

# Care for all of life's moments

2024 open enrollment

CalPERS



[uhc.com/CalPERS](https://uhc.com/CalPERS)





# For the moments that matter, care is here

The UnitedHealthcare SignatureValue Alliance HMO plan is designed to help simplify your health care experience, connect you to quality care and deliver lower costs. You'll also get access to tools, resources and services to help you take charge of your health and get more out of your plan.



## 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 health plan ID card or save on health care costs—and much more

Call Customer Service at **1-877-359-3714** for help with questions about your health plan and benefits.

## Connect from anywhere

With UnitedHealthcare, you get personalized digital tools that help you check in on your plan whenever you want—which makes 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 1 place, so you can:

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



### 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
- View and share your health plan ID card
- Video chat with a doctor 24/7



# Signature Value Alliance HMO benefits at a glance



**Network coverage only** – You may save money when you receive care for covered benefits from network providers.



**Primary care physician (PCP) required\*** – You and each covered family member on your plan will need to choose a PCP.



**Referrals required** – You'll need referrals from your PCP before seeing a specialist or getting certain health care services.



**Pharmacy benefits administered by Optum Rx®** – You'll be able to order up to a 3-month supply of medications you take regularly and have them delivered right to your home.



**One-stop call resolution** – You'll have access to a dedicated call center for answers to all of your questions about care, benefits and coverage, including referrals and claims.

## Stay supported with your PCP

Your PCP can help connect you to the care you need and help you avoid cost surprises. Your health plan option requires you to select a network PCP\*\* for you and each covered family member.

### More reasons to have a PCP

- ✓ They know your health history and health goals
- ✓ They provide routine care, such as annual checkups, which may help identify potential health issues earlier
- ✓ They advise you when to see a specialist and provide referrals if needed\*\*\*



\*Laws in some states allow you to choose a specialist, like an OB/GYN as your PCP. Sign in to [uhc.com/CalPERS](https://uhc.com/CalPERS) to see the providers in your network.

\*\*Some health plans may allow you to choose a facility rather than a doctor as your PCP. Some states allow you to choose a specialist, like an OB/GYN, as your PCP.

\*\*\*Some health plans may require a referral prior to seeing another network physician or specialist.

# More benefits for all that life brings

UnitedHealthcare's digital tools and online resources help make managing your health—and health plan—simpler and more convenient. Here are just a few examples of what's included.



## Want to lose weight?

### Real Appeal

Connect with a community of support with Real Appeal®, an online weight-loss program designed to inspire healthier behaviors. It includes group coaching sessions, 24/7 access to videos, tools to track your progress and more.



## Ready to quit tobacco?

### Quit For Life

If you're ready to quit tobacco, Quit For Life® can help. You'll get 1-on-1 support, a quit guide, access to a members-only website, help deciding if medication is right for you and, if you qualify, nicotine-replacement therapy.



## Looking for pregnancy support?

### Maternity Support

If you're thinking about having a baby, or already have one on the way, Maternity Support is here for you. Get access to resources and tools to help you throughout pregnancy and after delivery. To enroll, visit [myuhc.com](https://myuhc.com).



## Want to feel better?

### Acupuncture and chiropractic care

As part of your health plan benefits, you have direct access to more than 3,000 credentialed chiropractors and over 950 credentialed acupuncturists in California.



## Want to get rewarded?

### UnitedHealthcare Rewards

Complete activities, including daily well-being goals, to earn up to \$300 and build healthier habits along the way.



## Need care on the go?

### 24/7 Virtual Visits

With 24/7 Virtual Visits, you can chat with a health care provider by computer or mobile device.\* Doctors can diagnose and treat common, nonemergency conditions—from seasonal flu to pinkeye.



## Ready to hear life to the fullest?

### UnitedHealthcare Hearing

Access 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.



## Looking for emotional support?

### Behavioral Health

Receive confidential support for everyday challenges or more serious issues. Find the care that works for you using self-service apps or scheduling virtual or in-person therapy.

# Review your plan coverage details

Once you've enrolled, your PCP will be your first source for care and can coordinate any specialty care you may need. Age-appropriate preventive care services are covered for routine wellness exams, well-child exams, mammograms, flu shots and other immunizations when provided through your PCP.

## Health plan details

## SignatureValue Alliance HMO

| Medical copays and coinsurance                       | You pay        |
|--|----------------|
| <b>Deductible</b>                                    |                |
| Employee   | N/A            |
| Family   | N/A            |
| <b>Out-of-pocket limit</b>                           |                |
| Employee   | \$1,500        |
| Family   | \$3,000        |
| <b>Lifetime maximum</b>                              | Unlimited      |
| <b>Doctors and specialists</b>                       |                |
| Doctor visit   | \$15 copay     |
| Specialist visit                                     | \$15 copay     |
| Chiropractic/acupuncture                             | \$15 copay     |
| 24/7 Virtual Visits                                  | \$15 copay     |
| <b>Preventive care</b>                               |                |
| Well-child visits                                    | No charge      |
| Mammogram  | No charge      |
| Immunizations  | No charge      |
| Annual physical                                      | No charge      |
| <b>Urgent and emergency care</b>                     |                |
| Urgent care visit                                    | \$15 copay     |
| Emergency room                                       | \$50 copay     |
| Ambulance  | No charge      |
| <b>Hospital care</b>                                 |                |
| Outpatient surgery                                   | No charge      |
| Lab and X-ray  | No charge      |
| Hospital stay  | No charge      |
| Maternity stay                                       | No charge      |
| <b>Mental health and substance use</b>               |                |
| Outpatient visits                                    | \$15 copay     |
| Inpatient visits                                     | No charge      |
| <b>Prescription drugs (offered through Optum Rx)</b> | <b>You pay</b> |
| <b>Retail pharmacy</b>                               |                |
| Generic  | \$5            |
| Brand formulary                                      | \$20           |
| Non-formulary  | \$50           |
| <b>Mail-order pharmacy</b>                           |                |
| Generic  | \$10           |
| Brand formulary                                      | \$40           |
| Non-formulary  | \$100          |

This information does not replace your official health plan documents. Please see your official health plan documents for all coverage details, including limitations and exclusions. For complete pharmacy coverage details, visit [optumrx.com](http://optumrx.com)/CalPERS or call 1-855-505-8110, TTY 711.





# Search the Alliance HMO network to find your PCP

The Alliance HMO plan requires you to select a PCP for you and each family member covered under your plan. Your PCP is your health guide—someone who can help connect you to the care you need and help you avoid cost surprises. Go to [uhc.com/CalPERS](http://uhc.com/CalPERS) to browse network PCPs.

## Enjoy freedom of choice

The medical groups in the Alliance HMO network have been selected for their technology and consistent level of quality care. Choose from 35,281 physicians and 258 hospitals.<sup>1</sup> The SignatureValue Alliance network includes these physician groups:

- ✓ ADOC
- ✓ Alliance Desert Physicians
- ✓ Altamed Health Services
- ✓ Bakersfield Family Medical
- ✓ Beaver Medical Group
- ✓ Brown and Toland
- ✓ Chaffey Medical Group
- ✓ Coastal Communities Physician Network
- ✓ Community Health Partners
- ✓ Desert Oasis Healthcare
- ✓ Edinger Medical Group
- ✓ El Camino Health Medical Network
- ✓ Fenix Medical Group
- ✓ GNP-MemorialCare
- ✓ Greater Tri-Cities IPA
- ✓ High Desert Medical Group
- ✓ Hill East Bay Alliance
- ✓ Korean American Medical Group
- ✓ Lakeside Medical Group
- ✓ MemorialCare Medical Group
- ✓ Optum
- ✓ Optum Care Network
- ✓ Palo Alto Medical Foundation
- ✓ Promisecare
- ✓ Rady Children’s Health Network
- ✓ Redlands-Yucaipa Medical Group
- ✓ Regal Medical Group
- ✓ Sante Community Physicians
- ✓ Scripps
- ✓ Seoul Medical Group
- ✓ Sierra Medical Group
- ✓ Sutter
- ✓ Tri-Valley Medical Group
- ✓ Valley Physicians Network
- ✓ VVIPA Medical Group

# Participating medical groups – Alliance\*

| Group name  | Group # | Group name                                       | Group # |
|---|---------|--|---------|
| <b>Alameda County</b>                                 |         | <b>Los Angeles County (cont.)</b>                |         |
| Brown & Toland – East Bay Alliance                    | 028466  | Optum – Bixby Knolls                             | 028435  |
| Hill Physicians East Bay                              | 028669  | Optum – Canyon Country – Valencia                | 028414  |
| Palo Alto Medical Foundation                          | 012140  | Optum Compton/Downey/Long Beach Plaza            | 028463  |
| Sutter East Bay Medical Foundation                    | 030201  | Optum – Long Beach                               | 028455  |
| <b>Contra Costa County</b>                            |         | Optum – Long Beach/N. Orange County              | 028459  |
| Hill Physicians East Bay                              | 028669  | Optum – Los Angeles – San Gabriel                | 028391  |
| Sutter East Bay Diablo Division                       | 030199  | Optum – Magan Medical Clinic                     | 028445  |
| <b>Fresno County</b>                                  |         | Optum – Mission Hills/Northridge/West Hills      | 028440  |
| Community Health Partners – PCP                       | 033691  | Optum – North Hollywood/Van Nuys/Vanowen         | 028442  |
| Santé Community Physicians                            | 016405  | Optum – San Gabriel                              | 028764  |
| <b>Kern County</b>                                    |         | Optum – South Bay                                | 028403  |
| Bakersfield Family Medical Center                     | 007665  | Optum Care Network – Arcadia                     | 028404  |
| <b>Kings County</b>                                   |         | Optum Care Network – Burbank/Glendale            | 028401  |
| Santé Community Physicians                            | 016406  | Optum Care Network – Citrus                      | 028428  |
| <b>Los Angeles County</b>                             |         | Optum Care Network – East LA                     | 028399  |
| Altamed Los Angeles County IPA                        | 028951  | Optum Care Network – East West                   | 028411  |
| Altamed Medical Group                                 | 028928  | Optum Care Network – Glendale/Verdugo            | 028437  |
| Chaffey Medical Group                                 | 027892  | Optum Care Network – Huntington Memorial         | 028434  |
| High Desert Medical Group                             | 003804  | Optum Care Network – LA County                   | 028393  |
| Korean American Medical Group                         | 019863  | Optum Care Network – Little Company of Mary      | 028436  |
| Lakeside Med Group Central – Burbank/<br>N. Hollywood | 024664  | Optum Care Network – Long Beach                  | 028454  |
| Lakeside Medical Group Central – Central Valley       | 024670  | Optum Care Network – Methodist                   | 028451  |
| Lakeside Medical Group Central – Glendale             | 024662  | Optum Care Network – Montebello                  | 028388  |
| Lakeside Medical Group Central – North Valley         | 024671  | Optum Care Network – Northridge                  | 028416  |
| Lakeside Medical Group Central – Santa Clarita        | 024677  | Optum Care Network – Pasadena                    | 028410  |
| Lakeside Medical Group Central – Verdugo Hills        | 024681  | Optum Care Network – San Dimas                   | 028419  |
| Lakeside Medical Group East – Glendora                | 024674  | Optum Care Network – San Fernando Valley         | 028423  |
| Lakeside Medical Group East – Pomona                  | 024679  | Optum Care Network –<br>San Fernando Valley West | 028460  |
| Lakeside Medical Group East –<br>San Gabriel Valley   | 024686  | Optum Care Network – San Gabriel (SGV)           | 028422  |
| Lakeside Medical Group East – West Covina             | 024675  | Optum Care Network – South Bay                   | 028417  |
| Lakeside Medical Group West – Agoura Hills            | 024672  | Optum Care Network AppleCare Select              | 025327  |
| Lakeside Medical Group West – Tarzana                 | 024684  | Optum Care Network Monarch                       | 021963  |
| Lakeside Medical Group West –<br>West Hills – Canoga  | 024683  | Regal Medical Group – Caduceus                   | 019793  |
|   |         | Regal Medical Group – Central Valley Region      | 012410  |

\* For the most up-to-date listing of participating medical groups near you, visit [uhc.com/CalPERS](http://uhc.com/CalPERS) or call our Customer Service team at 1-877-359-3714.

# Participating medical groups\* (continued)

| Group name   | Group # | Group name   | Group # |
|--|---------|--|---------|
| <b>Los Angeles County (cont.)</b>                  |         | <b>Placer County</b>                                       |         |
| Regal Medical Group – Downey                       | 017547  | Sutter Independent Physicians                              | 005204  |
| Regal Medical Group – Downtown Los Angeles Region  | 014163  | Sutter Medical Group Sacramento/Placer                     | 005200  |
| Regal Medical Group – East San Gabriel             | 017555  | <b>Riverside County</b>                                    |         |
| Regal Medical Group – Glendale Physicians Alliance | 023187  | Beaver Medical Group                                       | 027825  |
| Regal Medical Group – Greater Covina               | 017778  | Desert Oasis Healthcare                                    | 021796  |
| Regal Medical Group – Long Beach                   | 017552  | Optum Care Network – Citrus Valley                         | 021243  |
| Regal Medical Group – San Gabriel Region           | 014888  | Optum Care Network – Corona                                | 005232  |
| Regal Medical Group – St. Francis                  | 017551  | Optum Care Network – Desert Cities                         | 018657  |
| Regal Medical Group – West Valley                  | 017554  | Optum Care Network – Hemet Valley                          | 009023  |
| Regal Medical Group – Whittier                     | 017550  | Optum Care Network – Moreno Valley                         | 003111  |
| Regal Medical Group Burbank – Glendale             | 017556  | Optum Care Network – Riverside                             | 008331  |
| Seoul Medical Group                                | 019881  | Optum Care Network – Southwestern Valleys                  | 006657  |
| Sierra IPA   | 023025  | Optum Care Network – Sun City                              | 004140  |
| Sierra Medical Group – Santa Clarita               | 029357  | Promisecare – FSMG ( <i>Family Seniors Med Grp</i> )       | 014899  |
| Sierra Medical Group Clinic                        | 023023  | Promisecare – HCMG ( <i>Hemet Com Med Grp</i> )            | 014586  |
| <b>Madera County</b>                               |         | Promisecare – MVMG ( <i>Menifee Valley Com Med Grp</i> )   | 015031  |
| Santé Community Physicians                         | 016405  | Promisecare – TVPMG ( <i>Temecula Valley Phy Med Grp</i> ) | 021941  |
| <b>Marin County</b>                                |         | Redlands-Yucaipa Medical Group Inc.                        | 027828  |
| Brown & Toland Medical Group                       | 026920  | Regal Medical Group – Riverside                            | 021553  |
| <b>Merced County</b>                               |         | Regal Medical Group – Temecula                             | 020950  |
| Sutter Gould Los Banos                             | 029365  | Tri-Valley Medical Group                                   | 026432  |
| <b>Orange County</b>                               |         | Valley Physicians Network                                  | 026405  |
| ADOC – Fountain Valley Division                    | 025400  | <b>Sacramento County</b>                                   |         |
| ADOC- Los Alamitos Division                        | 025401  | Sutter Independent Physicians                              | 005204  |
| Altamed Orange County IPA                          | 029116  | Sutter Medical Group Sacramento/Placer                     | 005200  |
| Edinger Medical Group                              | 026621  | <b>San Bernardino County</b>                               |         |
| Greater Newport – MemorialCare                     | 026695  | Alliance Desert Physicians                                 | 024628  |
| MemorialCare Medical Group                         | 025679  | Beaver Medical Group                                       | 027825  |
| Optum – Orange County                              | 028427  | Chaffey Medical Group                                      | 027892  |
| Optum Care Network – Arta Health                   | 029878  | Fenix Medical Group  | 029490  |
| Optum Care Network – South Coast                   | 028461  | Lakeside Medical Group East – Pomona                       | 024679  |
| Optum Care Network Monarch                         | 021963  | Optum Care Network – Inland Valley                         | 006045  |
| Regal Medical Group Orange County                  | 018831  | Optum Care Network – Redlands                              | 001026  |
| Seoul Medical Group Orange County                  | 029550  | Optum Care Network – San Bernardino                        | 019383  |
|  |         | Pinnacle Medical Group                                     | 027850  |
|  |         | Redlands-Yucaipa Medical Group Inc.                        | 027828  |
|  |         | Regal Medical Group APSI                                   | 020670  |
|  |         | Regal Medical Group Chino Valley                           | 017553  |



# Participating medical groups\* (continued)

| Group name  | Group # | Group name                                  | Group # |
|---|---------|---|---------|
| <b>San Bernardino County (cont.)</b>                |         | <b>Stanislaus County</b>                    |         |
| Regal Medical Group San Bernardino                  | 020668  | Sutter Gould Medical Foundation             | 029350  |
| Sierra Medical Group – Santa Clarita                | 029357  | Sutter Gould Medical Foundation Turlock     | 029358  |
| VVIPA Medical Group                                 | 028857  | <b>Ventura County</b>                       |         |
| <b>San Diego County</b>                             |         | Lakeside Medical Group West – Agoura Hills  | 024672  |
| Greater Tri-Cities IPA Medical Group                | 014889  | Lakeside Medical Group West – Simi Valley   | 024682  |
| Mercy Physicians Medical Group – Scripps Care       | 026282  | Lakeside Medical Group West – Thousand Oaks | 024678  |
| Optum Care Network – N County SD Alliance           | 026443  | Regal Medical Group – Ventura County        | 021557  |
| Rady Children’s Health Network                      | 028561  | <b>Yolo County</b>                          |         |
| Scripps Clinic                                      | 003682  | Sutter Medical Group Yolo                   | 009695  |
| Scripps Coastal Mc                                  | 023659  |   |         |
| Scripps Physicians Medical Group                    | 005375  |   |         |
| <b>San Francisco County</b>                         |         |   |         |
| Brown & Toland Medical Group                        | 026920  |   |         |
| Sutter Pacific Med Foundation Sutter W. Bay Med Grp | 032247  |   |         |
| <b>San Joaquin County</b>                           |         |   |         |
| Sutter Gould Medical Foundation – Lodi              | 029361  |   |         |
| Sutter Gould Medical Foundation – San Joaquin       | 029356  |   |         |
| Sutter Gould Medical Foundation – Tracy             | 029364  |   |         |
| <b>San Luis Obispo County</b>                       |         |   |         |
| Coastal Communities Physician Network               | 028856  |   |         |
| <b>San Mateo County</b>                             |         |   |         |
| Brown & Toland Medical Group                        | 028087  |   |         |
| Palo Alto Medical Foundation Camino                 | 023856  |   |         |
| Palo Alto Mills Peninsula Division                  | 024896  |   |         |
| PAMF Mills Peninsula                                | 025525  |   |         |
| <b>Santa Clara County</b>                           |         |   |         |
| Palo Alto Medical Foundation                        | 012140  |   |         |
| Palo Alto Medical Foundation Camino                 | 023856  |   |         |
| Silicon Valley Med Development                      | 031727  |   |         |
| <b>Santa Cruz County</b>                            |         |   |         |
| Palo Alto Medical Foundation Santa Cruz             | 023859  |   |         |
| <b>Solano County</b>                                |         |   |         |
| Sutter Medical Group Solano                         | 024365  |   |         |
| <b>Sonoma County</b>                                |         |   |         |
| Sutter Medical Group Of The Redwoods                | 030218  |   |         |



\* For the most up-to-date listing of participating medical groups near you, visit [uhc.com/CalPERS](http://uhc.com/CalPERS) or call our Customer Service team at 1-877-359-3714.

# Choose your care for the days ahead



## Review your option(s)

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



## Get ready for coverage to begin

While waiting for your plan's start date, you can search the network for providers near you at [uhc.com/CalPERS](http://uhc.com/CalPERS).



## Say hello to your benefits

Watch the mail for your welcome kit and health plan ID card—then go to [myuhc.com](http://myuhc.com) and download the UnitedHealthcare app to stay connected.



## A simpler way to get the most out of your benefits

Throughout the plan year, you can sign in to [myuhc.com](http://myuhc.com) and use the UnitedHealthcare app to see what's covered, view average costs, find network providers and more.



## We're here to help

Learn more about your benefit option(s) or reach out with any questions.

[uhc.com/CalPERS](http://uhc.com/CalPERS)

1-877-359-3714, TTY 711

# 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](mailto: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>

**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 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 LƯU Ý: Nếu quý vị nói tiếng Việt (**Vietnamese**), quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi số điện thoại miễn phí ở mặt sau thẻ hội 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 libheng 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.

توجّه: إذا كنت تتحدث لغة عربية (**Arabic**)، فيمكننا تقديم خدمات الترجمة مجاناً. يرجى الاتصال بنا على الرقم المجاني المذكور على بطاقة هويتك. نرجو أن نكون قد قمنا بحل مشكلتك.

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.

توجّه: 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, नि:शुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।

DÍI BAA'ÁKONÍNÍZIN: Diné (**Navajo**) bizaad bee yáníl'ti'go, saad bee áka'anida'awo'ígíí, t'áá jíik'eh, bee ná'ahóót'i'. T'áá shq'odí ninaaltsoos nit'i'izi bee nééhozinígíí bine'dé' t'áá jíik'ehgo béesh bee hane'i biká'ígíí bee hodiilnih.



<sup>1</sup> Network counts accurate as of April 2023.

Rally® Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

24/7 Virtual Visits is a service available with a provider via video, or audio-only where permitted under state law. It is not an insurance product 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.

Real Appeal® is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided maybe taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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Laws in some states allow you to choose a specialist, like an OB/GYN, as your PCP. Sign in to [uhc.com/CalPERS](https://uhc.com/CalPERS) to see the providers in your network.

Health plan coverage provided by or through UnitedHealthcare Insurance Company, UHC of California and UnitedHealthcare Benefits Plan of California. Administrative services provided by United Healthcare Services, Inc., OptumRx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC).