

# 2024 Medical Network (CA): Small Groups 1-100

| Carrier  | Full HMO  | Limited HMO   |   | EPO                                     | Full PPO   | Limited PPO   |
|--|---|---|---|---|--|---|
| <a href="#"><u>Aetna</u></a>                                 | Full HMO  | Aetna Value network   | AWH Southern CA<br>AWH Northern CA                                |   | PPO<br>Open Access Managed<br>Choice (OAMC) *  | Savings Plus Open<br>Access Managed Choice<br>(OAMC)          |
| <a href="#"><u>Anthem Blue Cross</u></a>                     | CaliforniaCare HMO  | Select HMO<br>Priority Select HMO<br>Vivity (LA and OC)   |   |   | Prudent Buyer PPO*   | Select PPO<br>Blue Card PPO*                                  |
| <a href="#"><u>Blue Shield of CA</u></a>                     | Access+ HMO   | Local Access+ HMO<br>Trio HMO   |   | N/A                                     | Full PPO*  | Tandem PPO<br>Blue Card PPO/EPO *<br>Virtual Blue Tandem (CA) |
| <a href="#"><u>CaliforniaChoice</u></a>                      | Anthem CaliforniaCare HMO<br>Health Net Full HMO<br>Kaiser HMO<br>Sutter Health Plus<br>UHC Signature Value<br>WHA Full | Anthem Select HMO<br>Anthem Priority Select HMO<br>Health Net CommunityCare<br>Health Net WholeCare<br>Health Net SmartCare<br>Health Net Salud HMO y Mas | Sharp Performance<br>Sharp Premier<br>UHC Alliance<br>UHC Harmony | C+O LocalPlus*<br>C+O Open Access Plus* | Anthem Prudent Buyer<br>Anthem Blue Card PPO*  | Anthem Select PPO   |
| <a href="#"><u>Cigna + Oscar</u></a>                         | N/A   |   |   | N/A                                     | Open Access Plus*  | LocalPlus*  |
| <a href="#"><u>Community Care Health</u></a>                 | Full HMO  | N/A   |   | N/A                                     | N/A  | N/A   |
| <a href="#"><u>Covered California For Small Business</u></a> | Kaiser HMO<br>Blue Shield Access + HMO  | Blue Shield Trio HMO<br>Sharp Performance<br>Sharp Premier  |   | N/A                                     | Blue Shield PPO *  | N/A   |
| <a href="#"><u>Health Net</u></a>                            | Full HMO  | WholeCare HMO<br>SmartCare HMO<br>CommunityCare HMO   | Salud y Mas HMO   | N/A                                     | Full PPO*<br>Health Net PPO/First<br>Health*   |   |
| <a href="#"><u>Kaiser Permanente</u></a>                     | All plans are Full HMO network  |   |   |   | All plans are Full PPO network through<br><a href="#"><u>PHCS/Multi-Plan</u></a> ; Cigna PPO non KP service area |   |
| <a href="#"><u>MediExcel</u></a>                             | Full HMO in Mexico  |   |   | N/A                                     |  |   |
| <a href="#"><u>Sharp Health Plan</u></a>                     | Choice  | Value<br>Performance  | Premier   | N/A                                     | <a href="#"><u>Aetna Open Choice Network (NationCare)</u></a>  | N/A   |
| <a href="#"><u>Sutter Health Plus</u></a>                    | Full Network  | N/A   |   | N/A                                     | N/A  | N/A   |
| <a href="#"><u>UnitedHealthcare</u></a>                      | Signature Value HMO   | Alliance HMO  | Harmony HMO   | Navigate                                | Select Plus PPO *  | Core PPO*   |
| <a href="#"><u>Western Health Advantage</u></a>              | All plans are <u>Full HMO</u> 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 110723

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## 2024 Mental Health Administrator and Chiro/Acu Network (CA): **Small Groups 1-100**

| Carrier  | Mental Health Administrator   | Chiropractic/Acupuncture   |
|--|---|--|
| <a href="#"><u>Aetna</u></a>                                 | Aetna: HMO: 888-702-3862 / MC members: 888-802-3862   | Aetna under Alternative Medicine   |
| <a href="#"><u>Anthem Blue Cross</u></a>                     | Anthem: 855-383-7248  | Click Medical and under Doctor/Medical Specialty, select "Specialty"   |
| <a href="#"><u>Blue Shield of CA</u></a>                     | Mental Health Service Administrator (MHSA): 877-263-9952  | Blue Shield under Alternative Medicine (American Specialty Health)   |
| <a href="#"><u>CaliforniaChoice</u></a>                      | See each carrier for details  | Choose "Ancillary Carriers"<br>Chiropractic and acupuncture providers (Landmark Healthplan)  |
| <a href="#"><u>Cigna + Oscar</u></a>                         | Optum Member Services: 877-855-8283   | See plans for details  |
| <a href="#"><u>Covered California For Small Business</u></a> | See each carrier for details  | See each carrier for details   |
| <a href="#"><u>Health Net</u></a>                            | Behavioral Health Services (MHN): 800-444-4281  | Health Net under Ancillary Services (American Specialty Health)  |
| <a href="#"><u>Kaiser Permanente</u></a>                     | Kaiser HMO Member Services: 800-464-4000<br>PPO Member Services: 800-788-0710   | American Specialty Health  |
| <a href="#"><u>MediExcel</u></a>                             | MediExcel Facilities (specialty care): 619-365-4346 when dialing from the U.S.;<br>664-633-8300 when dialing from Mexico                            | MediExcel facility specialty care providers  |
| <a href="#"><u>Sharp Health Plan</u></a>                     | Psychiatric Centers at San Diego (PCSD): 619-528-4600   | Sharp (American Specialty Health)  |
| <a href="#"><u>Sutter Health Plus</u></a>                    | US Behavioral Health Plan, California (USBHPC): 855-202-0984<br>Provider Link: <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a> | ACN Group of California, Inc. dba OptumHealth Physical Health (ACN)<br>Provider Link: <a href="http://www.myoptumhealthphysicalhealthofca.com">www.myoptumhealthphysicalhealthofca.com</a> |
| <a href="#"><u>UnitedHealthcare</u></a>                      | United Behavioral Health<br>Core PPO, Select Plus PPO, and Navigate EPO: 800-357-0978<br>Signature Value, Alliance, and Harmony: 800-624-8822       | HMO & Multi-Choice State members: OptumHealth<br>PPO Select Plus members: Select Plus PPO Network  |
| <a href="#"><u>Western Health Advantage</u></a>              | Optum: 800-765-6820<br>Provider Link: <a href="http://www.mywha.org/directory">www.mywha.org/directory</a>  | Western Health Advantage (Landmark Healthcare)   |

## 2024 Telemedicine/Virtual Visits (CA): Small Groups 1-100

| Carrier  | Virtual Visits  |
|--|---|
| <a href="#"><u>Aetna</u></a>                                 | <p><b>Teladoc:</b></p> <ul style="list-style-type: none"> <li>Available to all HMO/OAMC/PPO members</li> </ul>  |
| <a href="#"><u>Anthem Blue Cross</u></a>                     | <p><b>Sydney Health App:</b></p> <ul style="list-style-type: none"> <li>Livehealth Online           <ul style="list-style-type: none"> <li>For mental health and specialty care, set up an appointment</li> <li>For urgent care, begin a session at any time through our Sydney</li> <li>Hours for urgent care: 24/7</li> </ul> </li> </ul> <p><b>24/7 NurseLine</b></p> <ul style="list-style-type: none"> <li>Call 800-337-4770</li> <li>Hours: 24/7</li> </ul>   |
| <a href="#"><u>Blue Shield of CA</u></a>                     | <p><b>Teladoc:</b> is available for new and renewing groups and is included in all plans.</p> <ul style="list-style-type: none"> <li>U.S. board-certified doctors are available 24/7 to resolve non-emergency medical issues through phone or video consultations.</li> <li>Unlimited visits —not subject to the deductible with Small Business HMO, PPO, Trio HMO and Tandem PPO plans. HDHP will pay a fee.</li> </ul> <p><b>Virtual Blue:</b> holistic virtual-first healthcare experience that integrates primary, behavioral, and specialty care. Virtual Blue is powered by AccoladeCare. Their physicians come from the top 50 U.S. medical schools and trained to deliver effective virtual care.</p> <ul style="list-style-type: none"> <li>\$0 AccoladeCare virtual visits include Primary Care, Behavioral Health, and Specialty Care. <a href="#">Virtual Blue</a></li> </ul> <p><b>Heal:</b> On-demand doctor house calls 8 a.m. to 8 p.m. daily.</p> <ul style="list-style-type: none"> <li>Available for PPO members in Los Angeles, Orange and San Diego counties, San Francisco, Oakland, Berkeley and the Peninsula to San Jose.</li> </ul> |
| <a href="#"><u>CaliforniaChoice</u></a>                      | See each carrier for details  |
| <a href="#"><u>Cigna + Oscar</u></a>                         | <p><b>Doctor on Call for every member</b></p> <ul style="list-style-type: none"> <li>Always free, unlimited and available 24/7</li> </ul>   |
| <a href="#"><u>Community Care Health</u></a>                 | <p>e-Visits: online visits for non-urgent issues with select CMP medical providers through the <a href="#">MyChart</a> mobile app</p> <ul style="list-style-type: none"> <li>Private and secure online communication with your primary care physician</li> <li>PCP has access to the member's personal health record</li> <li>\$10 copay</li> </ul> <p>Teladoc: talk to a qualified health care professional 24-hours-a-day, 7 days per week</p>  |
| <a href="#"><u>Covered California For Small Business</u></a> | See each carrier for details  |
| <a href="#"><u>Health Net</u></a>                            | <p><b>Teladoc:</b></p> <ul style="list-style-type: none"> <li>Make an appointment for a virtual visit with a medical provider 24 hours a day, 7 days a week.</li> <li>Book a virtual Behavioral Health appointment 7 days a week, 7am to 9pm local time.</li> <li>Teladoc can help with every day, non-emergency conditions like the flu, sinus infections, stomach bugs and more.</li> </ul> <p><b>Nurse Advice Line</b> is available 24/7 for over-the-phone health advice and support for all plans.</p>   |
| <a href="#"><u>Kaiser Permanente</u></a>                     | 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. <a href="#">Kaiser Telehealth</a>   |
| <a href="#"><u>MediExcel</u></a>                             | Virtual Care Services is available Monday through Sunday, from 8:00 a.m. to *:00 p.m. Direct connection to a primary care physician, a pediatrician, or an obstetrician. If medically necessary, members can be referred for a virtual consultation with a specialist.  |

## 2024 Telemedicine/Virtual Visits (CA): Small Groups 1-100

| Carrier   | Virtual Visits  |
|---|---|
| <a href="#"><u>Sharp Health Plan</u></a>        | Video and phone visits: SHP partners with <a href="#">plan medical groups</a> for telehealth services. See <a href="#">link</a> for details.  |
| <a href="#"><u>Sutter Health Plus</u></a>       | <p><b>Video Visits:</b> same-day appointments on your phone, tablet or desktop for common illnesses like rashes, allergies or infections</p> <ul style="list-style-type: none"> <li>• Available to Sutter Health Plus members with a My Health Online (MHO) account*</li> <li>• Covered at your primary care physician visit cost share**</li> <li>• Every day from 8 a.m. to 8 p.m.</li> </ul> <p>*Enroll and active your MHO account by visiting <a href="http://mho.sutterhealth.org">mho.sutterhealth.org</a>.<br/>           **Refer to the Sutter Health Plus combined Evidence of Coverage and Disclosure Form and Benefits and Coverage Matrix to determine coverage and costs.</p> <p><b>Virtual Primary Care:</b> A modern approach to health with TeraPractice, a virtual visit through a smartphone or computer ideal for:</p> <ul style="list-style-type: none"> <li>• Busy individuals who want convenient primary care that fits into their demanding lives</li> <li>• People who have chronic conditions may find the expanded access and health coaching services especially helpful in monitoring their health</li> <li>• For those who seek a stronger relationship with their care team and want greater shared decision-making and flexibility in their health care</li> </ul> |
| <a href="#"><u>UnitedHealthcare</u></a>         | <p><b>Teledoc:</b> Virtual Visit experience through <a href="http://myuhc.com">myuhc.com</a> using the member's HealthSafe ID login or by visiting <a href="http://uhc.com/virtualvisits">uhc.com/virtualvisits</a></p> <ul style="list-style-type: none"> <li>• Board-certified doctors via phone 24 hours a day, 7 days a week</li> </ul> <p><b>Dr on Demand, Amwell, Optum, Virtual Care (Walmart Health):</b> access to care online.</p> <ul style="list-style-type: none"> <li>• Included in all plans — \$0 per visit for an employee.</li> <li>• Applies to fully insured and level funded plans</li> </ul>  |
| <a href="#"><u>Western Health Advantage</u></a> | Members have access 24/7 to their doctor. Services include home care remedies or urgent care or emergency room.   |

# 2024 Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

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

<sup>1</sup>Pediatric dental plan assignment is based on the medical plan selected.

# 2024 Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

| Carrier  | Pediatric Dental embedded in medical <sup>1</sup>   | Pediatric Vision embedded in medical  | Dental  | Vision  |
|--|---|---|---|---|
| <a href="#"><u>Covered California For Small Business</u></a> | Blue Shield: Blue Shield (DBP)<br>Health Net: Dental Benefit Providers<br>Kaiser: Delta Dental<br>Sharp: Access Dental DHMO       | Blue Shield: Blue Shield (MESVision)<br>Health Net: EyeMed<br>Kaiser: Kaiser Optical Services<br>Sharp: VSP | HMO: California Dental Network, Delta Dental DeltaCare, Dental Health Services<br>PPO: Delta Dental PPO   | N/A   |
| <a href="#"><u>Delta Dental (Allied Administrators)</u></a>  | N/A   | N/A   | HMO: DeltaCare USA<br>PPO: PPO<br>PPO: PPO plus Premier   | VSP Choice Network<br><a href="http://www.vsp.com">www.vsp.com</a>  |
| <a href="#"><u>Delta Dental (Inshore Benefits)</u></a>       | N/A   | N/A   | Delta Dental PPO<br><a href="#"><u>Delta Dental Doc Find</u></a>  | N/A   |
| <a href="#"><u>Equitable</u></a>                             | N/A   | N/A   | PPO: Careington, Dentemax Plus, Dental Benefits Providers, GEHA Solutions, HealthSmart, Zelis   | VSP   |
| <a href="#"><u>Guardian</u></a>                              | N/A   | N/A   | DentalGuard Preferred   | VSP or Davis networks   |
| <a href="#"><u>Guardian (Inshore Benefits)</u></a>           | N/A   | N/A   | DentalGuard Preferred   | Vision Access Discount Program through VSP<br><a href="https://www.vsp.com/eye-doctor">https://www.vsp.com/eye-doctor</a> |
| <a href="#"><u>Health Net</u></a>                            | HMO: Health Net DHMO CA ONLY<br>PPO: PPO Commercial (DBP)<br>Choose "Pediatric Dentist"<br><a href="#"><u>Find a Provider</u></a> | <a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a><br>(EyeMed)                          | <a href="http://www.yourdentalplan.com/healthnet">www.yourdentalplan.com/healthnet</a><br>HMO: Health Net DHMO CA ONLY<br>PPO: PPO Commercial (DBP) | <a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a><br>(EyeMed)  |
| <a href="#"><u>Humana</u></a>                                | N/A   | <u>N/A</u>  | HMO: Liberty Dental Network<br>PPO: PPO/Traditional Preferred Network<br><a href="#"><u>Humana Doc Find</u></a>                                     | EyeMed – Insight Network<br><a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a>                        |
| <a href="#"><u>Humana (Inshore Benefits)</u></a>             | N/A   | N/A   | Humana PPO<br><a href="#"><u>Humana Doc Find</u></a>  | N/A   |
| <a href="#"><u>Kaiser Permanente</u></a>                     | HMO: DeltaCare USA<br>800-422-4234<br>PPO: Delta Dental PPO<br>800-835-2244<br><a href="#"><u>Delta Dental Doc Find</u></a>       | Kaiser Permanente Optical Services<br><a href="#"><u>Find a Provider</u></a>                                | HMO: DeltaCare USA<br>PPO: Delta PPO 800-427-3237<br>Premier: Delta Premier 800-427-3237  | N/A   |
| <a href="#"><u>Lincoln Financial</u></a>                     | N/A   | N/A   | HMO: DHMO (DBP)<br>PPO: PPO (Lincoln DentalConnect Plan)  | Lincoln VisionConnect <a href="http://www.lvs.lfg.com">www.lvs.lfg.com</a>  |
| <a href="#"><u>MediExcel</u></a>                             | 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.  |
| <a href="#"><u>MetLife</u></a>                               | N/A   | N/A   | HMO: Dental HMO/Managed Care<br>PPO: PDP Plus Network   | MetLife Vision PPO (VSP Choice+ additional chains in providers)   |

<sup>1</sup>Pediatric dental plan assignment is based on the medical plan selected.

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| Carrier   | Pediatric Dental embedded in medical <sup>1</sup>  | Pediatric Vision embedded in medical  | Dental  | Vision  |
|---|--|---|---|---|
| <a href="#"><u>Principal Financial Group</u></a>              | N/A  | N/A   | EPO: First Dental Health EPO<br>PPO: The Principal Plan Dental Network<br>POS: Principal POS Plan<br><a href="http://www.principal.com/dentist">www.principal.com/dentist</a> , Select CA | VSP Choice<br><a href="http://www.principal.com/vsp">www.principal.com/vsp</a>                      |
| <a href="#"><u>Sharp Health Plan</u></a>                      | Sharp (Premier Access)   | Sharp (VSP)   | N/A   | Sharp (VSP)   |
| <a href="#"><u>Sutter Health Plus</u></a>                     | HMO: DeltaCare USA<br><a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a> | Vision Service Plan (VSP)<br><a href="http://www.vsp.com">www.vsp.com</a>                           | HMO: DeltaCare USA<br><a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>  | Vision Service Plan (VSP)<br><a href="http://www.vsp.com">www.vsp.com</a>                           |
| <a href="#"><u>Sun Life</u></a>                               | N/A  | N/A   | PPO: Sun Life Dental Network  | VSP Choice<br><a href="http://www.vsp.com">www.vsp.com</a>  |
| <a href="#"><u>UnitedHealthcare</u></a> <sup>1</sup>          | HMO: CA Select Managed Care DHMO<br>PPO: National Options PPO 30                           | UnitedHealthcare (Spectera Network)<br><a href="http://www.myuhcvision.com">www.myuhcvision.com</a> | HMO: CA Select Managed Care<br>PPO: National Options PPO 20, National Options PPO 30  | UnitedHealthcare (Spectera Network)<br><a href="http://www.myuhcvision.com">www.myuhcvision.com</a> |
| <a href="#"><u>United Concordia</u></a>                       | N/A  | N/A   | HMO: Concordia Plus<br>PPO: Elite Plus Network  | UC ClearVision  |
| <a href="#"><u>Unum</u></a>                                   | N/A  | N/A   | Advantage Plus, Advantage Plus 2.0, or Alliance Network based on plan<br><a href="http://www.unumdentalcare.com">www.unumdentalcare.com</a>   | <a href="http://www.eyemedvisioncare.com/UNUM">www.eyemedvisioncare.com/UNUM</a>                    |
| <a href="#"><u>Vision Service Plan (Inshore Benefits)</u></a> | N/A  | N/A   | N/A   | VSP Signature or VSP Choice<br><a href="http://www.vsp.com">www.vsp.com</a>                         |
| <a href="#"><u>Western Health Advantage</u></a>               | DeltaCare USA<br><a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>      | <a href="#"><u>MESVision</u></a>  | HMO: DeltaCare USA<br>PPO: Delta Dental PPO<br><a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>   | <a href="#"><u>MESVision</u></a>  |

<sup>1</sup>Pediatric dental plan assignment is based on the medical plan selected.