred for late payment or interest charges from any care provider or interest or finance charges from any lending institution that a member borrows from to pay medical bills are not shareable unless a substantial savings for early payment (40% or greater) will result.
8.D.8	Non-medical expenses	Telephone calls, cots and/or meals for visitors and other expenses not directly related to medically necessary services are not shareable.
8.D.9	Over the counter products	Herbs, vitamin supplements, teas etc., are not shareable unless prescribed by an authorized member of a hospital staff for a hospitalized patient. The Guidelines for "Alternative medical practices" also apply. See Section 8.B.3.
8.D.10	Routine medical care	<p>Expenses such as routine physicals, checkups, vaccinations other than Influenza (flu) vaccinations, long-term maintenance prescriptions and other routine medical expenses are generally not shareable. Some exceptions exist for specific preventive screening procedures that are medically appropriate for the member's age, gender and condition.</p> <p>Exception: Diagnostic procedures prescribed on a regularly scheduled basis for the purpose of screening and monitoring known risk situations or cured medical conditions when ordered by a licensed medical provider (e.g. colonoscopies, mammograms, endoscopies, et al.). Pre-existing condition limitation rules apply. Member's selected IUA applies in all cases.</p> <p>Some exceptions exist for colonoscopies, mammograms, and childhood vaccinations as described throughout these Guidelines.</p>
8.D.11	Self-inflicted injuries	<p>Non-accidental, self-inflicted injuries for members over 12 years of age are not shareable.</p> <p>Exception: Medical expenses related to attempted or threatened suicide are shareable; limited to stated psychiatric treatment amounts. See Section 8.B.43.</p>
8.D.12	Surrogacy	Expenses related to a surrogate pregnancy, whether or not the surrogate is a member, are not shareable.
8.D.13	Travel expenses	Travel and lodging expenses are normally not shareable. However, reasonable travel, transportation, meals, and lodging will be considered for sharing if a substantial savings (40% or more) will result.
8.D.14	Wisdom teeth extractions	Not shareable. See Dental Problems, Appendix #4.

9. Maternity Needs

In general, maternity Needs include expenses for prenatal care, delivery, postnatal care and miscarriage.

The Guidelines specific to the sharing of maternity needs are referenced in Sections A, B and C below. Medical cost sharing for maternity needs differs from other shareable medical needs as follows:

1. Medical expenses for childbirth that have an expected delivery date within the first 12 months of membership are not shareable.
2. Normal vaginal deliveries and emergency Cesarean section deliveries for eligible maternity cases have a total Maternity Initial Unshareable Amount (Maternity IUA) of \$5,000. Non-emergency/elective Cesarean section deliveries have a total Maternity IUA of \$7,500. The standard IUA levels of \$500 - \$5,000 do not apply for Maternity Needs. Medical Needs resulting from miscarriages will revert to the member's standard IUA.

3. Newborns will be included within the household membership retroactive to the date of birth as long as the Member notifies Sedera, Inc. to add the child to the membership no later than 30 days after birth. Please see section 2.F. for further details.

Access to Sedera's Member Services and Patient Advocacy teams is available to all members, whether or not the member is pregnant at time of membership.

The specific Guidelines for maternity Needs that are shareable can be found in Sections A, B and C below:

A. Maternity Needs That Are Shareable

9.A.1.	General rule	Maternity expenses incurred after 12 months of continuous paid membership are generally shareable. Shareable maternity Needs include expenses for prenatal care, delivery, postnatal care, miscarriage, and congenital conditions. There are special criteria for sharing Needs of the child from genetic defects and hereditary diseases. See Section 8.A. and the Appendix.
9.A.2.	Separate Needs	Bills for all pregnancy and birth-related complications of the mother will be shared as a part of the maternity Need. Routine postnatal care of the child, including no more than one routine outpatient doctor visit, will be part of the mother's maternity Need. Any pre-birth Need of the child or a post-birth Need of the child beyond routine natal care will be considered a Need separate from the mother's maternity need.
9.A.3.	Early sharing request	Members generally pay their medical providers at reduced rates, due to their cash-pay status, and submit their needs to Sedera, Inc. for sharing consideration after delivery. However, if a maternity provider agrees to reduce their standard charges in exchange for a member prepaying some or all of the bill, Sedera, Inc. will consider sharing the cost of the maternity Need prior to the expected delivery date. The member must request an estimate from their provider and submit it via the online Needs Submittal Process. If the resulting bills are less than the pre-paid amount, the member must contact their Member Service Representative, who will advise them where to send the surplus amount. Requested surplus amounts not returned to Sedera will be charged back to the member. Failure to return surplus amounts could result in termination of membership.

B. Application of Maternity Initial Unsharable Amount

9.B.1.	Maternity cost sharing	Only the portion of a maternity expense that exceeds the Member's specific Maternity IUA will be eligible for sharing.
9.B.2.	Maternity IUA	The Maternity IUA is the IUA that applies to eligible maternity Needs. Normal vaginal deliveries and emergency Cesarean section deliveries have a total Maternity IUA of \$5,000. Non-emergency/elective Cesarean section deliveries have a total Maternity IUA of \$7,500.

C. Maternity Sharing Restrictions and Limits for Conditions that Existed Prior to Membership

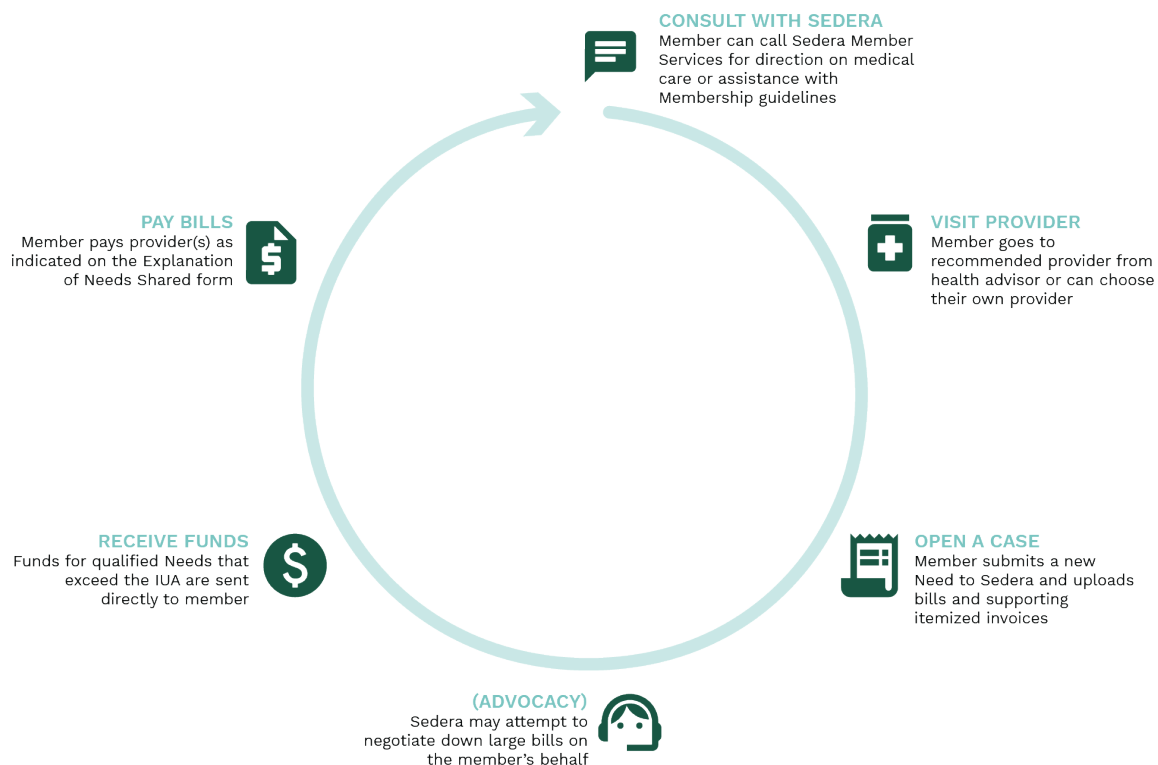
9.C.1.	General rule	Maternity expenses incurred prior to the member's effective date of membership are not shareable. Likewise, maternity expenses for a pregnancy with an expected delivery date that is less than 12 months from the membership effective date are not shareable.
9.C.2.	Ancillary Advocacy services	Both Member Services and Patient Advocacy services are available to assist active members during a pregnancy regardless of their membership effective date or expected delivery date.
9.C.3.	Routine maternity expenses after membership	Generally not shareable.

9.C.4	Complications and conditions through birth	If the member's expected delivery date is determined (by a qualified medical provider) to be on or after the 1 st year membership anniversary date any needs due to complication of pregnancy will be fully shareable after the Maternity IUA has been met. Conversely, any medical expenses incurred, including complications of pregnancy, will not shareable if the member's expected delivery date is determined to be prior to their 1 st year membership anniversary date. Expenses related to miscarriages are generally shareable after IUA.
9.C.5	Complications and conditions after birth	Any complication of the mother which first produces symptoms and is first discovered after birth will be considered part of the mother's shareable maternity Need provide that the General Rule in 9.C.1 is satisfied. Any complication to or defects in the child which first produces symptoms and is first discovered after birth will be a regular Need of the child's if the child is a member at birth.
9.C.6	Premature births	The baby's Need is fully shareable for a baby born prematurely requiring extraordinary medical care.
9.C.7	Surrogacy Costs	Costs related to surrogacy are not shareable.
9.C.8	Doulas	Costs related to Doulas are not shareable.
9.C.9	Breast Pumps	Medically necessary breast pumps are shareable with the Sedera Medical Cost Sharing Community up to \$200 for one breast pump per household when it is not covered under a MEC or other applicable plan or program.

10. Submission of Medical Needs

Eligible medical expenses will be shared for all household Members who meet the membership requirements in Section 1. For a need to be shared, the Member household must be current with their annual membership continuation verification and all monthly shares paid-to-date. Members are advised to carefully follow these instructions for submitting their Needs requests.

The following diagram depicts the general process for processing a member Need:



The Process

1. As soon as a Member anticipates the likelihood of a medical Need (non-emergency), they should contact their Sedera Member Advisor at 1-855-973-3372 (See Section 6.A.7.) so that Sedera may assist them through the process. Note: Emergency medical Needs should be addressed immediately by the nearest qualified emergency professional. Please notify your Member Advisor as soon as reasonably possible after an emergency care visit.
2. Members who have already experienced a medical need that exceeds their Initial Unshareable Amount (IUA) should access the Sedera mobile application as soon as reasonably possible and contact their Sedera Member Advisor if they have any questions.
3. The Member then organizes his/her bills, goes online to sederamcs.org/login, completes the online Needs Submittal Process and submits everything online including providing copies of all relevant medical bills and any proof of payments made towards the Member's Initial Unshareable Amount (IUA). The online Needs Submittal Process can be accessed at sederamcs.org/login, login, and then click on the Needs Management section. If you have any questions about the Needs Submittal Process, please feel free to contact your Needs Coordinator or a Sedera Member Advisor.
4. Upon completion of the online Needs Submittal Process, Sedera, Inc. will review the Need and the submitted documentation against the Guidelines. If the Need is determined to be qualified, it is put in the qualified Needs group.
5. Qualified medical bills that exceed the members IUA are deemed "shareable Needs" and may go through the bill negotiations process. If bill negotiation is necessary, a Patient Advocate (PA) will then contact the member to review the negotiations process and get a Medical Information Release Form (MIRF) signed which authorizes the PA to negotiate on the Member's behalf.

Negotiations for reductions - One of the primary contributors to the Sedera MCS Community's maintaining low monthly contribution requirements is the success we have historically achieved by bill reductions from inflated original invoices through our skilled negotiators. Sedera encourages members to only pay their Initial Unshareable Amount (IUA), so that our Patient Advocacy team can negotiate the remaining bills on behalf of the member. When Members submit their Needs, they are committing to cooperate with Sedera Inc.'s staff and representatives to seek equitable prices from providers and to document amounts the member has paid to providers.

6. As long as the monthly Needs requested are less than the Monthly Member Contributions received, they are paid directly to the Member upon completion of negotiations. In the event that medical Needs require proration, payment of the bills will be held until the amount of proration has been confirmed and the bill negotiation and mediation process is completed.

7. Sedera Members are responsible for paying their providers directly. Sedera does not pay medical providers on behalf of our Members. Needs payments will be sent directly to Members. Members also receive an Explanation of Needs Shared which explains the dollar amount applied to each provider.

11. Binding Decisions

Although Sedera Inc.'s staff members are trained to be forthright in phone conversations, oral opinions offered by any Sedera, Inc. employee does not constitute or ensure a binding decision. Members who call to inform us of their circumstances in order to discover if the Need qualifies will be given an opinion—not a binding decision. Written rulings will be issued only to members who submit requests in writing. The written inquiry must explain the circumstances and medical procedures involved and specify that a written ruling be returned in writing. Such written response from Sedera, Inc. will constitute a decision that will commit Sedera, Inc. to share the bill through the normal Needs sharing process.

12. Disputes and Reconciliation

The Sedera MCS Community and/or Sedera, Inc. serves a community of like-minded individuals who wish to help one another. Members resolve to handle disputes fairly between each other or with Sedera, Inc. in private or within the community. A member who chooses to violate this common belief and covenant and takes a dispute to court demeans the entire Sedera membership and places undue strain on the community. Sedera Members who pursue court proceedings against the Sedera MCS Community and/or Sedera, Inc., its members or its affiliates, understand that their memberships will be consequently terminated.

Therefore, in becoming a member or reaffirming one's membership, members agree that any claim or dispute, with or against the Sedera MCS Community and/or Sedera, Inc., its employees, directors, other members or associate members, that is related to the Sedera MCS Community and/or Sedera, Inc. and the Sedera membership in any way, shall be settled by non-biased mediation or, if mediation is unsuccessful, by legally binding arbitration. Sedera, Inc. agrees similarly with respect to any matter that it may have against a member. Any such mediation and/or arbitration shall take place in Austin, Travis County, Texas. The procedure to be used depends upon the nature of the issue as explained in paragraphs A and B.

A. Questions Regarding Whether a Need is Shareable/Appeals Process

Nearly all needs can be determined to be shareable or not shareable according to the Membership Guidelines. In matters where the Guidelines may not provide absolute clarity, Sedera shall have the sole discretion to determine whether the Need should be shared. Sedera may, but shall not be required to, consider prior procedure and precedent in making such a determination. Any such determination shall be final and binding.

If a Need is determined to be not shareable, and the Member believes that the Sedera Needs Coordinator is misinterpreting the Guidelines or the Member's particular circumstances, then the member may seek reconsideration of the decision by the appeals process generally described below. Please note that regardless of the outcome of the appeals process, the existence of an appeals process should not and does not

create a legally enforceable right or entitlement to the sharing of a particular Need since there is not a contractual promise or legally enforceable right to the sharing of Needs under the Membership Guidelines. A Member has 90 days from the date the determination in question was rendered to initiate the first step in the appeals process.

The appeals process is a three step process: 1) The Member may call his/her Member Advisor or Needs Coordinator and request that the Sedera Needs Operations Manager review the decision made by the Needs Coordinator assigned to the member's Need. The Needs Operations Manager will provide his/her decision, usually within 10 business days; 2) If the Member believes that the Needs Operations Manager is still misinterpreting the Guidelines or the Member's particular circumstances, then the Member has 90 days from the day the determination in question was rendered by the Needs Operations Manager to make a written request to Sedera, Inc. to have the Need submitted to the Sedera Community Stewardship Board (CSB) to determine if, or how much, of a Need will be shared. The CSB reserves the right to recommend partial sharing (less than the full amount) of a Needs request. Please contact your Member Advisor or Needs Coordinator to receive a copy of the Needs Appeal Form to make this written request. 3) If the Member believes that the CSB is still misinterpreting the Guidelines or the Member's particular circumstances, then the Member has 30 days to make a written request to have the Need submitted to a panel of seven randomly chosen members who have agreed to review the Need to determine whether it is shareable ("Member Review Panel" or "MRP"). If any two members out of the seven member MRP agree that the Need should be shareable, then Sedera, Inc. will treat the Need as shareable in the usual fashion.

If the Member still believes that the conclusion of the MRP is wrong, the dispute will be settled by mediation, and if unsuccessful, by binding arbitration. Any such mediation and/or arbitration shall be conducted solely in Austin, Travis County, Texas subject to the laws of the state of Texas. Such arbitration shall be conducted in accordance with the rules of arbitration published from time to time by the American Arbitration Association. The Sedera MCS Community and/or Sedera, Inc. and the Sedera Member agree that each party shall bear its own costs and evenly split the cost of any mediator(s) or arbitrator(s). The Sedera MCS Community and/or Sedera, Inc. and the Member agree to be legally bound by the Arbitrator's decision.

B. Resolution of All Other Issues

Any issue not included under paragraph A to be resolved by the member panel shall be settled in accordance with mediation and if such mediation is unsuccessful, by binding arbitration. Any such mediation and/or arbitration shall be conducted solely in Austin, Travis County, Texas subject to the laws of the state of Texas. Such arbitration shall be conducted in accordance with the rules of arbitration published from time to time by the American Arbitration Association. Sedera, Inc. and the Member agree that each party shall bear its own costs and evenly split the cost of any mediator(s) or arbitrator(s). The Sedera MCS Community and/or Sedera, Inc. and the Member agree to be legally bound by the Arbitrator's decision. However, if both the Sedera MCS Community and/or Sedera, Inc. and the member agree, the dispute may be submitted to a randomly selected panel of seven members instead.

C. Agreement Not to Go to Court

Members understand that these methods shall be the sole remedy for any controversy or claim arising out of their relationship with the Sedera MCS Community and/or Sedera, Inc. and to the extent permitted by law, expressly waive their rights to file a lawsuit in any civil court against the Sedera MCS Community and/or Sedera, Inc., its employees, members, associate members and directors, for such disputes, except to enforce an arbitration decision obtained under paragraphs A or B. This also includes any determinations as to whether the matter in dispute comes within this arbitration agreement or can be required to be arbitrated. Judgment upon an arbitration award under either paragraph A or B may be entered only in the District Court of Travis County, Texas. To the greatest extent permitted by law, each member hereby waives the right to trial by jury.

13. How Sedera, Inc. is paid by the Sedera MCS Community

Sedera, Inc. facilitates the Sedera Medical Cost Sharing Community as described in these Guidelines. This facilitation for the Sedera MCS Community includes the handling of: 1) Member Management; 2) Member Services; 3) Monthly Member Contributions. Sedera, Inc. also handles the coordination of the sharing of eligible Needs amongst the Sedera Community Members.

Every month, a member makes his/her Monthly Member Contribution to the Sedera MCS Community. This Monthly Member Contribution includes both the Member Share Amount, the Member Services Fee, and other expenses. The Member Share Amount is used to share in community medical expenses. The Member Services Fee is used to facilitate and service the Sedera MCS Community, which includes providing Member Advisors, Needs Coordinators, bill negotiation, patient advocacy, navigation services, referral fees, and other services.

Sedera, Inc. has three revenue streams:

1. Sedera, Inc. takes the Member Services Fee, which is used as outlined above.
2. Sedera, Inc. takes 9.9% of the Member Share Amount for administrative purposes.
3. Sedera, Inc. may take up to the first three months of the Member Share Amount for a new member to help grow the Sedera MCS Community.

14. Amendment of Guidelines

The Sedera Medical Cost Sharing Guidelines are a Community and Member resource to understand available sharing for medical procedures, illnesses, etc., and what limits may exist for certain Needs/Community sharing. Changes to the Guidelines are made with the Community in mind, as it continues to grow in numbers and diversity. These decisions made when changing the Guidelines are a balance between the desire to share in reasonable, unexpected, necessary medical expenses and the desire to have a reasonably priced membership. The Guidelines are adjusted and created to best align with the current medical and scientific findings and practices. While some medical procedures or practices find themselves charged with political connotation Sedera's decisions are not and should not be seen or understood as the Community taking any political positions.

The Sedera MCS Board reserves the right to make changes as necessary to the Guidelines to ensure that the Community is serving its Members and protecting the

Community's ability to share in Needs. These changes and clarifications range from adjusting limits on sharing in certain procedures, deciding to no longer share or deciding to fully share in new procedures, etc. As the Guidelines change, we encourage Members to review the changes as they are announced, as they will become effective for each Member on the effective date. Please Note: As a general rule, the Member's Need(s) are shared in accordance with the Guideline effective at the time that the Need is incurred.

A. Procedures

These Guidelines may be amended by the Sedera MCS Community Board of Directors. The Board has the option of first taking an advisory vote of Members and/or households in good standing.

B. Effective Date

Amendments to the Guidelines will go into effect as soon as administratively practical or as designated by the Board. If members have a Need that began prior to the adopted change, the sharing of bills related to that Need will be determined by the Guidelines as they existed on the date the bills were incurred. Medical expenses related to a member's ongoing Need that would have been shareable under the Guidelines in effect when a Need began will generally remain shareable regardless of subsequent Guideline changes.

C. Notice of Amendments

Members will be notified of changes to the Guidelines through postings on the Sedera website, or by provision of updated Guidelines booklet when they are notified that their Membership renewal is due.

Appendix

Details for shareable Needs relative to Pre-existing Medical Conditions and other potentially high cost medical procedures continued from Section 7—alphabetical order:

MEDICAL CONDITION	SHARING STATUS	MODIFIER/EXCEPTION
1. Back problems	Shareable	During the first three years of membership the statement described in Section 7.A.2. must be provided. Sharing limits stated in Section 8.A. and 8.B. will apply if a need request is determined to be a medical condition that existed prior to membership.
2. Cancer	Shareable	Unless related to cancer of a type the member had prior to becoming a member. During the first three years of membership the statement described in Section 7.A.2. must be provided. Sharing limits stated in Section 8.A. and 8.B. will apply if a Need request is determined to be a medical condition that existed prior to membership.
3. Complications from maternity	Shareable	Only if the expected delivery date for the child is determined to be 12 months, or later, from the effective date of membership. Expenses due to medical complications to the mother are considered part of the maternity Need.

MEDICAL CONDITION	SHARING STATUS	MODIFIER/EXCEPTION
4. Dental problems	Sedera members share: a. The breaking or injury of natural teeth and caps (but not repairs to dentures or partial plates) by accidents other than when eating and certain motor vehicle accidents.	
	b. Operations on bones in the mouth (not teeth).	
	c. Life-threatening dental problems.	An example would be an allergic reaction to previous dental work materials on a life-threatening level. Sharing of bills would be limited to helping with the immediate life-threatening problem only. It would NOT include subsequent routine dental work.
	Sedera members do not share expenses for dental work on the teeth either above or below the surface of the gums, and/or routine dental work such as (but not limited to): cleanings, fillings, crowns, removal of wisdom teeth, dentures, treatment of periodontal disease, etc.	Except as provided in 4.a. - 4.c. above.
5. Diabetes that doesn't require insulin (including most Type 2 diabetics)	Shareable	Except maintenance medications as described in Section 8.B.41. During the first three years of membership the statement described in Section 7.A.2. must be provided. Sharing limits stated in Section 8.A. And 8.B. will apply if a Need request is determined to be a medical condition that existed prior to membership.
6. Genetic defects	Shareable when at least one of the following is true:	Sharing limits stated in Section 8.A. and 8.B. will apply if a Need request is determined to be a Pre-existing Medical Condition.
	a. The condition had not been diagnosed nor exhibited observable symptoms in the 36 contiguous months prior to the effective date of membership;	
	b. Neither the condition nor a symptom of the condition was discovered until after membership had begun;	
	c. The condition exists in a person who has been included in a membership from birth and the mother was included in a membership prior to the delivery; or	
	d. If the condition exists in a person who was adopted, the person has been included in a membership since the adoption, and the adopting parents were unaware of the condition at the time the adoption was finalized.	

MEDICAL CONDITION	SHARING STATUS	MODIFIER/EXCEPTION
7. Heart conditions	Shareable	During the first three years of membership the statement described in Section 7.A.2. must be provided. See high blood pressure exception below. Sharing limits stated in Section 8.A and 8.B. will apply if a need request is determined to be a medical condition that existed prior to membership.
8. Hereditary diseases	Shareable	Under the same conditions as Genetic Defects.
9. High blood pressure	Shareable	Provided the member has not been hospitalized for high blood pressure within three years prior to membership and has been able to control this condition through medication and/or diet. An incident that begins after membership becomes effective is shareable and would qualify for one 120-day period for sharing of prescription expenses (See Section 8.B.41.) Medication thereafter for maintaining a chronic condition is not shareable.
10. Pregnancy/ Maternity	Shareable	See Section 9 for special provisions and limitations.
11. Requirements to Prove Cessation of Tobacco		<p>To prove Cessation of Tobacco, a Member will be required to show Cessation of Tobacco for a 12-month period. To do this, a Member is required to submit three (3) negative cotinine tests: 1) the first negative cotinine test date triggers the start of the 12-month period; 2) the second negative cotinine test can be submitted any time during the next 10 months; and 3) the third negative cotinine test must occur during the month preceding the 12-month anniversary of the first test. A member will also be required to submit an affidavit or acknowledgement stating the last date of tobacco/vape use upon submitting their third negative cotinine test. Once the 12-months have passed and Sedera has received all required tests and affidavit/ acknowledgement, the Member will no longer be subject to the Tobacco/Vape User fee or the limitations placed on the tobacco/vape related illnesses. If a Member becomes a Tobacco/Vape User during the aforementioned 12-month period, the 12-month period will restart upon submittal of a negative cotinine test.</p> <p>Note: Nicotine usage will make these tests positive, so all nicotine supplements need to be stopped as well.</p>
12. Sexually Transmitted Diseases (STDs)	HIV, AIDS, or other STDs contracted without breaking any applicable laws (e.g. blood transfusions or medical procedures) will be shared.	Expenses for sexually transmitted diseases, including the HIV virus are otherwise not shareable. It is the member's responsibility to demonstrate that the disease was not contracted illegally (e.g., sharing needles in illegal drug use).

MEDICAL CONDITION	SHARING STATUS	MODIFIER/EXCEPTION
13. Temporomandibular Joint Dysfunction (TMJ) Syndrome	Shareable	Subject to a one-time maximum sharing limit of \$1,500.