



Your Health Your Future Your Anthem

Your guide to your LACERS
2022 Open Enrollment
and making the most of your
benefits



Topics

- › **Why Anthem?**
- › **What's new for 2022**
- › **Before choosing a plan**
- › **Health plan details**
- › **Wellness programs**
- › **Tools and resources**

Why Anthem?

Your trusted healthcare partner

- › 76 years of support and expertise
- › National network of 500,000+ doctors
- › Nearly 4,000 in-network hospitals
- › Thousands of ER alternatives
- › A focus on simplifying health care
- › Providing programs, resources and tools
- › Dedicated to helping you live a healthier life
- › Helping you make the most of your plan





What is new this year?

- › Live Health Online Virtual Visit moving to \$0 copay.

Before choosing a plan



Consider your personal situation



Compare costs:

- › Monthly payment
- › Deductible
- › Coinsurance
- › Copay
- › Out-of-pocket limit



Check to see if your doctors, hospitals, and other health care professionals are covered by the plan



Choose the right plan for your needs

LACERS Anthem Health plan details





Eligible Members

- › Retired Members, Dependents and Survivors under Age 65
- › Retired Members, Dependents and Survivors Age 65 or Older with Medicare Part B only
- › If you are living outside the US and its territories

Things to Consider

- › No assigned PCP
- › No referrals required to see a specialist
- › Ability to go to an IN/Out of network provider



Eligible Members

- › Retired Members, Dependents and Survivors under Age 65
- › Retired Members, Dependents and Survivors Age 65 or Older with Medicare Part B only

Things to Consider

- › You must choose a PCP for yourself and your enrolled dependents
- › Referral required to see a specialist



LiveHealth Online


A connection to high quality care, where ever it's needed, using [anthem.com](https://www.anthem.com) or Sydney Health –24/7/365.

- › Costs less than or equal to an office visit
- › Secure access to board-certified doctors, licensed therapists, psychologists, and board certified psychiatrists¹
- › E-prescriptions can be sent to your pharmacy of choice²

Tips and tools to save time and money

- › **Save emergency room (ER) visits for emergencies**
If you have a real emergency, go straight to the ER or call 911. Otherwise, consider an urgent care center, retail clinic, or walk-in doctor's office.
- › **See doctors in your plan**
Go to doctors in your plan and pay less out of pocket.
- › **Pre-approve hospital services (PPO plans)**
Call to pre-approve services to avoid unnecessary charges.
- › **Use the Find Care tool to check costs and quality ratings**
Comparison shop for health care. Find cost ranges for services with different doctors and check quality reviews.
- › **Save money with healthy choices**
Receive discounts on health-related products and services for you, your family, and your home.





LACERS Wellness Programs with anthem



24/7 NurseLine

Receive answers to your health questions — wherever you are, day or night.

The line is staffed by registered nurses to talk to about your general health issues. They can help you determine if you can treat your issue at home, if you need to make an appointment to see your doctor, or if you should head to urgent care or the emergency room.

Behavior Health Resource

Work with licensed mental health professionals, 24/7, to overcome stress, anxiety, or other mental health concerns.



ConditionCare

Receive support from a dedicated nurse team if you have:

- › **Asthma**
- › **Diabetes**
- › **Heart disease / heart failure**
- › **Chronic obstructive pulmonary disease (COPD)**

Work with dietitians, health educators and pharmacists.





Diabetes Prevention Program through LARK



16-week weight loss program that can help you:

- › Lose weight
- › Eat Healthier
- › Increase activity
- › Sleep better
- › Manage stress

24/7 coaching support includes:

- › A customized program based on your lifestyle
- › Convenient access to a coach through the LARK mobile app
- › Personalized feedback through daily check-ins
- › Educational information on prediabetes and preventing type 2 diabetes
- › A free, wireless smart scale when you enroll
- › Manage stress

MyHealth Advantage

Make the most of your health care benefits and dollars.

- › You can receive reminders about screenings, tests, and programs to help you stay healthy
- › Learn about possible gaps in your care
- › Find cost-saving tips for health expenses





Silver Sneakers Program

- › Use of any 13,000+ Silver Sneakers nationwide as often as you want
- › Classes are specifically designed for varying intensity levels and needs and are led by certified instructors trained specifically in teaching adult fitness
- › To enroll, visit: silversneakers.com and search by zipcode or call 1.888.423.4632 Monday through Friday 8 a.m. to 8 p.m.

Special Offers

Visit anthem.com and
choose **discounts** to:

Save money on glasses,
weight-loss programs, gym
memberships, and vitamins.





Tools & Resources

Our world at your fingertips

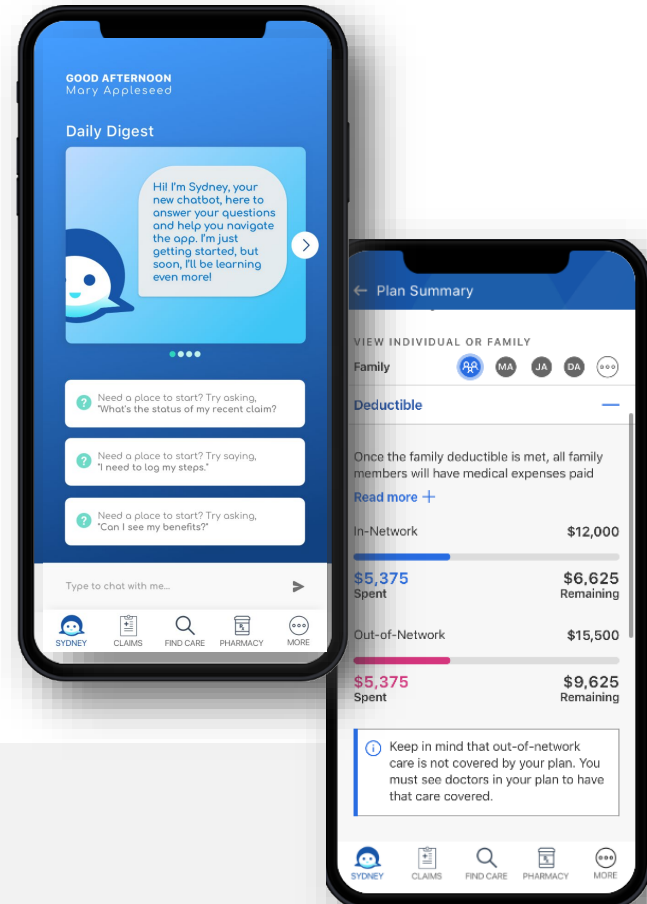


All in one place and always ready

To begin your journey, Sydney Health, our mobile app, and anthem.com give you a new way to focus on your health, in one convenient place.

Download Sydney Health and register on the app to take full advantage of your Anthem plan, including:

- › Medical benefits and spending accounts
- › Integrated pharmacy benefits
- › Integrated dental, vision, life and disability benefits
- › Integrated clinical programs along with wellbeing tools and resources
- › Smart provider search and transparency tools





My Family Health Record (MyFHR)

MyFHR aggregates your health history by bringing together all of your Electronic Medical Record (EMR) data from multiple providers. This consolidated view provides deeper insights and opportunities for early intervention and more cohesive care.

Find care

Built with you in mind, so you can find quality care at affordable costs using [anthem.com](https://www.anthem.com) or our app, Sydney Health.

- › Integrates your plan details to give a true cost estimate
- › Alphabetized searches based on treatment and service names
- › Searches across doctors, facilities, specialty care providers, hospitals, urgent care, and more
- › Compares provider and facility costs for 700 of the most common procedures
- › Search results will include virtual care options as appropriate

<https://www.anthem.com/ca/find-care>





Care and Cost Finder

Offering a personalized experience, based on your needs, to help you find quality care at affordable costs by using [anthem.com](https://www.anthem.com) or our app, Sydney Health.

- › Integrates your plan details to give a true cost estimate
- › Searches across doctors, facilities, specialty care providers, hospitals, urgent care, and more
- › Compares provider and facility costs for 400 of the most common procedures
- › Recognizes everyday, natural language searches along with static-quick-link searches based on top provider and health service types
- › Includes the ability to rate providers and review ratings from other members

Helping you navigate COVID-19

In these challenging times, it is important that you have the support you need for your overall health and well-being.



Mental Health Resource Hub

You may be feeling more overwhelmed than usual during this time. If you want additional support, we are here for you. Our partners at PsychHub are here to help you through social isolation, job loss, and mental health issues related to the COVID-19 pandemic.



Symptom Assessment

Wondering about symptoms you may be experiencing is normal. The Symptom Assessment tool on the Sydney Care app asks you five questions based on guidelines from the Centers for Disease Control and Prevention to help you understand your symptoms.



Locate a COVID-19 Testing Facility

If your doctor orders a test for you, you can find your nearest test facility by entering your state and county on [anthem.com/coronavirus](https://www.anthem.com/coronavirus). Priority is given to people displaying symptoms; anyone at high risk for complications, as well as essential workers, particularly those in health care.

For additional resources, visit [anthem.com/coronavirus](https://www.anthem.com/coronavirus).

Stay connected

- › Download our free mobile app
- › Join our Facebook group: [AnthemBlueCrossCA](#)
- › Follow us on Twitter: [@AnthemBC](#)
- › Sign up for a weekly health-related text message

We are here to help

- › You can reach us by phone, just call the Member Services number on your ID card
- › You can reach us online, register at [anthem.com](#) or download the mobile app to use the interactive chat feature

**You know what matters most to you for your health care.
That is why Anthem offers budget-friendly plans to give
you choices and flexibility in supporting your unique needs.**

Thank you!



Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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