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**Choose Your 2025 County of Riverside Retiree Benefit Options** 



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## **Your County of Riverside Benefits**

The County of Riverside is proud of the benefits package it makes available to retirees. We have an impressive array of benefits from which you can choose, and we encourage you to be well informed so you take full advantage of the County's plans and programs.

This enrollment guide is designed to help you research your options and provide the necessary information for you to make informed decisions. We encourage you to review it thoroughly and think carefully about your personal benefit needs before you enroll.

#### WHAT YOU NEED TO KNOW FOR 2025

- The County will hold its Open Enrollment from September 3–24. Changes you make to your dental and vision plan elections during Open Enrollment will take effect January 1, 2025. Changes to your CalPERS medical plan elections must be submitted directly to CalPERS during their Open Enrollment period, September 16–October 11. You may contact CalPERS at (888) 225-7377 to review your current medical coverage and enroll for the 2025 plan year.
- Be sure to review the full menu of changes being implemented by CalPERS and make any necessary plan changes to meet your family's needs.



## **Enrolling in Your Benefits**

If you're enrolled in a CalPERS medical plan when you stop working and your retirement date is within 30 days of your separation, your coverage will continue into retirement without a break.

If you don't want your health insurance to continue into retirement, you can cancel coverage by:

- Submitting a Health Benefits Plan Enrollment Form to Human Resources while you are still in active status;
- Declining CalPERS health coverage on your CalPERS retirement application; or
- Writing or calling CalPERS to cancel health coverage if you are in retired status.

If you're waiving medical coverage when you stop working, you may elect to enroll in CalPERS health coverage at retirement by contacting CalPERS within 60 days of your retirement date or at the next Open Enrollment.

If you wait more than 120 days after you separate from County employment to retire with CalPERS, you will not be eligible for health coverage.

If you are enrolling in a County-sponsored dental or vision plan, complete the 2025 **Retiree Benefit Election Form** and return it to the County of Riverside Benefits Division. When enrolling in a CalPERS medical plan, complete the *CalPERS HBD-30 Form* and submit your election directly to CalPERS.

Remember to keep a copy for your records. If you are enrolling a spouse, registered domestic partner or dependent children, you will need to enroll your dependent(s) on the form AND provide supporting documentation such as marriage or birth certificate. You must submit your documentation with the *Election Form*.

#### MAKING YOUR ENROLLMENT DECISIONS

This enrollment guide provides basic information about your County-sponsored benefit options, including resources that you may need to evaluate your options.

Use this guide to learn more about the benefit options available to you. If you have questions, be sure to get them answered before you select benefits and complete your elections.

Forms are available online at <a href="http://rc-hr.com/retiree">http://rc-hr.com/retiree</a> or from the Benefits Information Line at (951) 955-4981, Select Option 1.

#### **IMPORTANT NOTE**

The CalPERS medical plans are not described in this guide. If you're eligible for CalPERS plans, visit **www.calpers.ca.gov** for more information. Resources available online include:

- · Health Program Guide
- Health Benefit Summary
- Health Plan Search by ZIP Code
- Evidence of Coverage
- Provider Search

## **Eligibility for Coverage**

#### RETIREE ELIGIBILITY

To be eligible for enrollment, all of the following conditions must be met:

- You must have been eligible for health coverage on the date of separation from the County of Riverside;
- You must retire within 120 days from the date you separate from employment with the County of Riverside; and
- You must receive a monthly retirement allowance from CalPERS.

An eligible retiree may elect health coverage:

- At the time of separation for retirement;
- · Any time after retirement as a result of a qualifying life event; or
- During any future Open Enrollment period.

The surviving dependent of a retiree may also be eligible.

The Public Employees' Medical & Hospital Care Act (PEMHCA) governs the CalPERS Health Program. If there is any discrepancy between this guide and PEMHCA, PEMHCA will govern. 2025 COR Retiree Benefits Guide 5

#### MEDICAL, DENTAL AND VISION COVERAGE

As an eligible retiree, you may enroll yourself and all eligible family members in a health plan within 60 days of your retirement date.

**CalPERS medical plans.** All retirees who meet the general eligibility criteria can enroll in a medical plan administered directly through CalPERS.

If you are enrolled in a CalPERS health plan, your coverage will continue into retirement if your separation date from employment and retirement date are within 30 days of each other.

**County dental plans.** All retirees who meet the general eligibility criteria can enroll in the dental plan. Even if you choose not to enroll in the dental plan at the time you retire, you can enroll at any subsequent annual enrollment period.

County vision plan. All retirees who meet the general eligibility criteria can enroll in the vision plan. Even if you choose not to enroll in the vision plan at the time you retire, you can enroll at any subsequent annual enrollment period. Before enrolling in the vision plan, it's a good idea to see what kind of vision benefits your medical plan covers, to avoid duplication of benefits.

# DEPENDENT ELIGIBILITY FOR THE COUNTY DENTAL AND VISION PLANS

You can enroll your eligible dependents in your dental and vision coverage. Eligible dependents include your:

- Legal spouse
- Registered domestic partner
- Children. Your child must be under age 26.
   Eligible children include your or your spouse's/ registered domestic partner's:
  - » Natural child
  - » Stepchild
  - » Adopted child who is adopted by you or placed in your physical custody for adoption prior to age 18
  - » Disabled child over age 26 (who, except for age, meets the above eligibility requirements), if he or she is incapable of self-support because of a mental or physical disability that existed before age 26 (and continuously since age 26). The child must be dependent on you or your spouse/registered domestic partner for support and claimed as your dependent for federal income tax purposes. Coverage for a disabled child beyond age 26 is limited. Please be sure to explore your options and the requirements before your enrolled dependent reaches age 26.

#### REQUIRED PROOF OF ELIGIBILITY

You will need to provide proof of eligibility the first time you request that a dependent be added to your dental or vision plan (and periodically to comply with a benefits audit process). Once you have completed your *Retiree Benefit Election Form*, submit all of the necessary documentation to the County of Riverside Benefits Division.

You must submit the documentation with your enrollment form. Please remember to keep a copy of all documentation for your records.

#### **LEGAL SPOUSE**

A copy of your certificate of marriage and your spouse's Social Security number must be submitted at the time your spouse is enrolled.

#### **DOMESTIC PARTNER**

You must provide a copy of the *Declaration* of *Domestic Partnership* registered with the Secretary of State and your partner's Social Security number.

#### **CHILDREN**

For a natural child or stepchild, provide a copy of the child's birth certificate. For an adopted child or a child for whom you have legal custody or guardianship, you must provide a copy of the child's birth certificate *and* a copy of the judgment or decree. You must also provide the child's Social Security number.

#### DISABLED CHILDREN (AGE 26 OR OVER)

The CalPERS health benefit program has specific rules and requirements regarding coverage for disabled dependents over the age of 26. You must follow these rules and requirements to protect your dependents' eligibility for coverage. Please refer to the *CalPERS Health Program Guide* for guidance, and contact CalPERS if you have questions.

You must submit a copy of your most recent federal income tax return indicating that the child is a qualified tax dependent, provide the child's Social Security number, and complete a Member Questionnaire for the Disabled Dependent Form and a Medical Report Form. These forms must be received within 60 days of your initial enrollment or the child's 26th birthday. The forms must be approved by the insurance carrier upon enrollment and updated upon request.



# **Your Health Care Options**

The County offers dental and vision plan options, in addition to the plans offered through the CalPERS health program.





## **Dental Plans**

Dental coverage is an important part of your County of Riverside benefits package and is key to your overall health. The County is pleased to offer you a choice of plans, providers and coverage options. Key features and benefits of the plans are listed on the comparison chart on page 12.

#### **DELTACARE USA HMO DENTAL PLAN**

The dental HMO plan operates similarly to a medical HMO plan. Dental care is provided through a network of private-practice dental offices. DeltaCare USA HMO coverage is available in California, Arizona, Florida, Nevada, New Mexico, Oregon, Texas, Utah and Wyoming.

When you enroll in this plan, you will select a primary care dentist for yourself and each of your dependents. Your dental office will coordinate all of your dental services. To receive benefits, services must be obtained through your chosen dental provider unless the plan has authorized services elsewhere. Once enrolled, you can change your primary dental provider by contacting the plan's Member Services department.

#### LOCAL ADVANTAGE PLUS EPO DENTAL PLAN

The Local Advantage Plus plan pays a percentage of benefits based on the type of service provided. Your dental care is provided through a network of private-practice dentists and dental groups.

When you enroll in Local Advantage Plus, you and your dependents are free to choose any of the Local Advantage network providers each time you seek dental care. To receive benefits, your dental services must be obtained through your chosen dental provider unless the plan has authorized services elsewhere.

#### **DELTA DENTAL PPO DENTAL PLAN**

Under the PPO plan, you are free to go to any licensed dentist you choose—but if you go to a dentist who is a member of Delta Dental's PPO network, you will receive a higher level of benefits and reduce your out-of-pocket costs. Also, there are no claim forms to fill out when you go to a Delta Dental dentist.



Whenever you need dental care, you have three options:

**Delta Dental PPO Dentists.** This provider option offers the best value for dental care. PPO dentists are a select group of dentists within the Delta Dental network, and they have agreed to charge PPO plan members significantly reduced rates.

**Delta Premier Dentists.** If you go out of network but see a Delta Premier dentist, your out-of-pocket costs will be higher than if you see a PPO dentist. Delta Premier dentists have reduced their fees and will not bill you above their contracted fees with Delta Dental. If you see a Premier dentist, you will have to pay the difference between the PPO fee and the Premier fee. But Premier dentists cannot charge you more than Delta Dental's contracted fees, so you will receive cost protection.

Out-of-Network Dentists. These dentists do not offer discounted rates to Delta Dental plan members. If you go to a non-Delta Dental dentist, the plan will pay benefits only up to Delta Dental's approved fee. If your non-Delta Dental dentist charges you more than the approved fee, you will have to pay the difference between that cost and the approved fee. You may also have to pay the full cost of the services at the time you receive them, and then submit a claim to Delta Dental to be reimbursed for the covered portion of your bill.

**Note:** Always request a pretreatment estimate or predetermination of benefits before having major dental work done. Don't be afraid to ask questions! Do not agree to any treatment unless you fully understand what condition is being treated, why it is being treated, and the costs of that treatment. When in doubt, contact your dental plan; you'll find the phone numbers for each plan on the back cover of this guide.

To obtain a list of participating dentists and dental offices, call the plan's Member Services.

Please refer to the individual dental summary plan booklets for detailed lists of covered expenses, exclusions and limitations. If there are any discrepancies between these booklets and the official plan documents, the official plan documents will prevail. Dental summary plan booklets are available by contacting the Benefits Information Line at (951) 955-4981, option 1, or visiting http://rc-hr.com/retiree.

#### PLEASE USE THE FOLLOWING FOOTNOTE REFERENCES WITH THE DENTAL PLANS COMPARISON CHART ON THE NEXT PAGE

- 1. You will pay any amount charged by your provider that is in excess of Delta Dental's approved fee.
- 2. You pay the applicable deductible for amalgam (silver) fillings, and the plan pays the remainder up to the allowance for amalgam fillings.
- 3. Applies to standard cases only. Other discounts apply for nonstandard cases.
- 4. The Delta PPO program will pay for an amalgam filling on a molar tooth after you pay the applicable deductible. You will be responsible for the additional costs for precious metals.

Under the Delta Dental PPO plan, you'll notice that the Delta Premier dentists are shown in the same category as out-of-network dentists. That's because the plan reserves the highest level of benefits for services received from Delta Dental PPO providers.

#### **COUNTY DENTAL PLANS COMPARISON CHART**

This benefit summary only highlights your benefits. It is not a Summary Plan Description (SPD). If any discrepancy exists between this benefit summary and the official plan documents, the official plan documents will prevail.

|   | DELTACARE USA             | LOCAL ADVANTAGE<br>EPO PLUS   | DELTA DENT                    |   |
|---|---------------------------|---|-------------------------------|---|
|   | HIGH OPTION PLAN<br>(10A) | IN-NETWORK  | DELTA DENTAL<br>PPO DENTISTS  | PREMIER DENTISTS<br>OUT-OF-NETWORK<br>DENTISTS    |
| Annual deductible   | None                      | None  | None                          | \$50/individual<br>\$150/family                   |
| Calendar year maximum benefit   | None                      | \$2,000/person  | \$2,000/person                | \$1,500/person                                    |
| DIAGNOSTIC AND PREVE  | ENTIVE                    |   |                               |   |
| Exams   | No charge                 | No charge   | No charge                     | No charge <sup>1</sup>                            |
| Cleaning  | No charge                 | No charge   | No charge                     | No charge <sup>1</sup>                            |
| Full-mouth X-rays   | No charge                 | No charge   | No charge                     | No charge <sup>1</sup>                            |
| Topical fluoride – child  | No charge                 | No charge   | No charge                     | No charge <sup>1</sup>                            |
| Sealants (per tooth)  | \$5                       | No charge<br>(under age 14)   | No charge                     | No charge <sup>1</sup>                            |
| RESTORATIVE   |                           |   |                               |   |
| Fillings – amalgam (silver)   | No charge                 | You pay 10%   | You pay 10% of the PPO fee    | You pay 50% of the PPO fee after the deductible 1 |
| Fillings – composite resin<br>(tooth-colored)<br>for anterior (front) teeth | No charge                 | You pay 10%   | You pay 10% of the<br>PPO fee | You pay 50% of the PPO fee after the deductible 1 |
| Fillings – composite<br>resin (tooth-colored) for<br>posterior (back) teeth | \$45-\$75                 | When decay is present, you pay the cost difference between amalgam and resin. For cosmetic purposes to replace an alloy/amalgam filling, you pay 50% <sup>2</sup> | Not covered <sup>4</sup>      | Not covered <sup>4</sup>                          |
| ENDODONTICS   |                           |   |                               |   |
| Single root canal   | \$45                      | You pay 10%   | You pay 10% of the PPO fee    | You pay 50% of the PPO fee after the deductible 1 |
| Bicuspid root canal   | \$90                      | You pay 10%   | You pay 10% of the PPO fee    | You pay 50% of the PPO fee after the deductible 1 |
| Molar root canal  | \$205                     | You pay 10%   | You pay 10% of the<br>PPO fee | You pay 50% of the PPO fee after the deductible 1 |
| PERIODONTICS  |                           |   |                               |   |
| Periodontal scaling and root planing – four or more teeth/quadrant          | No charge                 | You pay 10%   | You pay 10% of the<br>PPO fee | You pay 50% of the PPO fee after the deductible 1 |

<sup>1,2,3,4</sup> Refer to the box on page 11 for footnote references.

#### **COUNTY DENTAL PLANS COMPARISON CHART**

This benefit summary only highlights your benefits. It is not a Summary Plan Description (SPD). If any discrepancy exists between this benefit summary and the official plan documents, the official plan documents will prevail.

|  | DELTACARE USA             | LOCAL ADVANTAGE<br>EPO PLUS                                      | DELTA DENT                   |  |
|--|---------------------------|--|------------------------------|--|
|  | HIGH OPTION PLAN<br>(10A) | IN-NETWORK   | DELTA DENTAL<br>PPO DENTISTS | PREMIER DENTISTS<br>OUT-OF-NETWORK<br>DENTISTS               |
| CROWNS, BRIDGES AND                                    | IMPLANTS                  |  |                              |  |
| Crowns   | \$35–\$195                | You pay 35%  | You pay 40% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| Bridges  | \$55–\$195                | You pay 35%  | You pay 40% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| Implants   | Not covered               | Not covered  | You pay 40% of the PPO fee   | You pay 50% of the PPO fee after the deductible <sup>1</sup> |
| PROSTHODONTICS   |                           |  |                              |  |
| Complete upper denture                                 | \$100                     | You pay 35%  | You pay 40% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| Complete lower denture                                 | \$100                     | You pay 35%  | You pay 40% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| ORAL SURGERY   |                           |  |                              |  |
| Simple extraction                                      | No charge                 | You pay 10%  | You pay 10% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| Impaction  | \$25–\$90                 | You pay 10%  | You pay 10% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| COSMETIC   |                           |  |                              |  |
| Veneers  | No benefit                | You pay 50%  | Not covered                  | Not covered  |
| Teeth whitening  | \$125                     | You pay 50%  | Not covered                  | Not covered  |
| Replacement of existing amalgam filling with composite | Not covered               | You pay 50%  | Not covered                  | Not covered  |
| ORTHODONTICS   |                           |  |                              |  |
| Child  | \$1,700                   | You pay \$120 down,<br>\$120/month for 24<br>months <sup>3</sup> | You pay 50% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| Adult (19 and up)                                      | \$1,900                   |  | You pay 50% of the PPO fee   | You pay 50% of the PPO fee after the deductible 1            |
| Lifetime maximum benefit                               | None                      | None   | \$2,000/person               | \$1,500/person   |

<sup>1,2,3,4</sup>Refer to the box on page 11 for footnote references.

## **Vision Plan**

To help you maintain good vision, the County of Riverside offers a voluntary vision plan through EyeMed Vision Care. A voluntary plan is one in which you are responsible for the full cost of the premiums. Because the County is able to leverage its size and negotiate on your behalf, the premiums are lower than what you would pay if you purchased vision coverage on your own.

#### **EYEMED VISION CARE (EYEMED)**

#### **HOW THE PLAN WORKS**

Under this vision plan, you can choose between network and non-network providers—but you will receive a higher level of benefits if you go to a provider in the EyeMed Vision network. EyeMed Vision has the largest network in California, including independent providers and national and regional retailers like LensCrafters, Walmart, Target and Pearle Vision. To find a provider in your area, you can visit EyeMed Vision online at www.eyemed.com or call (844) 409-3401.

When you go to a network provider, the plan pays the total cost of eye exams, as well as lenses and selected frames. Discounts are also available on lens options (such as ultraviolet protection) and laser eye surgery. If you decide to go to a non-network vision care provider, you will have to pay your entire bill at the time you receive services, and then file a claim with EyeMed Vision. You will be reimbursed for your non-network expenses up to the allowances listed in the chart on the next page.

#### WHAT'S COVERED?

The plan covers eye exams, frames, lenses and contact lenses once every 12 months. The plan does not cover sunglasses (prescription or cosmetic), replacements for lost lenses or frames, or post-cataract lenses. For more information, contact EyeMed Vision (see page 19 for contact information).

To avoid duplication of coverage, please check to see if your medical plan provides vision benefits.

EyeMed offers digital ID cards through its app, plus printed ID cards. However, an ID card is not required to use EyeMed benefits.

## **EYEMED VISION CARE PLAN BENEFITS**

| Frequency of Services   |   |  |
|---|---|--|
| Exams   | 12 months   |  |
| Lenses  | 12 months   |  |
| Frames  | 12 months   |  |
| Contacts (elective or medically necessary)  | 12 months   |  |
| Benefit   | Network Provider  | Non-Network Provider   |
| <b>Eye exams</b> - Exams at PLUS Providers  | \$0 copay   | Plan reimburses up to \$40   |
| Frames - Any available frame at PLUS Providers - Retail allowance - Wholesale allowance   | \$0 copay; \$170 allowance, 20% off balance<br>\$0 copay; \$120 allowance, 20% off balance<br>\$0 copay; \$84 allowance                         | Plan reimburses up to \$84<br>Plan reimburses up to \$84<br>Plan reimburses up to \$84   |
| Standard plastic lenses - Single vision lenses - Bifocal lenses - Trifocal lenses - Standard progressive lenses - Premium progressive lenses (Tier 1-4)                       | \$0 copay<br>\$0 copay<br>\$0 copay<br>\$0 copay<br>\$85, \$95, \$110 or \$175 copay  | Plan reimburses up to \$30 Plan reimburses up to \$50 Plan reimburses up to \$70 Plan reimburses up to \$50 Plan reimburses up to \$50                   |
| Lens options - UV treatment - Tint - Standard scratch coating - Polycarbonate (adults) - Polycarbonate (kids<19) - Standard AR - Premium AR (Tier 1-3) - Photochromic - Other | \$15 copay<br>\$15 copay<br>\$15 copay<br>\$40 copay<br>\$0 copay<br>\$45 copay<br>\$57, \$68, \$85 copay<br>\$75 copay<br>20% off retail price | Not covered Not covered Not covered Not covered Plan reimburses up to \$20 Plan reimburses up to \$23 Plan reimburses up to \$23 Not covered Not covered |
| Contact lens fit and follow-up<br>(in lieu of lenses)<br>- Standard<br>- Premium  | Plan pays up to \$40<br>10% off retail price  | Not covered<br>Not covered   |
| Contact lenses - Conventional - Disposable - Medically necessary  | \$0 copay; 15% off balance over \$105 allowance<br>\$0 copay; \$105 allowance<br>\$0 copay; paid in full  | Plan reimburses up to \$74<br>Plan reimburses up to \$74<br>Plan reimburses up to \$300  |

## **Cost of Coverage**

#### **MONTHLY COUNTY CONTRIBUTIONS FOR RETIREES**

When you enroll in a CalPERS medical plan, either when you retire or during a subsequent Annual Enrollment, the County will make a monthly contribution toward your medical plan premiums. The amount of the contribution is based on the bargaining unit you were in at the time of your retirement. The contributions are the current minimum contribution under the CalPERS health program or the amount listed below for the groups identified.

| Bargaining Unit at Retirement        | County Contribution   |
|--------------------------------------|---|
| Confidential                         | \$256   |
| DDAA (Prosecution)                   | \$256   |
| Elected Officials                    | \$256   |
| Management                           | \$256   |
| Unrepresented                        | \$256   |
| SEIU, LIUNA, RSA Public Safety, LEMU | The CalPERS Minimum Employer<br>Contribution (\$158 for 2025) |

#### **IMPORTANT NOTE**

Refer to the County contributions shown on your personalized enrollment form to determine how much the County will contribute toward your medical coverage.



## MONTHLY COSTS FOR DENTAL AND VISION COVERAGE

| County Dental Plans                         |                         |
|---|-------------------------|
|   | 2025 Monthly Plan Costs |
| Local Advantage Plus (EPO)                  |                         |
| Retiree only                                | \$32.26                 |
| Retiree plus one dependent                  | \$61.50                 |
| Retiree plus family                         | \$91.50                 |
| Local Advantage Blythe (EPO)                |                         |
| Retiree only                                | \$20.98                 |
| Retiree plus one dependent                  | \$32.02                 |
| Retiree plus family                         | \$50.36                 |
| DeltaCare USA DHMO – High Option Plan (10A) |                         |
| Retiree only                                | \$21.62                 |
| Retiree plus one dependent                  | \$32.98                 |
| Retiree plus family                         | \$51.86                 |
| Delta Dental (PPO)                          |                         |
| Retiree only                                | \$45.00                 |
| Retiree plus one dependent                  | \$78.00                 |
| Retiree plus family                         | \$115.00                |
| County Vision Plan                          |                         |
| EyeMed Vision Care                          |                         |
| Retiree only                                | \$10.17                 |
| Retiree plus one dependent                  | \$19.48                 |
| Retiree plus family                         | \$25.84                 |



# **Contact Information**

| CONTACT INFORMATION  |  |   |  |
|--|--|---|--|
| Plan   | Telephone  | Website   |  |
| Medical  |  |   |  |
| CalPERS Health Benefits Services Division<br>Eligibility and Enrollment Section<br>P.O. Box 942714<br>Sacramento, CA 94229 | (888) 225-7377   | www.calpers.ca.gov                                    |  |
| Dental   |  |   |  |
| DeltaCare USA (HMO)  | (800) 422-4234   | www.deltadentalins.com                                |  |
| Delta Dental (PPO)   | (888) 335-8227   | www.deltadentalins.com                                |  |
| Local Advantage Plus   | (800) 331-5301   | http://rc-hr.com/retiree                              |  |
| Vision   |  |   |  |
| EyeMed Vision Care   | (844) 409-3401   | www.eyemed.com  |  |
| Other Benefits and County Resources  |  |   |  |
| County of Riverside Benefits Division<br>Benefits Information Line<br>P.O. Box 1569<br>Riverside, CA 92502                 | (951) 955-4981; option 1<br>TTY: 711<br>Fax: (951) 955-3490<br>Mon. – Fri. 8:00 a.m. – 4:30 p.m. | http://rc-hr.com/retiree<br>Email: benefits@rivco.org |  |
| Voluntary Employee Beneficiary Association (VEBA)  | (844) 342-5505   | www.healthinvesthra.com                               |  |
| Medicare Information   |  |   |  |
| Centers for Medicare & Medicaid<br>Services (CMS)  | (800) 633-4227<br>TTY: (877) 486-2048  | www.medicare.gov                                      |  |
| Social Security Administration   | (800) 772-1213<br>TTY: (800) 325-0778  | www.ssa.gov   |  |

