



# Benefits designed with care

**Signature Value®**

**California Schools VEBA**

Contact us:

[whyuhc.com/csveba](https://whyuhc.com/csveba)

1-888-586-6365 TTY 711








**United  
Healthcare®**

CALIFORNIA SCHOOLS  
**VEBA**  
YOUR HEALTH. OUR PURPOSE

# Review what’s covered by the Signature Value health plan

The UnitedHealthcare Signature Value plan emphasizes patient-centered quality care with the goal of keeping you and your family healthier while helping to reduce your health care costs. With this plan, there is no additional cost for preventive care.

Health plan details		Signature Value
	<b>Network coverage only</b> You may save money when you receive care for covered benefits from network providers.	✓
	<b>Primary care physician (PCP) required</b> You and each enrolled person on your plan will need to choose a PCP.	✓
	<b>Referrals required</b> You'll need referrals from your PCP before seeing a specialist or getting certain health care services.	✓
	<b>Preventive care covered at 100%</b> There's no additional cost to you for seeing a network provider for preventive care.	✓
	<b>Behavioral health covered</b> In-person and virtual behavioral health options covered by plan benefits.	✓

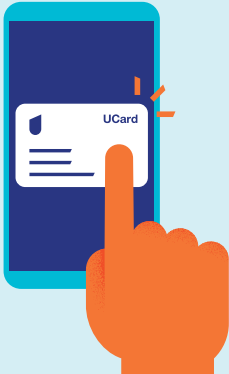


[justplainclear.com](https://justplainclear.com)

For thousands of health care terms defined simply and clearly, this is your site.

## Digital ID Cards UnitedHealthcare has gone paperless!

- ID cards are now available digitally via [myuhc.com](https://myuhc.com)® or the **UnitedHealthcare® app**
- Digital cards are a 100% replica of the physical card
- Updated ID card available on [myuhc.com](https://myuhc.com) or **UnitedHealthcare app** within 48 hours of a PCP or plan change



# It's so easy to connect to your plan

With UnitedHealthcare, you get personalized digital tools that help you check in on your plan whenever you want – which is designed to help make it easier to stay on top of your benefit details.



## myuhc.com

### Your online hub for plan details

Built to help you manage your plan 24/7, **myuhc.com** gives you access to all your plan info in one place, so you can:

- Find and price care
- See what's covered
- View claim details
- Check your plan balances
- Find network doctors and pharmacies
- Order prescriptions



## UnitedHealthcare app

### Your app for on-the-go access

When your health plan's right at your fingertips, you can manage your benefits anytime, anywhere. Download the **UnitedHealthcare app** to:

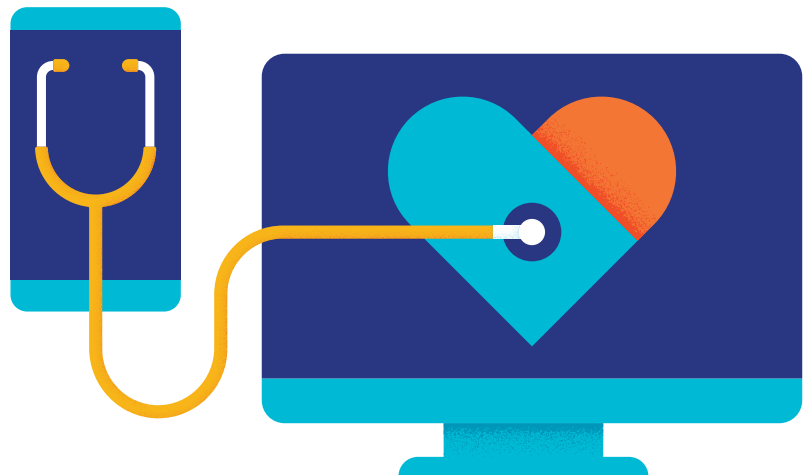
- Find nearby care options in your network
- See your claim details and view progress toward your deductible
- View and share your health plan ID card
- Video chat with a doctor 24/7



### Get answers to your health care questions

Navigating health care is easier when you know who to call. Your UnitedHealthcare Customer Service team is here to help you:

- Improve your health, manage a chronic condition and understand complex medical issues
- Understand how your health plan works
- Get answers about a recent claim or how much you can expect to pay
- Find a network provider, get a new ID card or save on health care costs – and much more
- Call Customer Service at **1-888-586-6365** for help with questions about your health plan and benefits



# Make the most of your new UnitedHealthcare plan

## Do you need assistance with:

- Finding a primary care physician
- Transferring your medical records
- Medications
- Authorizations/Referrals

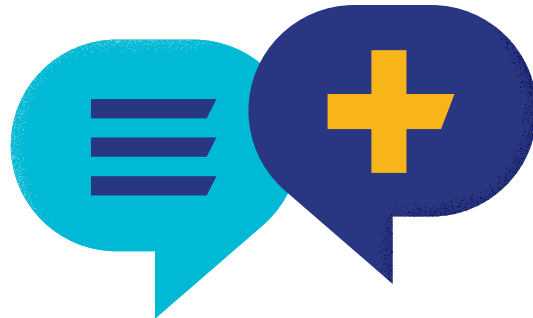
Contact the VEBA Advocacy department for assistance with transitioning to UnitedHealthcare and your new health plan.

### VEBA Advocacy

**1-888-276-0250**

Monday–Friday, 8 a.m.–5 p.m. PST

[vebaonline.com/contact/](https://vebaonline.com/contact/)



## Important things to know about selecting or changing your PCP

A primary care physician (PCP) is your health guide – someone who can help coordinate your care and support you in achieving your best health.

### Your PCP:

- Must be a general practice, family practice, pediatrician or internal medicine provider
- Must be an individual provider, not a medical practice
- Must be accepting new patients (if you are not a current patient)
- Must be located in a town or city near where you (the subscriber) live or work
- Can be selected for the entire family or each covered member can select their own

If changing your PCP, please select a new PCP and have their Provider ID number. You can change your PCP by signing in at [myuhc.com](https://myuhc.com) or by calling us at **1-888-586-6365**.

## It's easy to browse network PCPs

- Go to [whyuhc.com/csveba](https://whyuhc.com/csveba) > Search for a Provider
- Select the network you are in or interested in searching
- Update your location if necessary
- Select People > Primary Care > Select type of physician
- From the provider listing, either enter in the name of the PCP you would like to look up or click on the name of the PCP you'd like to select and write down the 10-digit Provider ID number – you'll need it when you enroll or change your PCP.



# Health and wellness benefits powered by care

Once your health plan becomes active, you can sign up for wellness programs and take advantage of health support services.



## UnitedHealthcare Hearing

### Hear life to the fullest

Your health plan includes access to 2,000+ name-brand models and styles of hearing aids at significant savings through UnitedHealthcare Hearing. Choose virtual care with hearing aid home delivery or in-person care at more than 5,500 hearing providers nationwide. Plus get in-person or virtual support for every stage of your hearing health journey.

#### Not sure if you have hearing loss?

Take a quick online test from the comfort of home to find out if you should schedule an appointment with a hearing provider at [uhchearing.com/hearingtest](https://uhchearing.com/hearingtest).



## Quit For Life

### Quit tobacco for good

If you're ready to quit tobacco, Quit For Life® can help. You'll get 1-on-1 support from a Quit Coach® who can help you create a plan and provide tips and encouragement along the way. You'll also receive a quit guide, access to a members-only website, help deciding if prescription or over-the-counter medication is right for you and, if you qualify, nicotine-replacement therapy like patches or gum. To enroll, sign in at [myuhc.com](https://myuhc.com).



## One Pass Select

### Join a subscription fitness network

One Pass Select™ is a next-generation, subscription-based fitness network of gyms and studios that provides access to multiple gym and studio brands, across thousands of locations. Members can use multiple different locations during the same month and change locations at any time. Choose from 4 membership tiers that represent different levels of unlimited gym network access.

Enroll in One Pass Select on [myuhc.com](https://myuhc.com). Monthly membership charges apply.



### Chiropractic and acupuncture benefits

In partnership with Optum®, California Schools VEBA offers a chiropractic and acupuncture benefit.

- As a California Schools VEBA member, you'll have access to the robust network of 3,000 quality network providers offered by OptumHealth Physical Health of California
- Unlimited visits (subject to medical necessity)
- Copays align with your PCP office visit copay

Learn more about your chiropractic and acupuncture benefits at [myoptumhealthphysicalhealthofca.com](https://myoptumhealthphysicalhealthofca.com).





To identify a participating provider, select "California Schools VEBA" in the list under the tab headed "Plan/Product."

Call **1-800-428-6337** (5 a.m.–5 p.m. PST, Monday–Friday) for the most current and up-to-date information.

# Where to go for care

## When you need care, call your primary care physician or family doctor first

Your physician has easy access to your records, knows the bigger picture of your health and may even offer same-day appointments to meet your needs. When seeing your physician is not possible, it's important to know your quick care options to find the place that's right for you and help avoid financial surprises.

	Quick care options	Needs or symptoms		Costs
	<b>24/7 Virtual Visits</b> Anywhere, anytime online doctor visits or telehealth appointments with your local physician	<ul style="list-style-type: none"><li>• Bladder infection</li><li>• Bronchitis</li><li>• Cold/flu</li></ul>	<ul style="list-style-type: none"><li>• Fever</li><li>• Pink eye</li><li>• Sinus problems</li></ul>	\$
	<b>Convenience care</b> Clinic treatment that's nearby	<ul style="list-style-type: none"><li>• Earache</li><li>• Flu shot</li></ul>	<ul style="list-style-type: none"><li>• Minor injuries</li><li>• Skin rash</li></ul>	\$\$
	<b>Urgent care center</b> Quicker after-hours care	<ul style="list-style-type: none"><li>• Infections (skin, eye, ear/nose/throat, genital-urinary)</li><li>• Low back pain</li><li>• Minor injuries (burns, stitches, sprains, small fractures)</li></ul>	<ul style="list-style-type: none"><li>• Respiratory (cough, pneumonia, asthma)</li><li>• Stomach (pain, vomiting, diarrhea)</li></ul>	\$\$\$
	<b>Emergency room (ER)</b> For serious, immediate needs	<ul style="list-style-type: none"><li>• Chest pain</li><li>• Kidney stones</li><li>• Major burns</li></ul>	<ul style="list-style-type: none"><li>• Severe asthma attack</li><li>• Severe injuries</li><li>• Shortness of breath</li></ul>	\$\$\$\$

## Take the time to care for yourself

Like any machine, your body needs regular maintenance. Catching health problems early is an important way to help keep your body running strong. Also, because many health conditions have no symptoms, preventive care may help you catch health problems early, when they're easier and less expensive to treat.

### Get the care you need

Regular preventive care helps you and your doctor catch health issues early – plus it's 100% covered by your health plan when you see a network doctor.

#### Covered preventive services include:

- An annual exam
- Cancer screenings
- Cholesterol and blood pressure screenings
- Immunizations – including flu shots
- Pap tests and mammography for women
- Prostate screenings for men

Know which preventive care screenings you need and what's covered. Visit [uhc.com/health-and-wellness/preventive-care](https://uhc.com/health-and-wellness/preventive-care).



# Virtual Visits

## 24/7 Virtual Visits

When you need care quickly, a 24/7 Virtual Visit is a convenient way to start feeling better faster. Talk – by phone\* or video – to a doctor who can diagnose common medical conditions and even prescribe medications, if needed.\*\*

Use a 24/7 Virtual Visit for these common conditions:

- Allergies
- Flu
- Sore throats
- Bronchitis
- Headaches/migraines
- Stomachaches
- Eye infections
- Rashes
- and more

To get started, go to [uhc.com/virtualvisits](https://uhc.com/virtualvisits).

### Prepare for your 24/7 Virtual Visit

Have these 3 items handy:

- Health plan ID card
- Credit card
- Pharmacy location

### Now at a \$0 copay

UnitedHealthcare members now have a \$0 copay when accessing 24/7 Virtual Visits through one of the providers listed below. Available on all UnitedHealthcare/VEBA HMO plans.



## Virtual therapy

Reaching out may be hard – especially if you might not want anyone to know you're hurting. From the privacy of home and the convenience of your mobile device\* or computer, you can receive caring support from a licensed behavioral health virtual therapist.

Virtual therapy offers confidential counseling and includes:

- Private video sessions at a time that's convenient for you
- Help with coping – for children, teens and adults
- Similar standard of care as in-person visits

Virtual therapy is designed to help treat conditions like:

- ADD/ADHD
- Addiction
- Anxiety
- Depression
- Mental health disorders

To find a provider and schedule a visit:

1. Sign in or register at [myuhc.com](https://myuhc.com). Then, go to Find a Doctor > Behavioral Health Directory > People > Provider Type > Telemental Health Providers.
2. Call the provider to set up an appointment.



\*Data rates may apply.

\*\*Prescription services may not be available in all states.

As per state telehealth rules and regulations. Certain prescriptions may not be available, and other restrictions may apply.

# Support for emotional well-being

<b>Emotional Wellbeing Solutions (EWS)</b>	<p>Receive confidential support – available 24/7 for short-term needs, at no cost to you and your household members.</p> <p>EWS provides services for:</p> <ul style="list-style-type: none"> <li>• Addiction/recovery support</li> <li>• Anger management</li> <li>• Child care and elder care</li> <li>• Family and relationship support</li> <li>• Legal/financial services</li> <li>• Life transitions</li> <li>• Marital problems</li> </ul>	<p>Call <b>888-625-4809</b> TTY <b>711</b> or visit <a href="https://liveandworkwell.com">liveandworkwell.com</a></p>
<b>Live and Work Well</b>	<p>Creating a healthy work-life balance can be challenging. Live and Work Well offers support for stressful situations such as:</p> <ul style="list-style-type: none"> <li>• Alcohol and drug use</li> <li>• Anxiety and stress</li> <li>• Compulsive spending or gambling</li> <li>• Eating disorders</li> <li>• Grief and loss</li> <li>• Marital problems</li> <li>• Medication management</li> </ul>	<p>Visit <a href="https://liveandworkwell.com">liveandworkwell.com</a></p>
<b>Behavioral health support</b>	<p>From everyday challenges to more serious issues, you can receive confidential help from a psychiatrist or therapist for:</p> <ul style="list-style-type: none"> <li>• Depression, stress and anxiety</li> <li>• Eating disorders</li> <li>• Parenting and family problems</li> <li>• Substance use and recovery</li> </ul> <p>You can schedule a visit in person or virtually.</p>	<p><b>Virtual behavioral health visits:</b></p> <ul style="list-style-type: none"> <li>• Sign in to <a href="https://liveandworkwell.com">liveandworkwell.com</a></li> <li>• Select <b>Find a Resource &gt; virtual visits</b></li> <li>• Choose “<b>Get Started.</b>” You can schedule an appointment online or by phone.</li> </ul> <p><b>In person:</b> Search for a provider near you on <a href="https://liveandworkwell.com">liveandworkwell.com</a></p>
<b>Calm Health</b>	<p>Calm Health is available to eligible employees and their dependents (16 years or older) at no additional cost. Calm is a widely recognized mental well-being app with resources for sleep, meditation and mindfulness. Calm Health is a well-being app that provides members access to content from Calm in addition to new features and benefits – including mental health screenings, self-guided learning modules, evidence-based content and referrals.</p>	<p>Download the app at <a href="https://myuhc.com">myuhc.com</a></p>
<b>ABA therapy</b>	<p>Applied behavior analysis (ABA) therapy – included as part of your benefits* – uses behavioral principles to teach children skills and behaviors they may not otherwise learn on their own.</p>	<p>Call <b>888-625-4809</b>, TTY <b>711</b></p>
<b>Substance use disorders</b>	<p>If you or someone you love is struggling with substance use, call the Substance Use Treatment Helpline. It’s available 24/7 as part of your benefits and is completely confidential – you can even remain anonymous.</p>	<p>To speak with a recovery advocate who will listen, provide support and develop a personalized recovery plan, call <b>1-855-780-5955</b>. Or visit <a href="https://liveandworkwell.com/recovery">liveandworkwell.com/recovery</a> to find care options and resources.</p>



# Participating medical groups\*

## Group name

### Imperial County

Imperial County DCN

Premier Patient Care IPA

### Los Angeles County

Adventist Health Care Network Inc.

Allied Pacific of California IPA

AltaMed Health Services Corporation

Blue Zones Health - Marina

Blue Zones Health - Santa Monica

Cedars - Sinai Health Associates

Cedars - Sinai Health Associates - Marina Del Rey

Cedars - Sinai Medical Group

Cedars - Sinai Medical Group - Marina Del Rey

Chaffey Medical Group

Exceptional Care Medical Group

Exceptional Care Medical Group Mabuhay

Facey Medical Foundation Burbank

Facey Medical Foundation Santa Clarita

Facey Tarzana

Family Care Specialists IPA A Medical Group

High Desert Medical Group

Korean American Medical Group

Lakeside Medical Group Central - Burbank/  
North Hollywood

Lakeside Medical Group Central - Central Valley

Lakeside Medical Group Central - Glendale

Lakeside Medical Group Central - North Valley

Lakeside Medical Group Central - Santa Clarita

Lakeside Medical Group Central - Verdugo Hills

Lakeside Medical Group East - Glendora

Lakeside Medical Group East - San Gabriel Valley

Lakeside Medical Group East - West Covina

Lakeside Medical Group West - Tarzana

Lakeside Medical Group West - West Hills/Canoga Park

MemorialCare Medical Group

Omnicare Medical Group

Optum - Bixby Knolls

Optum - Long Beach

Optum - Los Angeles

Optum - Los Angeles/San Gabriel Valley/Orange County

Optum - Magan Medical Clinic

## Group name

Optum - San Fernando

Optum - San Fernando Valley

Optum - San Gabriel

Optum - South Bay

Optum - Valencia

Optum Care Network - AppleCare Select

Optum Care Network - Arcadia

Optum Care Network - Burbank/Glendale

Optum Care Network - Central LA

Optum Care Network - Citrus

Optum Care Network - East LA

Optum Care Network - East West

Optum Care Network - Glendale/Verdugo

Optum Care Network - Huntington Memorial

Optum Care Network - LA County

Optum Care Network - Little Company of Mary

Optum Care Network - Long Beach

Optum Care Network - Methodist

Optum Care Network - Monarch Long Beach

Optum Care Network - Montebello

Optum Care Network - Northridge

Optum Care Network - Pasadena

Optum Care Network - San Dimas

Optum Care Network - San Fernando Valley

Optum Care Network - San Fernando Valley West

Optum Care Network - San Gabriel Valley

Optum Care Network - South Bay

PIH Health Physicians Downey

PIH Health Physicians IPA

PIH Health Physicians Medical Group

Prospect Medical LA - Central

Prospect Medical LA - East

Prospect Medical LA - Harbor

Prospect Medical LA - San Fernando Valley

Prospect Medical LA - San Gabriel Valley

Prospect Medical LA - South

Prospect Medical LA - South Bay

Prospect Medical LA - South East

Prospect Medical LA - West

Providence Axminster Medical Group

Providence Care Network

\*For the most up-to-date listing of participating medical groups near you, visit [whyuhc.com/csveba](http://whyuhc.com/csveba) or call our customer service team at 1-888-586-6365.

## Participating medical groups\* continued

Group name	Group name
Providence Facey Medical Foundation	Optum - Orange County
Regal Medical Group - Burbank/Glendale	Optum Care Network - Arta Health
Regal Medical Group - Caduceus	Optum Care Network - Monarch Orange County
Regal Medical Group - Central Valley Region	Optum Care Network - South Coast
Regal Medical Group - Downey	Prospect Medical OC - Central
Regal Medical Group - Downtown Los Angeles Region	Prospect Medical OC - Irvine Coast
Regal Medical Group - East San Gabriel	Prospect Medical OC - North
Regal Medical Group - Glendale Physicians Alliance	Prospect Medical OC - North Coast
Regal Medical Group - Greater Covina	Prospect Medical OC - South
Regal Medical Group - Long Beach	Providence Affiliated Physicians - Mission
Regal Medical Group - San Gabriel Region	Providence Affiliated Physicians - St. Joseph
Regal Medical Group - St. Francis	Providence Affiliated Physicians - St. Jude
Regal Medical Group - West Valley	Regal Medical Group - Orange County
Regal Medical Group - Whittier	Seoul Medical Group - Orange County
Saint John's Physician Partners	St. Joseph Heritage Medical Group
Seoul Medical Group Inc.	St. Jude Heritage Medical Group
Sierra IPA	UCI University Physicians and Surgeons
Sierra Medical Group Clinic	<b>Riverside County</b>
Sierra Medical Group - Santa Clarita	Blue Zone Health
St. Vincent Medical Group IPA	Desert Oasis Healthcare
Torrance Memorial IPA	Optum - Beaver Medical Group
UCLA Medical Group IPA	Optum - California Oaks
UCLA Medical Group - Santa Monica Bay Physicians	Optum Care Network - Citrus Valley
<b>Orange County</b>	Optum Care Network - Corona
ADOC - Fountain Valley Division	Optum Care Network - Desert Cities
ADOC - Los Alamitos Division	Optum Care Network - Moreno Valley
AltaMed Health Services Corporation	Optum Care Network - Riverside
AMVI (American Vietnamese)	Optum Care Network - Southwestern Valleys
Edinger Medical Group	PromiseCare - Family Seniors Medical Group
Family Choice Medical Group Inc.	PromiseCare - Hemet Community Medical Group
Hoag Medical Group	PromiseCare - Menifee Valley Medical Group
Hoag Physician Partners	PromiseCare - Temecula Valley Physicians Medical Group
MCIP - MemorialCare (Formerly GNP - MemorialCare)	Regal Medical Group - Riverside
MCIP - Newport Beach (Formerly GNP - MemorialCare Newport)	Regal Medical Group - Temecula
MemorialCare Medical Group	Relands - Yucaipa Medical Group Inc.
Mission Heritage Medical Group	Riverside Medical Clinic Inc.
Noble AMA IPA	Sharp Community Medical Group - PHMG Temecula (Palomar Health Medical Group)

\*For the most up-to-date listing of participating medical groups near you, visit [whyuhc.com/csveba](http://whyuhc.com/csveba) or call our customer service team at 1-888-586-6365.

## Participating medical groups\*<sup>continued</sup>

Group name	Group name
<b>San Bernardino County</b>	<b>San Diego County</b>
Alliance Desert Physicians	Greater Tri-Cities IPA Medical Group Inc.
Chaffey Medical Group	Mercy Physicians Medical Group
Choice Medical Group	Optum Care Network - North County SD
Choice Medical Group Barstow	Optum Care Network - North County SD Encinitas
Desert Oasis Healthcare	Optum Care Network - SDPMG (Formerly Scripps Physicians Medical Group)
Desert Valley Medical Group	Rady Children's Health Network
Fenix Medical Group	Scripps Clinic
Lakeside Medical Group East - Pomona	Scripps Coastal Medical Center
Loma Linda University Health Care	Sharp Community Medical Group
My Family Medical Group	Sharp Community Medical Group - Chula Vista
Optum - Beaver Medical Group	Sharp Community Medical Group - Coronado
Optum - Pinnacle Medical Group	Sharp Community Medical Group - Graybill North Coastal
Optum Care Network - Inland Valley	Sharp Community Medical Group - Grossmont
Optum Care Network - Redlands	Sharp Community Medical Group - Inland North
Optum Care Network - San Bernardino	Sharp Community Medical Group - PHMG (Palomar Health Medical Group)
Pomona Valley Medical Group	Sharp Rees - Stealy Medical Group
Primecare - Chino Valley	UCSD Medical Group
Providence Affiliated Physicians - St. Mary	<b>Ventura County</b>
Redlands - Yucaipa Medical Group	Blue Zones Health - Santa Monica
Regal Medical Group - APSI	Dignity - DHMN - Ventura
Regal Medical Group - Chino Valley	Facey Medical Foundation - Simi Valley
Regal Medical Group - San Bernardino	Lakeside Medical Group West - Agoura Hills
Sierra Medical Group - Santa Clarita	Lakeside Medical Group West - Simi Valley
St. Mary High Desert Medical Group	Lakeside Medical Group West - Thousand Oaks
Upland Medical Group	Regal Medical Group Ventura County
Victor Valley IPA Medical Group	Seaview IPA

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## Take care, take note

[illegible]

[illegible]

## Take care, take note

[illegible]



# Here's the fine print

## We do not treat members differently because of sex, age, race, color, disability or national origin.

If you think you weren't treated fairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the

Civil Rights Coordinator:

**Mail:** UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UT 84130

**Online:** UHC\_Civil\_Rights@uhc.com

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again. If you need help with your complaint, please call the toll-free member phone number listed on your ID card.

You can also file a complaint with the U.S. Dept. of Health and Human Services:

**Online:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

<https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>

**Phone:** Toll-free 1-800-368-1019, 1-800-537-7697 (TDD)

**Mail:** U.S. Dept. of Health and Human Services  
200 Independence Avenue SW, Room 509F  
HHH Building  
Washington, DC 20201

We provide free services to help you communicate with us such as letters in other languages or large print. You can also ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan ID card.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call the toll-free phone number listed on your identification card.

ATENCIÓN: Si habla español (**Spanish**), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (**Chinese**)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

XIN LỜI ỨNG: Nếu quý vị nói tiếng Việt (**Vietnamese**), quý vị sẽ được cung cấp dịch vụ trợ giúp ngôn ngữ miễn phí. Vui lòng gọi số điện thoại miễn phí mà chúng tôi có sau thẻ thành viên của quý vị.

알림: 한국어(**Korean**)를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.

PAALALA: Kung nagsasalita ka ng Tagalog (**Tagalog**), may makukuha kang mga libreng serbisyo ng tulong sa wika. Pakitawagan ang toll-free na numero ng telepono na nasa iyong identification card.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является русским (**Russian**). Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

توضيح: إذا كنت لا تتحدث اللغة العربية (**Arabic**)، فستتاح لك خدمات الترجمة مجاناً. يمكنك الاتصال بالرقم المجاني المذكور على بطاقة هويتك. نرجو أن تكونوا قد فهمتم هذه التعليمات.

ATANSYON: Si w pale Kreyòl ayisyen (**Haitian Creole**), ou kapab benefisyè sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nimewo gratis ki sou kat idantifikasyon w.

ATTENTION : Si vous parlez français (**French**), des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'identification.

UWAGA: Jeżeli mówisz po polsku (**Polish**), udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.

ATENÇÃO: Se você fala português (**Portuguese**), contate o serviço de assistência de idiomas gratuito. Ligue gratuitamente para o número encontrado no seu cartão de identificação.

ACHTUNG: Falls Sie Deutsch (**German**) sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Rufnummer auf der Rückseite Ihres Mitgliedsausweises an.

توجه: اگر زبان شما فارسی (**Farsi**) است، خدمات امداد زبانی به طور رایگان در اختیار شما می باشد. لطفاً با شماره تلفن رایگانی که روی کارت شناسایی شما قید شده تماس بگیرید.

ध्यान दें: यदि आप हिंदी (**Hindi**) बोलते हैं, आपको भाषा सहायता सेवाएं, न:शुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।

DÍÍ BAA'ÁKONÍNÍZIN: Diné (**Navajo**) bizaad bee yáníłti'go, saad bee áka'anída'awo'ígíí, t'áá jíík'eh, bee ná'ahóót'i'. T'áá shq'odí ninaaltsoos nitł'izi bee nééhozinígíí bine'déé' t'áá jíík'ehgo béésh bee hane'i biká'ígíí bee hodíilnih.

# Now you're ready to roll

## Review your option(s)

Now that you've had some time to review all the details, you're ready to enroll in the plans that fit you best.

## Get ready for coverage to begin

While waiting for your plan date to start, you can search the network for providers near you at [uhc.com/providersearch](https://uhc.com/providersearch).

## Say hello to your benefits

Watch the mail for your welcome kit and health plan ID card – then sign in at [myuhc.com](https://myuhc.com) and download the UnitedHealthcare app to stay connected.



## Get the most out of your plan throughout the year

- Schedule an annual checkup, flu shot or other preventive screening service
- Take advantage of resources and programs to help you stay healthier and save money
- View average costs before you get care, see what's covered, find network doctors and pharmacies and more using [myuhc.com](https://myuhc.com) or the UnitedHealthcare app

# We're here to help

Get even more info about your option(s)

## Health plans

[whyuhc.com/csveba](https://whyuhc.com/csveba)

1-888-586-6365 TTY 711



Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. If participants feel their condition is severe and needs attention, they are instructed to contact their treating provider or mental health therapist for help. This program is not available to UnitedHealthcare E&I Fully Insured customers/members in District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia, and West Virginia due to regulatory filings. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

24/7 Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Please note that services may be available in person or via telehealth from your primary care provider, treating specialist, or from another contracting health professional, clinic, or health facility. In addition, if your health plan includes out-of-network benefits, these services may be available either via telehealth or on an in-person basis at the out-of-network cost-share, which is generally higher than the in-network cost share, however, the balance billing protections that generally apply if you seek coverage from an in-network provider will typically not apply. Please check your health plan for specific coverage details.

One Pass Select is a voluntary program that features a subscription-based nationwide gym network, digital fitness and grocery delivery service. For self-funded participants, there are no state restrictions. For fully insured participants, program availability varies by state: (i) the program is NOT available to members of accounts situated in HI, KS, VT and Puerto Rico; (ii) the grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA for select groups and lines of business – discuss with your UnitedHealthcare representative for details. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by One Pass Solutions, Inc. Subscription costs are payable to One Pass Solutions, Inc.

This brochure includes general information about your medical benefit plan. This summary is not a plan document under which the plan is maintained and administered. Any discrepancies between this information and your plan documents will be governed by the plan documents. The benefits described are subject to change at any time.

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