

Medical Network Tool: Small Groups 1-100

Carrier	Full HMO	Limited HMO		EPO	Full PPO	Limited PPO
Aetna	HMO network	HMO Deductible Aetna Value network	Basic HMO AWH HMO SoCal	EOA EPO EPO AWH SoCal	Managed Choice *	Savings Plus PPO AWH SoCal PPO
Anthem Blue Cross	CaliforniaCare HMO	Select HMO Priority Select HMO		Prudent Buyer PPO Blue Card *	Prudent Buyer PPO Blue Card *	Select PPO Blue Card *
Blue Shield of CA	Access+ HMO	Local Access+ HMO Trio ACO HMO		N/A	Full PPO Blue Card *	Tandem PPO Blue Card *
CaliforniaChoice	Anthem CaliforniaCare HMO Health Net Full HMO Kaiser HMO Sutter Health Plus UHC Signature Value WHA Full	Anthem Select HMO Health Net WholeCare Health Net CommunityCare Health Net Salud HMO y Mas	Sharp Performance Sharp Premier UHC Advantage UHC Alliance UHC Focus	Anthem Prudent Buyer Cigna+Oscar LocalPlus (eff. 7/1/21) Oscar Health EPO	Anthem Prudent Buyer * Blue Card *	Anthem Advantage PPO Anthem Select PPO
CCHP	CCHP HMO	N/A		N/A	N/A	N/A
Cigna + Oscar	N/A			LocalPlus (limited) Open Access Plus *	N/A	N/A
Community Care Health	Community Care Health	N/A		N/A	N/A	N/A
Covered California For Small Business	Kaiser HMO	Blue Shield Trio HMO Sharp Performance Sharp Premier		Oscar Health EPO	Blue Shield Full PPO Blue Card * Health Net PPO	Health Net EnhancedCare (Los Angeles County only)
Health Net	Full HMO	WholeCare HMO SmartCare HMO CommunityCare HMO	Salud y Mas HMO PureCare HSP	N/A	Health Net PPO Health Net PPO/First Health *(state specific)	EnhancedCare PPO (Los Angeles County only)
Kaiser Permanente	All plans are Full HMO network			N/A	All plans are Full PPO network through PHCS/Multi-Plan	
MediExcel	Full HMO in Mexico			N/A		
Oscar Health	N/A			Oscar Health EPO	N/A	
Sharp Health Plan	Choice	Value Performance	Premier	N/A	N/A	N/A
Sutter Health Plus	Full Network	N/A		N/A	N/A	N/A
UnitedHealthcare	Signature Value HMO	Advantage HMO Alliance HMO	Focus HMO Harmony HMO	Navigate	Select Plus PPO *	Core PPO *
Western Health Advantage	All plans are Full HMO network			N/A		

*Available to out-of-state members

This document is intended to be a high-level overview for informational purposes only. You must consult with each carrier's specific benefits plan, specific products, or provider network. Last updated on 05172021

Mental Health Administrator and Chiro/Acu Network Tool: **Small Groups 1-100**

Carrier	Mental Health Administrator	Chiropractic/Acupuncture
Aetna	Aetna: HMO: 888-702-3862 / EPO & MC members: 888-802-3862 Provider Link: Find a Doctor	Aetna under Alternative Medicine Provider Link: Aetna Doc Find
Anthem Blue Cross	Anthem: 855-383-7248 Provider Link: Find a Doctor	Click Medical and under Doctor/Medical Specialty, select "Specialty" (American Specialty Health) Provider Link: Anthem Doc Find
Blue Shield of CA	Mental Health Service Administrator (MHSA): 877-263-9952 Magellan Healthcare is the network. Provider Link: Find a Doctor	Blue Shield under Alternative Medicine (American Specialty Health) Provider Link: Blue Shield Doc Find Providers are contracted under one umbrella, and includes both PPO & HMO.
CaliforniaChoice	See each carrier for details	CaliforniaChoice Doc Find Choose "Ancillary Carriers" Chiropractic and acupuncture providers (Landmark Healthplan)
CCHP	CCHP Doc Find	CCHP Doc Find
Cigna + Oscar	Cigna Behavioral Health Network , and through Talkspace, an online therapy platform at www.talkspace.com/oscar	Cigna + Oscar Doc Find
Community Care Health	Community Care Health Doc Find	Community Care Health Doc Find
Covered California For Small Business	See each carrier for details	Blue Shield: American Specialty Health Blue Shield Doc Find CCHP: TBD Health Net: American Specialty Health Health Net Doc Find Kaiser: American Specialty Health www.ashlink.com/ash/kp Oscar: pending carrier response Sharp: American Specialty Health Sharp Doc Find
Health Net	Managed Health Network (MHN): 800-444-4281 Provider Link: Find a Doctor	Health Net under Ancillary Services (American Specialty Health) Provider Link: Health Net Doc Find
Kaiser Permanente	Kaiser HMO Member Services: 800-464-4000 Kaiser HMO Provider Link: Find Doctors and Locations PPO Member Services: 800-788-0710 PPO (PHCS) Provider Link: Find a Doctor or Facility	American Specialty Health Provider Link: www.ashlink.com/ash/kp
MediExcel	MediExcel Facilities (specialty care): 619-365-4346 when dialing from the U.S.; 664-633-8300 when dialing from Mexico Provider Link: Find a Doctor	MediExcel facility specialty care providers Provider Link: MediExcel Doc Find

Mental Health Administrator and Chiro/Acu Network Tool: **Small Groups 1-100**

Carrier	Mental Health Administrator	Chiropractic/Acupuncture
Oscar Health	Optum Member Services: 877-855-8283 Provider Link: Find Doctors and Drugs (Concierge Team can help)	Pending carrier response
Sharp Health Plan	Psychiatric Centers at San Diego (PCSD): 619-528-4600 Provider Link: Provider Directory	Sharp (American Specialty Health) Provider Link: Sharp Doc Find
Sutter Health Plus	US Behavioral Health Plan, California (USBHPC): 855-202-0984 Provider Link: www.liveandworkwell.com	ACN Group of California, Inc. dba OptumHealth Physical Health (ACN) Provider Link: www.myoptumhealthphysicalhealthofca.com
UnitedHealthcare	United Behavioral Health Core PPO, Select Plus PPO, and Navigate EPO: 800-357-0978 Signature Value, Advantage, Alliance, Focus and Harmony: 800-624-8822 Provider Link: Find a Provider	HMO & Multi-Choice State members: OptumHealth PPO Select Plus members: Select Plus PPO Network Provider Link: www.myuhc.com
Western Health Advantage	Magellan Health Services: 800-424-1778 Provider Link: www.magellanassist.com "Register or Enter as a Guest"	Western Health Advantage (Landmark Healthcare) Provider Link: www.mywha.org/cam

Virtual Visits Tool: Small Groups 1-100

Carrier	Virtual Visits
Aetna Aetna Doc Find	<p>Teladoc:</p> <ul style="list-style-type: none"> Available to all HMO/PPO/MC members Talk to a doctor anytime for \$40 or less <p>Heal: On-demand doctor house calls 8 a.m. to 8 p.m. daily.</p> <ul style="list-style-type: none"> For in-network Aetna Open Access Managed Choice (OAMC) health plans Employees only responsible for standard copay charged at any traditional doctor's office
Anthem Blue Cross Anthem Doc Find	<p>LiveHealthOnline: Quick and easy access to a doctor, 24/7.</p> <ul style="list-style-type: none"> Non-HSA plans: \$0 LiveHealthOnline copay for first three visits; after three visits, copay will be lower than PCP. (Effective 1/1/2020, \$5 copay for 4th visit +) For plans that apply deductible first, fee schedule adjustment on medical visits is changing from \$49 (2019) to \$59 (2020) Pediatric services and allergy specialist availability. <p>Heal: On-demand doctor house calls 8 a.m. to 8 p.m. daily.</p> <ul style="list-style-type: none"> Available as an in-network provider with PPO insurance.
Blue Shield of CA Blue Shield Doc Find	<p>Teladoc: is available for new and renewing groups and is included in all plans.</p> <ul style="list-style-type: none"> U.S. board-certified doctors are available 24/7 to resolve non-emergency medical issues through phone or video consultations. HMO and Full PPO plans: \$5 copay, not subject to the deductible HDHP PPO plans: \$5 copay after deductible is met Bronze PPO 6500/50%: 50% coinsurance after deductible is met <p>Heal: On-demand doctor house calls 8 a.m. to 8 p.m. daily.</p> <ul style="list-style-type: none"> Available for PPO members in Los Angeles, Orange and San Diego counties, San Francisco, Oakland, Berkeley and the Peninsula to San Jose. Copay matches an office visit. (Trio HMO and Tandem PPO members: First visit at no cost; additional visits copay with match office visit copay.)
CaliforniaChoice	See each carrier for details
CCHP	N/A
Cigna + Oscar	\$0 and unlimited telemedicine, available 24/7. Phone and secure message consultations with a board-certified doctor - \$0 before deductible, even on HSA plans. Available on the mobile app .
Community Care Health	<p>e-Visits: online visits for non-urgent issues with select CMP medical providers through the MyChart mobile app</p> <ul style="list-style-type: none"> Private and secure online communication with your primary care physician PCP has access to the member's personal health record \$10 copay <p>Teledoc: talk to a qualified health care professional 24-hours-a-day, 7 days per week</p>
Covered California For Small Business	See each carrier for details
Health Net Health Net Doc Find	<p>Teladoc Available on HMO, PPO, and HSP plans. Board-certified doctors via phone 24 hours a day, 7 days a week</p> <p>Heal: is available to PPO, HMO, and HSP members. Appointments are available from 8 a.m. to 8 p.m., seven days a week, in select urban areas. Members can check the eligibility of any address at www.heal.com/healthnet. The same out-of-pocket costs as a doctor visit. If more than one covered person is seen at the same visit, each one pays the same charge as a doctor office visit.</p> <p>Nurse Advice Line is available 24/7 for over-the-phone health advice and support for all plans.</p> <p>CVS MinuteClinic: Available on HMO, PPO, and HSP plans. Walk-in healthcare facility, generally inside CVS/pharmacy stores. No appointment necessary.</p>

Virtual Visits Tool: Small Groups 1-100

<p>Kaiser Permanente Kaiser Doc Find</p>	<p>Telephone, email and video consultations available. Video consultations are no charge for all plans (except HDHP) and the video consultations are with your doctor who has access to your medical records and not a contracted third party. Kaiser Telehealth</p>								
<p>MediExcel</p>	<p>Call the Doctor Line: The Call the Doctor Line offers a link to your doctor’s office from 8am to 4pm, Monday through Saturday, when a quick answer is needed for a health question. MediExcel’s Call the Doctor Line (619) 365-4346 option 5 or (664) 633-8300 option 5 from Tijuana. Heal: access to an urgent care doctor at home or in the office within a two-hour window, 7 days a week, between 8 a.m. and 8 p.m. To access, members go to the Urgent Care tab in the MediExcel Mobile App and select Heal. They will be redirected to the Heal website to download the Heal app and set up a profile. Once registered, members can schedule an urgent care visit directly with Heal and pay the U.S. urgent care copay applicable to their Plan. Urgent Care Services include:</p> <table border="0"> <tr> <td>○ Ear Infection</td> <td>○ Vomiting</td> <td>○ Minor Cuts & Burns</td> <td>○ Muscle & Joint Injuries</td> </tr> <tr> <td>○ Strep Throat</td> <td>○ Urinary Tract Infection (UTI)</td> <td>○ Rash</td> <td>○ Respiratory Infection/Flu</td> </tr> </table>	○ Ear Infection	○ Vomiting	○ Minor Cuts & Burns	○ Muscle & Joint Injuries	○ Strep Throat	○ Urinary Tract Infection (UTI)	○ Rash	○ Respiratory Infection/Flu
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<p>Oscar Health Oscar Doc Find</p>	<p>Doctor on Call for every member <i>Always free, unlimited and available 24/7</i></p>								
<p>Sharp Health Plan</p>	<p>Video and phone visits on demand through Sharp’s partnership with PlushCare, a telehealth company. HMO members speak with top-trained doctors who diagnose, treat and prescribe medication from the convenience of your phone, computer or tablet – for a flat \$20 copayment. Schedule an appointment 24/7 and speak with a doctor year-round including all major holidays. Appointments can be booked Monday to Friday, 6 am to 10 pm and Saturday and Sunday, 6am to 6 pm. You can also choose to have your video and phone visit summary sent to your personal doctor at the end of your appointment, within 48 hours of your approval. Members can schedule an appointment by clicking this link. CVS MinuteClinic: Sharp Health Plan has 16 CVS MinuteClinic locations in San Diego County and Temecula so you can visit the clinic nearest you for the same low copay* as your primary care doctor visit, regardless of your health plan. (*Deductible and coinsurance amounts apply when applicable.)</p>								
<p>Sutter Health Plus Sutter Health Plus Doc Find</p>	<p>Video Visits: same-day appointments on your phone, tablet or desktop for common illnesses like rashes, allergies or infections</p> <ul style="list-style-type: none"> • Available to Sutter Health Plus members with a My Health Online (MHO) account* • Covered at your primary care physician visit cost share** • Every day from 8 a.m. to 8 p.m. <p>*Enroll and active your MHO account by visiting mho.sutterhealth.org. **Refer to the Sutter Health Plus combined Evidence of Coverage and Disclosure Form and Benefits and Coverage Matrix to determine coverage and costs. Virtual Primary Care: A modern approach to health with TeraPractice, a virtual visit through a smartphone or computer ideal for:</p> <ul style="list-style-type: none"> • Busy individuals who want convenient primary care that fits into their demanding lives • People who have chronic conditions may find the expanded access and health coaching services especially helpful in monitoring their health <p>For those who seek a stronger relationship with their care team and want greater shared decision-making and flexibility in their health care</p>								
<p>UnitedHealthcare UHC Doc Find</p>	<p>Teledoc® Virtual Visit experience through myuhc.com using the member’s HealthSafe ID login or by visiting uhc.com/virtualvisits</p> <ul style="list-style-type: none"> • Board-certified doctors via phone 24 hours a day, 7 days a week <p>Dr on Demand and Amwell Virtual visits: access to care online.</p> <ul style="list-style-type: none"> • Included in all plans — \$25 or PCP copay, whichever is less. Copays on benefit summaries as low as a \$5 copay for Choice Simplified plans. • HSA plans, member pays the contracted \$49 rate until deductible is met; then the applicable coinsurance applies <p>Heal: On-demand doctor house calls.</p> <ul style="list-style-type: none"> • Available to members enrolled on a PPO Select Plus or Core plan in Los Angeles, San Diego and Orange counties and the San Francisco Bay Area. 								
<p>Western Health Advantage WHA Doc Find</p>	<p>Members have access 24/7 to their doctor. Services include home care remedies or urgent care or emergency room. Beginning in January 2021, WHA is pleased to now offer telehealth services through Teladoc. While physician offices and medical groups have expanded their services using virtual visits recently, WHA has also added 24/7 urgent care by phone or video vis the Teladoc app (or website: www.Teladoc.com). It allows members to connect to a doctor anywhere, for minor injuries such as sprains, strains, rashes, and cold/flu symptoms without having to go to an urgent care location.</p>								

Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

Carrier	Pediatric Dental embedded in medical ¹	Pediatric Vision embedded in medical	Dental	Vision
Aetna Aetna Doc Find	Aetna Pediatric Dental Plan	www.aetnavision.com Aetna Vision Preferred Network (EyeMed)	HMO: Aetna DMO/DNO PPO: Aetna Dental PPO/PDN with PPO II Network	www.aetnavision.com Aetna Vision Preferred Network (EyeMed)
Ameritas (Inshore Benefits)	N/A	N/A	Ameritas	N/A
Anthem Blue Cross Anthem Doc Find	Dental Prime	Blue View Vision	HMO: Dental Net PPO: Dental Complete	Blue View Vision (includes EyeMed Network)
Blue Shield of CA Blue Shield Doc Find	HMO and PPO medical plans use: Dental PPO (Group plans) Choose "Pediatric Dentistry"	Vision Care then Vision Plans (MESVision network)	HMO: Dental HMO PPO: Dental PPO (DBP)	Vision Care then Vision Plans (MESVision network)
California Dental Network	N/A	N/A	California Dental Network www.caldental.net	N/A
CaliforniaChoice	Anthem HMO: Dental Net 877-567-1804 Anthem PPO: Dental Complete 877-567-1804 Cigna+Oscar: Oscar Plan Network Health Net: Dental Benefit Providers 866-249-2382 Kaiser: DeltaCare USA Oscar Health: Liberty Dental 888-902-0403 Sharp: Access Dental Sutter Health Plus: DeltaCare USA UnitedHealthcare: UHC CA DHMO 800-445-9090 Western Health Advantage: DeltaCare USA	Anthem: Blue View Vision 866-723-0515 Cigna+Oscar: Oscar Plan Network Health Net: EyeMed 866-289-0614 Kaiser: Kaiser Oscar Health: www.hioscar.com/search Sharp: VSP 800-877-7195 Sutter Health Plus: VSP 800-877-7195 UnitedHealthcare: Spectera Network 800-638-3120 Western Health Advantage: MESVision 800-877-6372	CaliforniaChoice Doc Find Choose "Ancillary Carriers" Discount Dental: Dentegra Smile Club HMO: SmileSaver PPO: Ameritas	CaliforniaChoice Doc Find Choose "Ancillary Carriers" Vision Discount (Free Vision): EyeMed Voluntary Vision: EyeMed or VSP Vision Care "provided by Ameritas"
CCHP	Delta Dental DeltaCare USA	VSP Advantage Network 800-877-7195	Delta Dental DeltaCare USA	VSP Advantage Network 800-877-7195

¹Pediatric dental plan assignment is based on the medical plan selected.

Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

Carrier	Pediatric Dental embedded in medical ¹	Pediatric Vision embedded in medical	Dental	Vision
Cigna + Oscar	Cigna + Oscar Doc Find (Liberty Dental)	Cigna + Oscar Doc Find (Davis Vision)	N/A	N/A
Community Care Health	Delta Dental DeltaCare USA	MESVision	N/A	N/A
Covered California For Small Business	Blue Shield: Blue Shield (DBP) CCHP: Delta Dental Health Net: Dental Benefit Providers Kaiser: Not embedded Oscar Health: Liberty Dental 888-902-0403 Sharp: Access Dental DHMO	Blue Shield: Blue Shield (MESVision) CCHP: VSP Health Net: EyeMed Kaiser: Kaiser Optical Services Oscar Health: www.hioscar.com/search Sharp: VSP	HMO: California Dental Network, Delta Dental DeltaCare, Dental Health Services or Liberty Dental PPO: Delta Dental PPO	N/A
Delta Dental (Allied Administrators)	N/A	N/A	HMO: DeltaCare USA PPO: PPO PPO: PPO plus Premier	VSP Choice Network www.vsp.com
Delta Dental (Inshore Benefits)	N/A	N/A	Delta Dental PPO Delta Dental Doc Find	N/A
Guardian Guardian Doc Find	N/A	N/A	DentalGuard Preferred	VSP Choice, VSP Signature, Guardian Vision & Davis Vision (4 network options)
Health Net	HMO: Health Net DHMO CA ONLY PPO: PPO Commercial (DBP) Choose "Pediatric Dentist" Find a Provider	www.eyemedvisioncare.com (EyeMed)	www.yourdentalplan.com/healthnet HMO: Health Net DHMO CA ONLY PPO: PPO Commercial (DBP)	www.eyemedvisioncare.com (EyeMed)
Humana	N/A	<u>N/A</u>	HMO: Liberty Dental Network PPO: PPO/Traditional Preferred Network Humana Doc Find	EyeMed – Insight Network www.eyemedvisioncare.com
Humana (Inshore Benefits)	N/A	N/A	Humana PPO Humana Doc Find	N/A
Kaiser Permanente	HMO: DeltaCare USA 800-422-4234 PPO: Delta Dental PPO 800-835-2244 Delta Dental Doc Find	Kaiser Permanente Optical Services Find a Provider	HMO: DeltaCare USA PPO: Delta PPO 800-427-3237 Premier: Delta Premier 800-427-3237	N/A

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Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

Carrier	Pediatric Dental embedded in medical ¹	Pediatric Vision embedded in medical	Dental	Vision
Lincoln Financial Lincoln Doc Find	N/A	N/A	HMO: DHMO (DBP) PPO: PPO (Lincoln DentalConnect Plan)	Spectera Network Spectera Network Doc Find
MediExcel MediExcel Doc Find	MediExcel facility dentists	Limited vision access at MediExcel's facilities in Mexicali and Tijuana.	MediExcel facility dentists	Limited vision access at MediExcel's facilities in Mexicali and Tijuana.
MetLife www.metlife.com	N/A	N/A	HMO: Dental HMO/Managed Care PPO: PDP Plus	MetLife Vision PPO (VSP Choice + additional chains and providers)
Oscar Health Oscar Doc Find	Oscar Plan Network	Oscar Plan Network	N/A	N/A
Principal Financial Group	N/A	N/A	EPO: First Dental Health EPO PPO: The Principal Plan Dental Network POS: Principal POS Plan www.principal.com/dentist , Select CA	VSP Choice www.principal.com/vsp
Sharp Health Plan Sharp Doc Find	Sharp (Delta Dental)	Sharp (VSP)	N/A	Sharp (VSP)
Sutter Health Plus	HMO: DeltaCare USA www.deltadentalins.com/	Vision Service Plan (VSP) www.vsp.com	HMO: DeltaCare USA www.deltadentalins.com/	Vision Service Plan (VSP) www.vsp.com
UnitedHealthcare www.myuhc.com	HMO: CA Select Managed Care DHMO PPO: National Options PPO 30	UnitedHealthcare (Spectera Network) www.myuhcvision.com	HMO: CA Select Managed Care PPO: National Options PPO 20, National Options PPO 30	UnitedHealthcare (Spectera Network) www.myuhcvision.com
Unum	N/A	N/A	HMO: Unum Dental HMO PPO: Dentemax Plus / Alwayscare Unum Find a Dentist	EyeMed – Insight Network www.EyeMedVisionCare.com/Unum
Vision Service Plan (Inshore Benefits)	N/A	N/A	N/A	VSP Signature or VSP Choice www.vsp.com
Western Health Advantage	DeltaCare USA www.deltadentalins.com/	MESVision	HMO: DeltaCare USA PPO: Delta Dental PPO www.deltadentalins.com/	MESVision

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