The following benefit modifications will be implemented to the Blue Shield PPO plans effective October 1, 2010:

- **Emergency Room Copay:**
  - $100 emergency room copay will be applied. The copay will be waived if admitted.

- **Physical Medicine – Physical and Occupational Therapy:**
  - The combined limit for these benefits will be removed; all services must be considered medically necessary. A pre-authorization review will be in place for visits that exceed the appropriate averages. Chiropractic care will be separated out from the Physical Medicine benefit.

- **Chiropractic care:**
  - The benefit will allow 20 visits per calendar year.

- **PacifiCare Behavioral Health:**
  - PacifiCare Behavioral Health will no longer administer the mental health program. All mental health benefits will be covered by Blue Shield using the PPO provider network. Contact customer service at (800) 378-1109.
  - The Employee Assistance Program will be offered through the Blue Shield LifeReferrals 24/7 program. Contact customer service at (800) 985-2405.