

Silver 2002

Coverage for: Individual and/or Family | Plan Type: HMO

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, at <a href="https://www.capitalhealth.com/sbc">www.capitalhealth.com/sbc</a>. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms, see the Glossary. You can view the Glossary at <a href="https://www.healthcare.gov/sbc-glossary">https://www.healthcare.gov/sbc-glossary</a> or call 1-850-383-3311 to request a copy.

| Important Questions  | Answers   | Why This Matters:  |  |  |
|--|---|--|--|--|
| What is the overall deductible?                                      | Combined Medical and Pharmacy:<br>\$350 individual / \$700 family   | Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .  |  |  |
| Are there services covered before you meet your deductible?          | covered before you meet your  | This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> . |  |  |
| Are there other deductibles for specific services?                   | No.   | You don't have to meet <u>deductibles</u> for specific services.   |  |  |
| What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ? | Combined Medical and Pharmacy: \$2,900 individual / \$5,800 family.   | The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services.  If you have other family members in this plan, they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.   |  |  |
| What is not included in the <u>out-of-pocket limit?</u>              | Premiums and health care this plan doesn't cover.   | Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .   |  |  |
| Will you pay less if you use a <u>network provider</u> ?             | Yes. See <a href="https://www.capitalhealth.com">www.capitalhealth.com</a> or call 850-383-3311 for a list of <a href="https://network.providers">network providers</a> . | Be aware, your network provider might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your provider before you get services.  |  |  |
| Do you need a <u>referral</u> to see a <u>specialist</u> ?           | No.   | Prior authorization required for certain services performed in a specialist office.  |  |  |

| Important Questions | Answers                            | Why This Matters: |
|---------------------|------------------------------------|-------------------|
|                     | capitalhealth.com/ReferralAndAuth. |                   |

All <u>copayment</u> and <u>Coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

|  |  | What You Will Pay                           |   | Limitations, Exceptions, & Other   |  |
|--|--|---|---|--|--|
| Common Medical Event                                   | Services You May Need                            | Network Provider (You will pay the least)   | Out-of-Network Provider (You will pay the most) | Important Information  |  |
|  | Primary care visit to treat an injury or illness | Office: \$5 / visit                         | Not Covered                                     | Cost share applies regardless of place of service, including office, telehealth, school, etc. Telehealth – Services are provided by network providers through remote access technology including the web and mobile devices.   |  |
| If you visit a health care provider's office or clinic | <u>Specialist</u> visit                          | Office: \$25 / visit                        | Not Covered                                     | Cost share applies regardless of place of service, including office, telehealth, school, etc. Prior authorization required for certain specialist visits. Your benefits/services may be denied. Telehealth–Services provided by network providers through remote access technology including web and mobile devices. |  |
|  | Preventive care/screening/<br>immunization       | No Charge for covered services              | Not Covered                                     | You may have to pay for services that aren't preventive. Ask your provider if the services you need are preventive. Then check what your plan will pay for.  |  |
|  | <u>Diagnostic test</u> (x-ray, blood work)       | No Charge                                   | Not Covered                                     | <u>Diagnostic tests</u> other than x-ray or blood work may incur a cost share.   |  |
| If you have a test                                     | Imaging (CT/PET scans, MRIs)                     | Deductible + 50% Coinsurance                | Not Covered                                     | Prior authorization required for certain imaging services. Your benefits/services may be denied.   |  |
| If you need drugs to treat your illness or             | Tier 1 Preferred Generic drugs                   | \$10/30-day supply<br>\$20/60-day supply    | Not Covered                                     | Pharmacy Network: CHP Value Network. The formulary is a closed formulary. This   |  |
| condition  More information about                      | Tier 2 Non-Preferred Generic drugs               | \$30/90-day supply<br>(retail & mail order) |   | means that all available covered medications are shown. Prior authorization and/or   |  |

|   |   | What You Will Pay   |   | Limitations, Exceptions, & Other  |
|---|---|---|---|---|
| Common Medical Event  | Services You May Need   | Network Provider (You will pay the least)   | Out-of-Network Provider (You will pay the most)   | Important Information   |
| prescription drug coverage is available at https://capitalhealth.com/ members/about-your- | Tier 3 Preferred Brand drugs  | \$50/30-day supply<br>\$100/60-day supply<br>\$150/90-day supply<br>(retail & mail order) | Not Covered   | quantity limits may apply. Your benefits/services may be denied.  Prescriptions covered up to a 90-day supply for generic and brand drugs (at 3 copays per  |
| <u>medications</u>  | Tier 4 Non-Preferred Brand drugs  | <u>Deductible</u> + 50%<br><u>Coinsurance</u>   | Not Covered   | 90-day supply) at Retail or Mail Order Pharmacies.  |
|   | Specialty drugs Tier 5 Preferred Specialty Tier 6 Non-Preferred Specialty | <u>Deductible</u> + 50%<br><u>Coinsurance</u>   | Not Covered   | Pharmacy Network: CHP Value Network. Limited to 30-day supply and may be limited to certain pharmacies. Prior authorization and/or quantity limits may apply. Your benefits/services may be denied. |
| If you have outpatient surgery  | Facility fee (e.g., ambulatory surgery center)                            | <u>Deductible</u> + 50%<br><u>Coinsurance</u>   | Not Covered   | Prior authorization may be required. Your benefits/services may be denied. Cost   |
|   | Physician/surgeon fees  | Deductible + 50%<br>Coinsurance   | Not Covered   | share applies to all outpatient services.   |
| If you need immediate medical attention   | Emergency room care   | <u>Deductible</u> + 50%<br><u>Coinsurance</u>   | <u>Deductible</u> + 50%<br><u>Coinsurance</u>   | none  |
|   | Emergency medical transportation  | \$400 / transport   | \$400 / transport   | Covered if medically necessary.   |
|   | <u>Urgent care</u>  | Urgent care center:<br>\$25 / visit<br>Telehealth: \$25 / visit<br>Amwell: \$15 / visit   | Urgent care center:<br>\$25 / visit<br>Telehealth: \$25 / visit<br>Amwell: \$15 / visit | Telehealth– Services are provided by network providers through remote access technology including the web and mobile devices.   |
| If you have a hospital stay   | Facility fee (e.g., hospital room)  | Deductible + 50% Coinsurance  | Not Covered   | Prior authorization required. Your benefits /services may be denied.  |
|   | Physician/surgeon fees  | Deductible + 50%<br>Coinsurance   | Not Covered   | none  |
| If you need mental<br>health, behavioral<br>health, or substance                          | Outpatient services   | Office: \$25 / visit. Non-Office: <u>Deductible</u> + 50% <u>Coinsurance</u>              | Not Covered   | Cost share applies regardless of place of service, including office, telehealth, school, etc.   |

|   |   | What You Will Pay   |   | Limitations, Exceptions, & Other   |  |
|---|---|---|---|--|--|
| Common Medical Event  | Services You May Need                     | Network Provider (You will pay the least)                           | Out-of-Network Provider (You will pay the most) | Important Information  |  |
| abuse services  | Inpatient services                        | <u>Deductible</u> + 50%<br><u>Coinsurance</u>                       | Not Covered                                     | Prior authorization required. Your benefits /services may be denied.   |  |
| If you are pregnant   | Office visits                             | \$25 / visit  | Not Covered                                     | Cost share applies regardless of place of service, including office, telehealth, etc.  |  |
|   | Childbirth/delivery professional services | <u>Deductible</u> + 50%<br><u>Coinsurance</u>                       | Not Covered                                     | none   |  |
|   | Childbirth/delivery facility services     | <u>Deductible</u> + 50%<br><u>Coinsurance</u>                       | Not Covered                                     | Prior authorization required. Your benefits /services may be denied.   |  |
|   | Home health care                          | No Charge   | Not Covered                                     | Limited to 20 visits per calendar year.  |  |
|   | Rehabilitation services                   | \$25 / visit  | Not Covered                                     | Rehabilitation service is limited to a combined 35 visits per year, including chiropractic care. Cost share applies regardless of place of service, including office, telehealth, school, etc. |  |
| If you need help<br>recovering or have<br>other special health<br>needs | Habilitation services                     | \$25 / visit  | Not Covered                                     | Habilitation services is limited to a combined 35 visits per year. Cost share applies regardless of place of service, including office, telehealth, school, etc.                               |  |
| liccus  | Skilled nursing care                      | No Charge   | Not Covered                                     | Limited to 60 days per calendar year.  |  |
|   | Durable medical equipment                 | Motorized Wheelchair:<br>\$500 <u>Copay</u><br>All Other: No Charge | Not Covered                                     | Prior authorization required for certain devices. Your benefits/services may be denied.  |  |
|   | Hospice services                          | No Charge   | Not Covered                                     | Prior authorization required for inpatient services. Your benefits/services may be denied.   |  |
|   | Children's eye exam                       | \$25 / visit  | Not Covered                                     | Limited to 1 visit per calendar year.  |  |
| If your child needs dental or eye care                                  | Children's glasses                        | Covered   | Not Covered                                     | Limited to 1 pair of glasses (lenses and frames) per calendar year, provided at Capital Health Plan's Eye Care Centers.  |  |
|   | Children's dental check-up                | Not Covered   | Not Covered                                     | Not Covered  |  |

#### **Excluded Services & Other Covered Services:**

### Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Abortions
- Acupuncture
- Bariatric Surgery
- Cosmetic Surgery

- Dental care
- Hearing aids
- Infertility treatment
- Long-term care

- Private-duty nursing
- Routine foot care
- Weight loss programs

## Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)

- Chiropractic care –Limited to 35 visit per calendar year; limit combined with Rehabilitation services
- Non-emergency care when traveling outside the US
- Routine eye care (Adult)

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: State Department of Insurance at 1-877-693-5236, the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <a href="https://www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a> or the Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or <a href="https://www.cciio.cms.gov">www.cciio.cms.gov</a>. Other coverage options may be available to you, too, including buying individual insurance coverage through the <a href="https://www.delthcore.gov">Health Insurance</a> Marketplace. For more information about the <a href="https://www.delthcore.gov">Marketplace</a>, visit <a href="https://www.delthcore.gov">www.delthcore.gov</a> or call 1-800-318- 2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information on how to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: Capital Health Plan at 1-850-383-3311. You may also contact your State Department of Insurance at 1-877-693-5236 or the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <a href="https://www.complexes.org/www.dol.gov/ebsa/healthreform.">www.dol.gov/ebsa/healthreform.</a>. Additionally, a consumer assistance program can help you file your appeal. Contact U.S. Department of Labor Employee Benefits Security Administration at 1-866-4-USA-DOL (866-487-2365) or <a href="https://www.complexes.org/www.complexes.org/">www.dol.gov/ebsa/consumer\_info\_health.html</a> and <a href="https://www.complexes.org/">https://www.complexes.org/</a> COIIO/Resources/Consumer-Assistance-Grants/.

## Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

## Does this plan meet the Minimum Value Standards? Not Applicable

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

## **Language Access Services:**

Spanish (Español): Para obtener asistencia en Español, llame al 850-383-3311, 1-877-247-6512

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 850-383-3311, 1-877-247-6512.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 850-383-3311, 1-877-247-6512.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 850-383-3311, 1-877-247-6512.

To see examples of how this plan might cover costs for a sample medical situation, see the next section.

### **About these Coverage Examples:**



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost-sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

# Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

| ■ The plan's overall deductible   | \$350 |
|-----------------------------------|-------|
| ■ Specialist copayment            | \$25  |
| ■ Hospital (facility) coinsurance | 50%   |
| Other coinsurance                 | 50%   |

### This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

| Total Example Cost              | \$12,700 |  |
|---------------------------------|----------|--|
| In this example, Peg would pay: |          |  |
| Cost Sharing                    |          |  |
| <u>Deductibles</u>              | \$350    |  |
| Copayments                      | \$400    |  |
| Coinsurance                     | \$2,600  |  |
| What isn't covered              |          |  |
| Limits or exclusions            | \$60     |  |
| The total Peg would pay is      | \$3,410  |  |

# **Managing Joe's Type 2 Diabetes**

(a year of routine in-network care of a well-controlled condition)

| ■ The plan's overall deductible   | \$350 |
|-----------------------------------|-------|
| ■ Specialist copayment            | \$25  |
| ■ Hospital (facility) coinsurance | 50%   |
| ■ Other <u>coinsurance</u>        | 50%   |

### This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

| Total Example Cost              | \$5,600 |  |
|---------------------------------|---------|--|
| In this example, Joe would pay: |         |  |
| Cost Sharing                    |         |  |
| <u>Deductibles</u>              | \$350   |  |
| Copayments                      | \$200   |  |
| Coinsurance                     | \$1,400 |  |
| What isn't covered              |         |  |
| Limits or exclusions            | \$20    |  |
| The total Joe would pay is      | \$1,970 |  |

# **Mia's Simple Fracture**

(in-network emergency room visit and follow up care)

| ■ The plan's overall deductible   | \$350 |
|-----------------------------------|-------|
| ■ Specialist copayment            | \$25  |
| ■ Hospital (facility) coinsurance | 50%   |
| ■ Other coinsurance               | 50%   |

### This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Durable medical equipment (crutches)

Rehabilitation services (physical therapy)

| Total Example Cost              | \$2,800 |  |
|---------------------------------|---------|--|
| In this example, Mia would pay: |         |  |
| Cost Sharing                    |         |  |
| <u>Deductibles</u>              | \$350   |  |
| Copayments                      | \$700   |  |
| Coinsurance                     | \$200   |  |
| What isn't covered              |         |  |
| Limits or exclusions            | \$0     |  |
| The total Mia would pay is      | \$1,250 |  |

The plan would be responsible for the other costs of these EXAMPLE covered services.



# **Nondiscrimination and Accessibility Notice (ACA §1557)**

Capital Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Capital Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Capital Health Plan provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Member Services at one of the numbers listed below.

If you believe that Capital Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Capital Health Plan's Compliance and Privacy Officer:

2140 Centerville Place

Tallahassee, Fl 32308

Phone: Member Services 850-383-3311, 1-877-247-6512, TTY 850-383-3534 or 1-877-870-8943, Fax: 850-523-7419, Email: <a href="memberservices@chp.org">memberservices@chp.org</a>. Medicare members or prospective members call 850-523-7441 or 1-877-247-6512 (TTY 850-383-3534 or 1-877-870-8943) 8:00 a.m. - 8:00 p.m., seven days a week, October 1 - March 31; 8:00 a.m. - 8:00 p.m., Monday - Friday, April 1 - September 30. State of Florida members call 1-877-392-1532, 7:00 a.m. - 7:00 p.m.

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, our Member Services Department is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <a href="https://ocrportal.hhs.gov/ocr/portal/lobby.jsf">https://ocrportal.hhs.gov/ocr/portal/lobby.jsf</a>, or by mail or phone at:

U.S. Department of Health and Human

Services, 200 Independence Avenue SW

Room 509F, HHH Building

Washington, DC 20201

800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <a href="http://www.hhs.gov/ocr/office/file/index.html">http://www.hhs.gov/ocr/office/file/index.html</a>.

Have a disability? Speak a language other than English? Call to get help for free.

1-877-247-6512, TTY/TDD 850-383-3534 or 1-877-870-8943

Vous souffrez d'un handicap ? Vous parlez une autre langue que l'anglais ? Appelez pour obtenir une aide gratuite. 1 877 247 6512, Téléscripteur/ATME 850 383 3534 ou 1 877 870 8943

Hai una disabilità? Non parli inglese? Chiama uno di questi numeri per chiedere assistenza gratuita: 1-877-247-6512, TTY/TDD 850-383-3534 o 1-877-870-8943

Haben Sie eine Behinderung? Möchten Sie mit uns in einer anderen Sprache als Englisch kommunizieren? Rufen Sie an, um kostenlos Unterstützung zu erhalten. 1-877-247-6512, TTY/TDD 850-383-3534 oder 1-877-870-8943

¿Tiene una discapacidad? ¿Habla algún otro idioma que no sea inglés? Llame para obtener ayuda gratis. 1-877-247-6512, TTY/TDD 850-383-3534 o al 1-877-870-8943

ناتوانی خاصی دارید؟ به زبانی بجز انگلیسی صحبت می کنید؟ برای دریافت کمک رایگان با این شماره ها تماس بگیرید. 1-877-247-6512 یا DDT/YTT به شماره 3534-850-894 یا 893-870-871

અપંગતા છે? ઇંગલિશ કરતાં અન્ય ભાષા બોલો છો? નિશુલ્ક મદદ મેળવવા કૉલ કરો. 1-877-247-6512, TTY/TDD 850-383-3534 અથવા 1-877-870-8943 પર

Ou gen yon andikap? Ou pale yon lang ki pa Anglè? Rele pou jwenn èd pou gratis? 1-877-247-6512, TTY/TDD 850-383-3534 oswa 1-877-870-8943

장애가 있으십니까? 영어가 아닌 다른 언어를 사용하십니까? 전화하십시오. 무료로 도와드립니다. 1-877-247-6512, TTY/TDD 850-383-3534 또는 1-877-870-8943

Jesteś osobą niepełnosprawną? Mówisz w języku innym niż j. angielski? Zadzwoń, aby uzyskać bezpłatną pomoc. 1-877-247-6512, TTY/TDD 850-383-3534 lub 1-877-870-8943

Tem algum tipo de incapacidade? Fala outra língua que não o inglês? Ligue para obter ajuda gratuitamente. 1-877-247-6512, TTY/TDD 850-383-3534 ou 1-877-870-8943

Ваши возможности ограничены по состоянию здоровья? Вы не говорите по-английски? Обратитесь за бесплатной помощью по телефону: 1-877-247-6512, TTY/TDD 850-383-3534 or 1-877-870-8943

您是残障人士吗? 您不会说英语吗? 请拨打电话以免费获取帮助。电话号码: 1-877-247-6512; TTY/TDD (听障人士): 850-383-3534 或 1-877-870-8943

Ikaw ba ay may kapansanan? Ikaw ba ay nakakapagsalita ng ibang wika maliban sa Ingles? Tumawag upang makakuha ng libreng tulong. 1-877-247-6512, TTY/TTD 850-383-3534 o sa 1-877-870-8943.

您是否是障礙人士? 您是否不會講英語? 請撥打電話以取得免費協助。1-877-247-6512,聽障者請使用TTY/TDD 850-383-3534 或 1-877-870-8943

พิการหรือเปล่า? พูดภาษาอื่นที่ไม่ใช่ภาษาอังกฤษหรือเปล่า? โทรเพื่อขอความช่วยเหลือฟรี 1-877-247-6512, TTY/TDD 850-383-3534 หรือ 1-877-870-8943

Quý vị có khuyết tật? Quý vị nói ngôn ngữ khác mà không phải tiếng Anh? Vui lòng gọi để được trợ giúp miễn phí. 1-877-247-6512, TTY/TDD 850-383-3534 hoặc 1-877-870-8943

If you have any questions or concerns related to this, please call our Member Services Department, Monday through Friday 8:00 am - 5:00 pm at 850-383-3311 or 1-877-247-6512. Medicare members or prospective members call 850-523-7441 or 1-877-247-6512 (TTY 850-383-3534 or 1-877-870-8943) 8:00 a.m. - 8:00 p.m., seven days a week, October 1 - March 31; 8:00 a.m. - 8:00 p.m., Monday - Friday, April 1 - September 30. State of Florida members call 1-877-392-1532, 7:00 a.m. - 7:00 p.m. Capital Health Plan contact information is located on our website: <a href="https://capitalhealth.com/contact">https://capitalhealth.com/contact</a>