



Lawndale Elementary School District

Effective January 1, 2025



Agenda

- Introductions
- Open Enrollment Dates
- Medical Plan Overview
 - Kaiser Permanente HMO
 - Anthem Blue Cross PPO Plan and Resources
 - Blue Shield of California Access + HMO Plan and Resources
 - CVS Caremark Pharmacy for PPO and HMO plans
- Additional Behavioral Health Resources
- MyCVT Enrollment System

Open Enrollment

October 14th through November 8th

Kaiser Permanente Plan with Physmetrics Chiropractic and Acupuncture Rider

Kaiser Permanente Plan 3 with Chiropractic and Acupuncture

BENEFIT	Kaiser 3 w/Chiro	
Calendar Year Deductible	\$0	
Coinsurance	Paid at 100%*	
Calendar Year Out of Pocket Maximum (includes medical/pharmacy deductible, coinsurance, and copays) ⁽²⁾	Individual: \$1,500 Family: \$3,000	
Doctor Visits	Primary Care Physician - \$20 Copay Specialist Physician - \$20 Copay	
Preventive Care / Immunizations	Paid at 100%*	
Outpatient Laboratory	Most tests paid at 100%*	
Outpatient Radiology	Most services paid at 100%*	
Durable Medical Equipment	Paid at 100%*	
Ambulance - Ground / Air	Paid at 100%* If Medically Necessary	
Physical Therapy	\$20 Copay	
Chiropractic	Benefit through PhysMetrics; \$10 office visit copay; \$15 daily max for out of network; Up to 40 visits per year combined with Acupuncture	
Acupuncture	Benefit through PhysMetrics; \$10 office visit copay; \$15 daily max for out of network; Up to 40 visits per year combined with Chiropractic	
Outpatient Surgery	\$20 Copay	
Hospital Inpatient	Paid at 100%*	
Hospital Emergency Room	\$100 Copay Copay waived if admitted as in-patient	
Prescription Drugs	Retail \$10 Generic \$20 Brand (Up to 30 Day Supply) \$20 Generic \$40 Brand (31-60 Day Supply) \$30 Generic \$60 Brand (61-100 Day Supply)	Mail Order \$10 Generic \$20 Brand (30 Day Supply) \$20 Generic \$40 Brand (31-100 Day Supply)

Care that's convenient

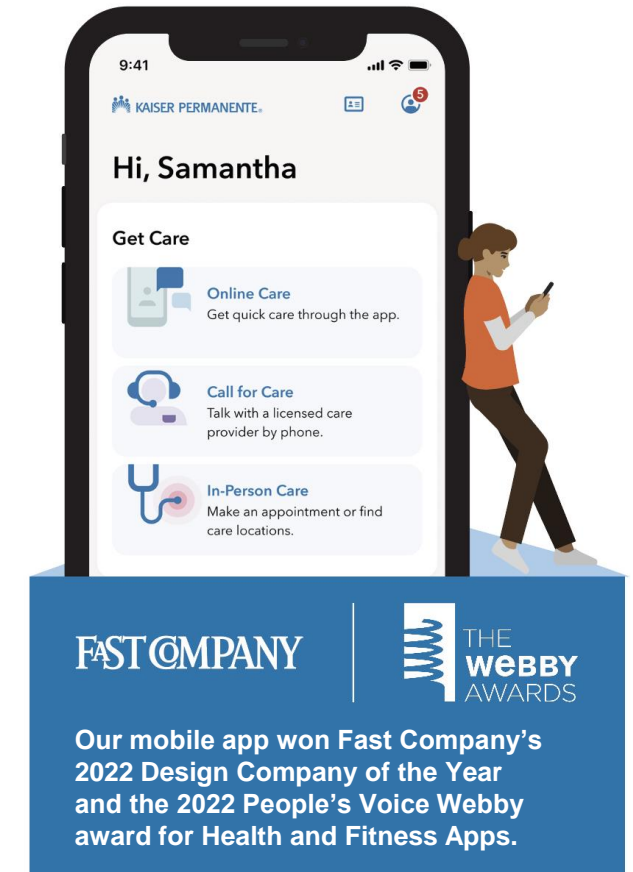
We make it easy to get high-quality care when and where you want it. No matter how you connect, you'll always talk with a medical professional who can see your health history and pick up where you left off.

Learn more at kp.org/mobile

Your health at your fingertips

- Get 24/7 care by phone or video*
- Email your care team
- Schedule appointments
- View lab results and doctor's notes
- Refill prescriptions
- Check in for appointments
- Pay bills and view statements

*When appropriate and available.



Convenient prescription refills

Order prescription refills online, on the Kaiser Permanente app, in person, or over the phone.

You can also get refill reminders or alerts when new prescriptions are available to order.



Get your prescriptions:

- At any Kaiser Permanente pharmacy, including same-day pickup
- Delivered to your door with same-day or next-day delivery^{1,2}

1. Not all prescriptions can be mailed, restrictions may apply. Please check with your local pharmacy. 2. Same-day and next-day prescription delivery services may be available for an additional fee. These services aren't covered under your health plan benefits and may be limited to specific prescription drugs, pharmacies, and areas. Order cutoff times and delivery days may vary by pharmacy location. Kaiser Permanente isn't responsible for delivery delays by mail carriers. Kaiser Permanente may discontinue same-day and next-day prescription delivery services at any time without notice and other restrictions may apply. Medi-Cal and Medicaid beneficiaries should ask their pharmacy for more information about prescription delivery.



Resources for mental health



Kaiser Permanente provides a wide range of support to help you take care of your mental and emotional health.

- Get help with conditions like anxiety, depression, addiction, and autism spectrum disorders.
- Find care with psychiatrists, psychologists, marriage and family therapists, and more.
- Make an appointment for therapy within Kaiser Permanente without a referral.
- Use online self-care resources at any time to help you relieve stress, improve sleep, practice mindfulness, and more.

Learn more at kp.org/mentalhealth.

Resources for self-care

You have access to apps to help reduce stress, improve sleep, and manage overall mental wellness.^{1,2}

Learn more at kp.org/selfcareapps.



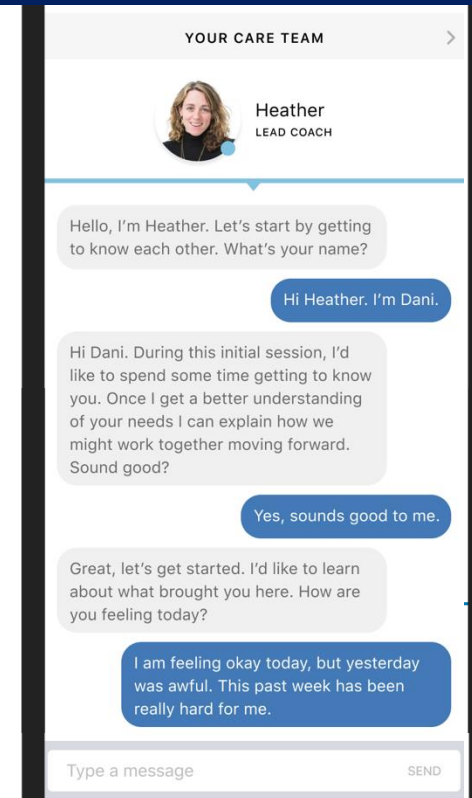
Calm

The number one app for sleep, meditation, and relaxation.³



Headspace Care

Text one-on-one with an emotional support coach anytime, anywhere.⁴



47%

of users say
Headspace Care
helps with anxiety⁵

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. 2. Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old. 3. Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about. 4. Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost. 5. Knuckle et al., "Association Between Care Utilization and Anxiety Outcomes in an On-Demand Mental Health System: Retrospective Observational Study," *JMIR Formative Research*, 2021.

Resources for everyday wellness

Take advantage of classes, services, and programs to help you achieve your health and fitness goals.¹
Visit kp.org/health-wellness to learn more.



Acupuncture, massage therapy, and chiropractic care



Wellness Coaching by Phone



Reduced rates on gym memberships



Online fitness with the ClassPass app



Healthy lifestyle programs and classes²



1. These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. **2.** Classes vary at each location and some may require a fee.

Convenient care while traveling



Planning to travel? Have a child going away to college? We can help you stay on top of your health while you're away. We'll work with you before you leave to see if you need to get vaccinated, refill prescriptions, and more.

And you're covered for urgent and emergency care anywhere in the world.



You can always get 24/7 care by email, phone, and video across the nation.*

Visit kp.org/travel to learn more.

Chiropractic and Acupuncture Benefits for Kaiser Permanente

COVERED SERVICES *	IN-NETWORK	OUT-OF-NETWORK
Chiropractic & Manual manipulation Services For Neuromusculoskeletal Disorders	\$10 copayment per insured, per visit	Benefit Amount: \$15 Daily Maximum
Initial new patient exam – one every three years (per provider)	See above	See above
Established patient exams	See above	See above
Follow-Up office visits	See above	See above
Adjunctive physiotherapy modalities and procedures	See above. If provided to the same insured during the same visit as an exam, follow-up visit, or other adjunctive services, then only copayment applies to visit.	See above
X-rays, radiological consultations, clinical lab studies	No copayment Maximum Benefit: \$300 per insured, per calendar year**	Maximum Benefit: \$100 per insured, per calendar **
Supports and Appliances	No copayment Maximum Benefit: \$50 per insured, per calendar year, combined with related out-of-network benefits	Benefit Amount: 50% Maximum Benefit: \$20 per insured, per item; \$50 per insured, per calendar year, combined w/related in-network benefits
Acupuncture Services For Neuromusculoskeletal Disorders, Nausea, or Pain	\$10 copayment per insured, per visit	Benefit Amount: \$15 Daily Maximum
Initial new patient exam – one every three years (per provider)	See above	See above
Established patient exams	See above	See above
Follow-up office visits	See above	See above
Adjunctive therapy	See above. If provided to the same insured during the same visit as an exam, follow-up visit, or other adjunctive therapies, then only one copayment applies to the visit.	See above
Maximum Annual Visit Limits*** (combined for all provider types, as well as in-network and out-of-network providers)	40	10



Anthem Blue Cross PPO Plan and Program Resources

PPO 8 with Rx C

BENEFIT	PPO 8, Rx C	
Calendar Year Deductible	Individual: \$500 Family: \$1,000	
Coinsurance	Paid at 80%* after deductible is met	
Calendar Year Out of Pocket Maximum (includes medical/pharmacy deductible, coinsurance, and copays) ⁽²⁾	Individual: \$3,250 ⁽²⁾ Family: \$6,500 ⁽²⁾	
Doctor Visits	Primary Care Physician - \$30 Copay Specialist Physician - \$30 Copay	
Preventive Care / Immunizations	Paid at 100%*	
Outpatient Laboratory	Non-Hospital - Paid at 80%* after deductible is met Hospital - After deductible is met, \$50 copay then paid at 80%*	
Outpatient Radiology	Non-Hospital - Paid at 80%* after deductible is met Hospital - After deductible is met, \$75 copay then paid at 80%*	
Chiropractic	Paid at 80%* ⁽¹⁾ after deductible is met (Copay, if applicable.)	
Acupuncture	Paid at 80%* after deductible is met (Copay, if applicable) Maximum of 12 visits per calendar year	
Outpatient Surgery	Non-Hospital - Paid at 80%* after deductible is met Hospital - After deductible is met, \$250 copay then paid at 80%*	
Hospital Inpatient	Paid at 80%* after deductible is met; Unlimited days, Semi-private room	
Hospital Emergency Room	\$150 Copay (Copay waived if admitted as inpatient) After deductible is met, copay then paid at 80%*	
Prescription Drugs	Retail⁽⁴⁾ \$7 Generic \$25 Pref \$40 Non-Pref (30-Day Supply)	Mail Order⁽⁴⁾ \$15 Generic \$60 Pref \$90 Non-Pref (90-Day Supply)

Preferred Provider Organization (PPO) Plan

Key features

- Flexibility to go to almost any doctor or hospital.
- No requirement to have a primary care doctor.
- No referral needed to see a specialist.



Something to think about

You'll pay less if you choose doctors and facilities in your plan's network.



Know your health plan terms



Copay

A set fee that you pay at a doctor's visit or when picking up medicine.



Coinsurance

Your share of the costs for covered healthcare services after you've met your deductible.



Deductible

A set amount of money you must pay each year for covered healthcare services before your health plan shares the costs.



Out-of-pocket limit

The maximum amount you pay for covered services each year. Once you reach that limit, our plan covers the rest. Your copays, deductible, and coinsurance count toward your out-of-pocket limit.

Go to [anthem.com/glossary](https://www.anthem.com/glossary) to learn more about common healthcare terms.

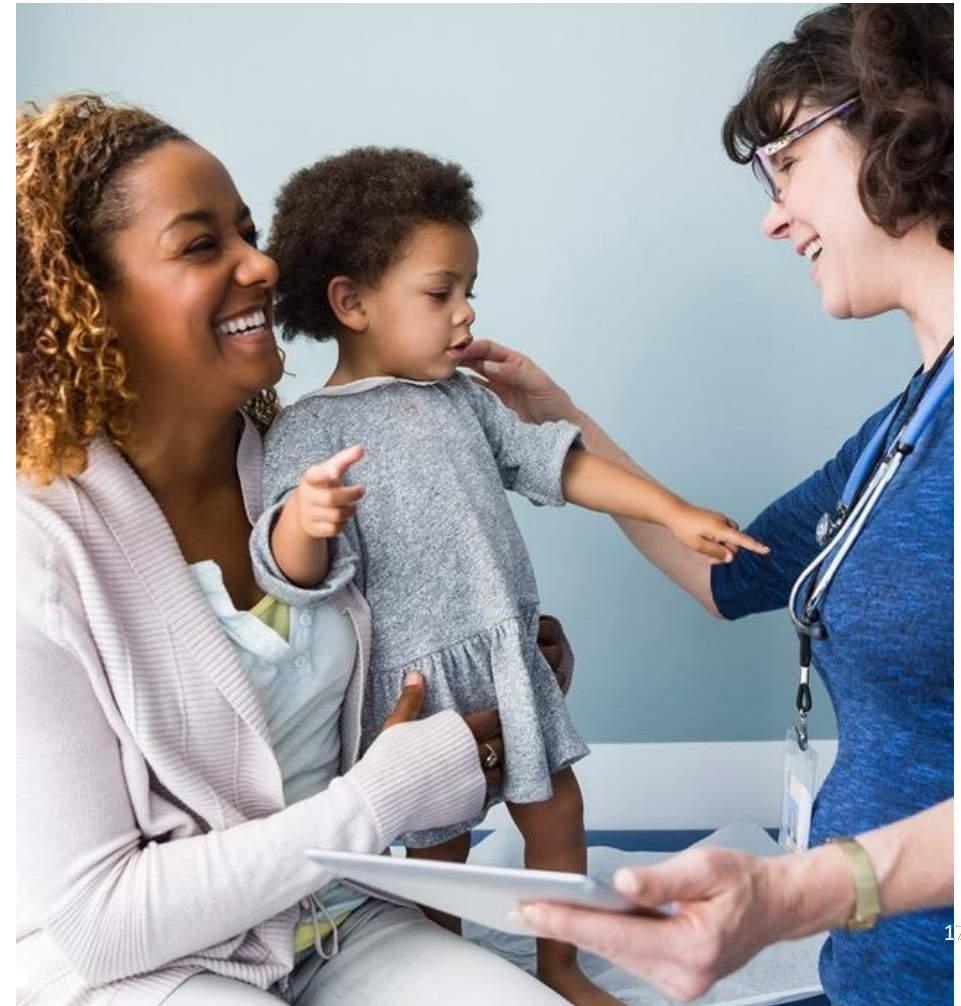
Total Health, Total You

Care tailored to your needs

This unique program gives you access to an Anthem Health Guide to support you whenever you need it most. For simple, caring, and consultative support, chat online or through the Sydney^{<SM>} Health app. They'll help you:

- Stay on top of your follow-up and preventive care reminders and schedule your appointments if needed.
- Find the right doctors, specialists, or care facilities for you and your family.
- Connect you with the right benefits and programs for your healthcare needs, like nurse manager support for managing chronic conditions.
- Compare costs for healthcare services.

<Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.>

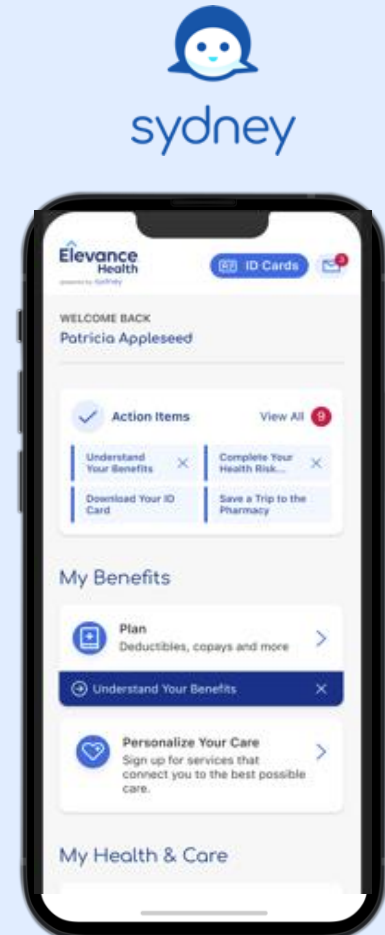


Sydney Health Mobile App—Makes Healthcare Easier

Sydney^{<SM>} Health helps you keep track of your health and benefits all in one place. You can use the app to:

- Find care and compare costs.
- Learn what's covered and check claims.
- Check your plan usage.
- Chat with Member Services if you have questions or need information.
- Access Virtual Care to talk with a doctor via chat or a video session.
- Use the Symptom Checker to assess your symptoms.
- Use My Health Dashboard to find wellness tips and personalized action plans.
- Connect with Community Resources to find no-cost and reduced-cost programs.
- Simplify your family's health data with My Health Record to access and share health information in one place.

Use the [Find a Doctor](#) tool on the Sydney mobile app or on www.anthem.com/ca



Virtual Care / Telehealth

Connect with care anywhere

- Primary care — Meet with a virtual care doctor to assess a minor illness or injury. They can also prescribe certain medicines and order lab tests.
- Urgent care — Connect virtually with a doctor in minutes, 24/7, for nonemergency care.
- Specialty visits — Schedule virtual care for a more specific need, like behavioral health, dermatology, and diabetes.

Telehealth appointments are available through your mobile phone, tablet, or computer with a camera.



Health and Wellness Programs

Once you enroll in your Anthem health plan, you'll have access to a variety of programs and resources — at no added cost — to help you:



Better manage your condition.



Improve your overall health.



Reach your health goals.



Save on health-related products and services.

Once you have an Anthem plan, log in to [anthem.com](https://www.anthem.com) or the Sydney^{<SM>} Health app, or call the Member Services number on your health plan ID card to enroll in these programs.

<Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.>



How to Save Time and Money



Save emergency room (ER) visits for emergencies

Consider an urgent care center, retail clinic, your doctor, or virtual care.
If you have a life-threatening, serious emergency, go to the ER or call 911.



See doctors in your plan's network

Pay less out of pocket when you see doctors in your plan's network.



Use the Find Care tool to check costs and quality ratings

Find doctors and hospitals in your plan's network, review details and patient ratings, and compare costs for health services and tests.



Save money on health products

Receive discounts on health-related products and services for you, your family, and your home.



Preapprove hospital services (PPO plans)

Call to preapprove services to prevent unnecessary charges.

Carrum Health

What is Carrum Health

A special surgical & cancer care benefit sponsored by CVT

Carrum makes it *easier* and *less expensive* to get *world-class care*.

We partner with top hospitals, or Centers of Excellence, to give you access to the best doctors and care.

Muskuloskeletal, Heart, Weight Loss, Cancer Care

Employees, pre-65 retirees and covered dependents enrolled in a CVT plan

Note: Kaiser and HMO members are not eligible for Carrum Health



Complete surgical care solution

Cancer Care



Guidance and expertise from top cancer specialists

Second opinions, personalized care plans, and compassionate guidance from the country's top cancer specialists, for any form of cancer.*



Treatment from leading cancer centers

Treatment from leading cancer centers for certain forms of cancer such as breast, thyroid, and blood cancers.



Ongoing support from cancer-certified nurses

Virtual support from highly-trained nurses who can answer cancer related questions, discuss appointment details, and provide on-going assistance for up to 2 years.

Surgical Care



Musculoskeletal

Total joint replacements and surgical repair of your bones, joints, muscles, and ligaments. Surgeries include hip, knee, shoulder, wrist, ankle, and foot surgeries.



Spine

Surgical repair of your spine including spinal fusions and spinal decompressions.



Weight Loss

Procedures to treat obesity including gastric bypass and gastric sleeve surgeries.



Heart

Procedures to correct various types of heart conditions.

PPO Members who use a Carrum Center of Excellence for surgery will have all member cost share waived

(deductible, coinsurance, copayment)

Sample Hospital Partners



The care you need, when you need it

Healthcare on your timetable... all at no cost to you*

Medical



Avoid the Emergency Room
&
Urgent Care

Behavioral Health



Licensed Counselors,
Social Workers,
Psychologists, and
Psychiatrists

Dermatology



Virtual Care for Multiple
Dermatological
Conditions

You have access to urgent care

On-demand care for illness and injuries

Talk to a doctor in as little as 15 minutes when you need care fast, including prescriptions and short-term renewals of existing medications.¹

- On-demand 24/7 or schedule a time that works for you.
- Board-certified MDLIVE doctors care for more than 80 common conditions and have an average of 15 years of experience.
- Get professional care after hours, weekends, holidays, and whenever you can't see your primary care physician.
- A reliable and affordable alternative to urgent care clinics or the ER.
- A summary of your visit can be shared with your local doctor upon request.

¹Prescriptions are available at the physician's discretion when medically necessary. A renewal of an existing prescription can also be provided when your regular physician is unavailable, depending on the type of medication.

You have access to mental health

Talk therapy and psychiatry from the privacy of your home

Have your first therapy appointment in a week or less, at a time that works best for you.

- Licensed therapists – for talk therapy and coping strategies.
- Board-certified psychiatrists – help manage mental health issues with medication.¹
- The large MDLIVE network makes it easy to find a therapist or psychiatrist that is the right fit for you.
- Convenient appointments are available, including evenings & weekends.
- Choose the same provider for every visit or switch at any time.
- 78% of patients reported feeling better after just 3 sessions with their MDLIVE therapist.

¹Prescriptions are available at the physician's discretion when medically necessary. A renewal of an existing prescription can also be provided when your regular physician is unavailable, depending on the type of medication.

You have access to dermatology

Fast, customized care for skin, hair and nail conditions

From suspicious spots and rashes to cold sores and fungal infections, MDLIVE board-certified dermatologists deliver reliable care for skin, hair, and nail conditions.

- No long waits or appointments required.¹
- Simply answer questions about your condition and upload photos to your secure MDLIVE account.
- Diagnosis and treatment plan in less than 72 hours, most cases are less than 24 hours, including prescriptions when appropriate.²
- Over 90% of patients have their issue resolved on the first consultation.
- Largest national network of board-certified, telehealth dermatologists.

¹Virtual dermatological visits through MDLIVE are completed via asynchronous messaging. Diagnosis requiring testing cannot be confirmed. Customers will be referred to seek in-person care. Treatment plans will be completed within a maximum of 3 business days, but usually within 24 hours.

²Prescriptions are available at the physician's discretion when medically necessary. A renewal of an existing prescription can also be provided when your regular physician is unavailable, depending on the type of medication.

Blue Shield of California Access+ HMO Plan

HMO Access + 1 with Rx B

BENEFIT	HMO Access+ 1, Rx B	
Calendar Year Deductible	\$0	
Coinsurance	Paid at 100%*	
Calendar Year Out of Pocket Maximum (includes medical/pharmacy deductible, coinsurance, and copays) ⁽²⁾	Individual: \$1,000 Family: \$2,000	
Doctor Visits	Primary Care Physician - \$10 Copay Specialist Physician - \$10 Copay with PCP referral; \$30 Copay Access+ Specialist option ⁽⁷⁾	
Preventive Care / Immunizations	Paid at 100%*	
Outpatient Laboratory	Paid at 100%*	
Outpatient Radiology	Doctor Visit - \$10 Copay Outpatient - Paid in full	
Chiropractic	\$10 Copay limited up to 30 combined visits per calendar year(PCP prior authorization not required) ⁽⁶⁾	
Acupuncture	Not Covered	
Outpatient Surgery	Paid at 100%*	
Hospital Inpatient	Physician paid at 100%* Inpatient facility services - Paid at 100%* Skilled Nursing - Paid at 100%* Semi-private room	
Hospital Emergency Room	\$100 Copay (Copay waived if admitted as in-patient)	
Prescription Drugs	Retail ⁽⁴⁾ \$7 Generic \$15 Preferred \$30 Non-Preferred (30-Day Supply)	Mail Order ⁽⁴⁾ \$15 Generic \$35 Preferred \$70 Non-Preferred (90-Day Supply)

Predictable out-of-pocket costs: Access+ HMO Plans

With this plan, your primary care physician (PCP) coordinates all your care and refers you to specialists and hospitals within their medical group or Independent Practice Association (IPA).



Plan highlights

- Each member of your family must select a PCP from our broad HMO network and may choose a different physician and medical group/IPA.
- No deductible; only fixed copayments for most covered services like doctor visits, urgent care, and emergency care.
- Access to virtual health care with Teladoc Health's doctors and mental health professionals who can treat many medical and mental health issues.
- Mental health benefits for help with depression, mental illness, and alcohol or substance use disorder.
- Features The Away From Home Care program, which offers family members living outside California – students, workers on long-distance assignments, etc. – access to medical care in select states across the country. (Availability varies by state.)

Urgent Care: Access+ HMO

When experiencing an illness or injury that is serious, but not an emergency, consider visiting an urgent care center to receive care that is typically faster and costs less than an emergency room visit.

Urgent Care Centers can treat many conditions such as:

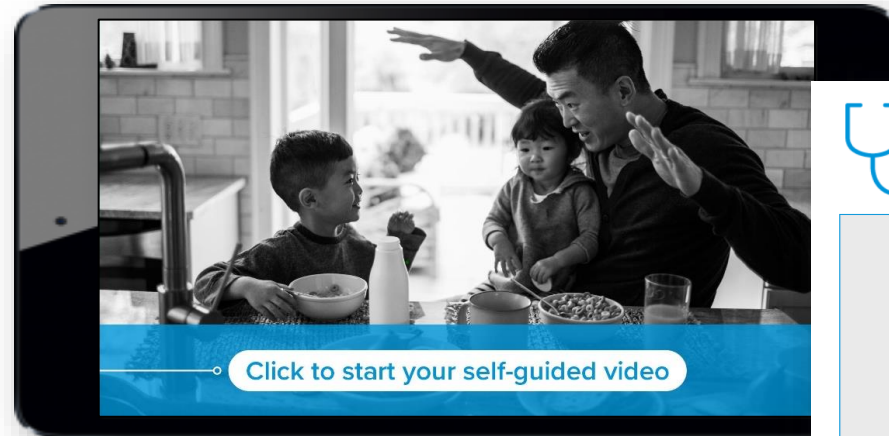
- Cough, sore throat, respiratory infections
- Back pain, body aches, earaches
- Colds, sinus infections, allergies
- Eye irritation, swelling or pain
- Sprains or muscle strains
- Rashes, minor cuts, scrapes
- Nausea, vomiting, diarrhea

To find an Urgent Care Center, visit blueshieldca.com/fad and select *Urgent care*.

Note: HMO members must make sure their urgent care center is affiliated with their primary care physician and medical group.

Finding doctors, specialists and hospitals is easy

- Select topics that interest you
- View or compare plan benefits
- Chat with our virtual assistant to find network doctors
- Download plan documents
- And more!
- Access+ HMO® Plan: blueshieldca.com/networkhmo



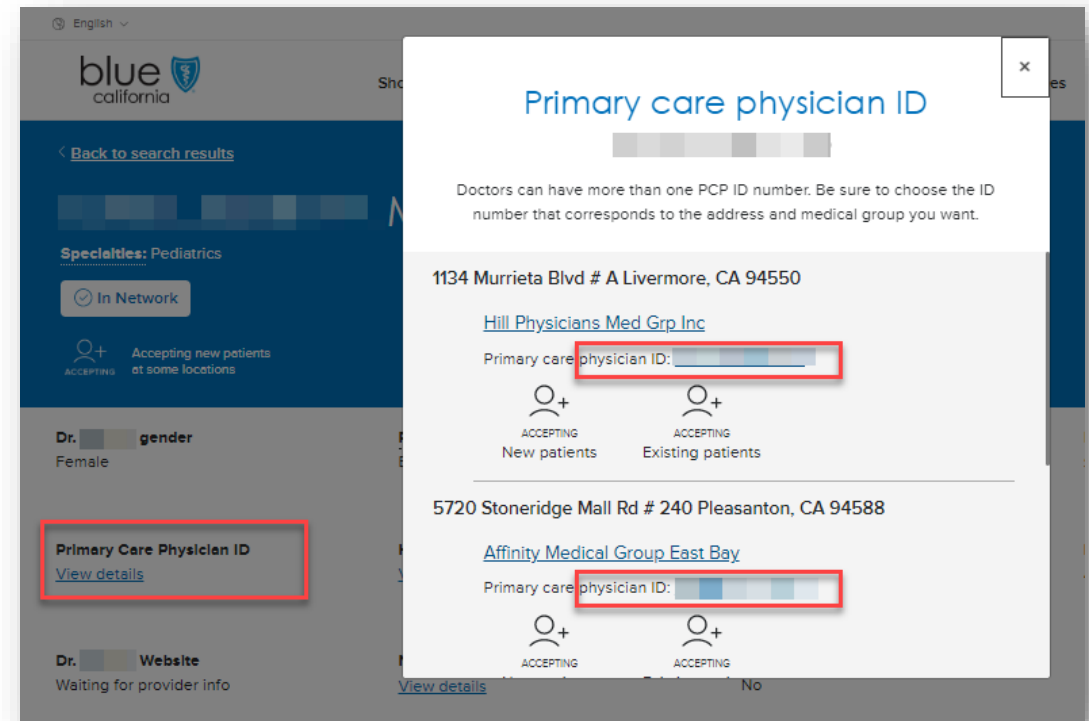
[Blueshieldca.com](https://blueshieldca.com)

How to find your PCP's ID number: Access+ HMO

You will need your primary care physician's (PCP) ID to enroll in Access+HMO

To find your PCP's ID number through our Find a Doctor Tool:

- Click on the *doctor's name*
- Find the "Primary Care Physician ID" section and then click on *View details*
- Find your preferred medical group. (Your PCP may be part of multiple groups.)
- Then, find the *Primary care physician ID*



Teladoc: Available to Members Enrolled in Access+ HMO

As a Blue Shield member, you can get 24/7 support \$0 copayment from Teladoc Health's national network of licensed medical doctors and mental health professionals no matter where you are.

Teladoc Health doctors can treat many medical and mental health conditions including:

- Cold and flu symptoms
- Allergies
- Respiratory infections
- Sinus problems
- Depression, anxiety
- Grief, stress

To request a consult, visit blueshieldca.com/teladoc or the Blue Shield mobile app.

Away From Home Care Program: Available to Members Enrolled in Access+ HMO

Members and their dependents can stay covered with HMO benefits for extended periods with the Away From Home Care® program.

- Students, long-term travelers and family members living apart can rely on access to health care from Blue Shield and Blue Cross plans across the country.
- Away From Home Care is available in 29 states and the District of Columbia, but availability varies by county within each state.
- Members using Away From Home Care services outside California will receive the benefits offered by the Host Plan in the state they are visiting.

To learn more about this program, speak with a Customer Service representative by calling [\(800\) 622-9402](tel:8006229402).

Wellvolution

Live healthy

→ Manage stress, exercise more, eat and sleep better, and quit smoking

wellvolution.com

Weight management, diabetes, heart issues

- Virta
- Betr
- Ornish Lifestyle Medicine
- Dario
- Weight Watchers
- Ciba
- Wondr Health
- HabitNu
- Virgin Pulse
- Restore health

Musculoskeletal health

- Sword
- Kaia Health
- Sworkit

New in 2024: Gut Health



A scientific approach driven by one's specific profile

- Gut-health emphasis with meal analysis based on biology

Smoking cessation

- eMindful & EX Program

Wellness & longevity

- Blue Zones

CVS Caremark Pharmacy Coverage for PPO and HMO Plans

Understanding your plans formulary

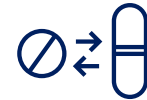


Your plan's list of covered medications

Includes medications for most health conditions

May exclude some medications

Can help you and your doctor choose the best option



Keep your cost low – choose generics

Typically cost less

Are approved by the U.S. Food and Drug Administration

Have the same active ingredients



Sign into Caremark.com and use the Check Drug Costs tool to determine cost and coverage

Understanding your pharmacy network



The pharmacy network includes:

Chain pharmacies

Independent pharmacies

Pharmacies in grocery and big box stores

Delivery by mail



**Sign into
Caremark.com
and use the
Pharmacy
Locator**

CVS Specialty Pharmacy



What is a specialty medication?

Treats complex or chronic conditions

Must be filled through CVS Specialty

Patients may need more monitoring and support



CVS Specialty is your exclusive specialty pharmacy, it offers:

A CareTeam led by pharmacists and nurses

Help with benefits and financial assistance

Your choice: home delivery or pickup at CVS Pharmacy



Register at CVSspecialty.com to:

Send secure messages to your CareTeam

Order refills and track shipments

Manage your payments

Download the CVS Specialty mobile app

Filling specialty prescriptions: How it works



**Prescription
received**

**Benefits
verification**

**Shipment
or pickup
scheduled**

**CareTeam
checks in
with you**

**CareTeam
connects you to
needed services**

CVS Caremark member support



**Sign in or register at [Caremark.com](https://www.caremark.com) or
use the **CVS Caremark mobile app****

Call Customer Care at 1-888-354-6390,
available 24 hours a day, 7 days a week

Employee Assistance Program (EAP)

Employee Assistance Program (EAP)

We're here for life's challenges

No problem is too big or too small. Receive no-cost confidential support today.

Counseling

Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you, even evenings and weekends.

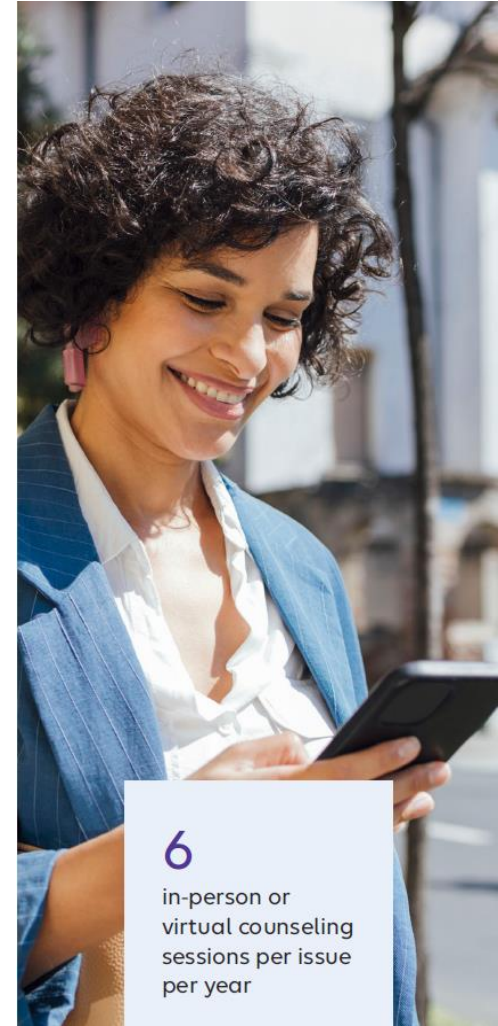
Sessions are strictly confidential.

Work/life support

Get connected with resources and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance, and daily living.

Legal and financial services

We can help you find discounts on legal and financial services and assist you with having a safe, confidential discussion with an expert.



6

in-person or
virtual counseling
sessions per issue
per year

Enrollment through MyCVT

Make the most of your benefits with MyCVT

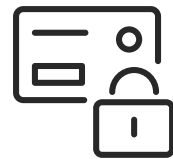
MyCVT is an online enrollment system that provides on-demand information regarding your insurance plan coverage. Get connected to all your personal CVT benefits by visiting, mycvt.cvtrust.org.



Easy Access to CVT Resources:

Locate in-network providers, connect to specific benefit programs, view claims detail and much more

*PPO only



Electronic ID Cards:

Easily present your electronic ID card on your mobile phone

*PPO only



Value-Add Programs:

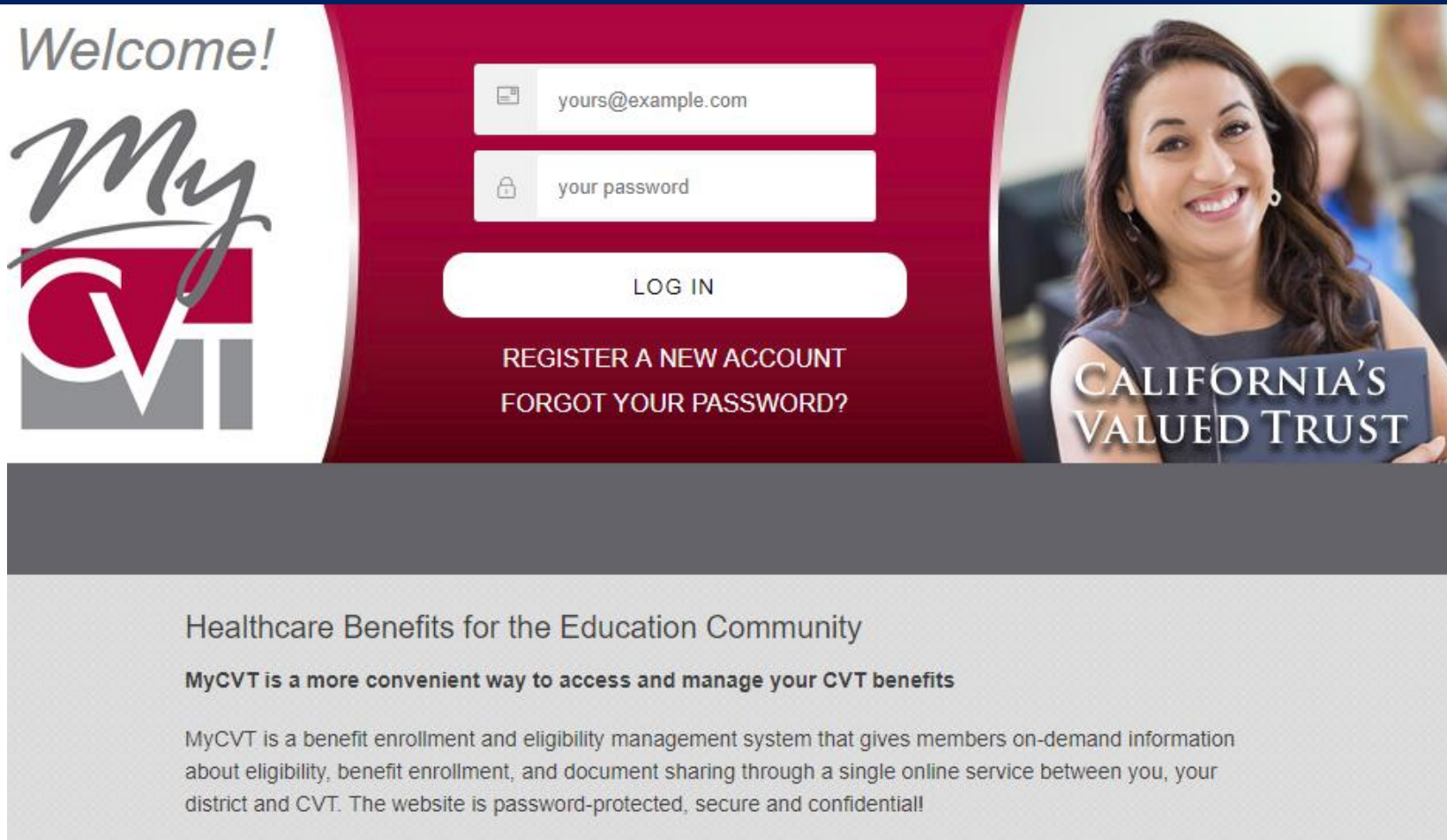
Find no-cost/low-cost programs and services



Stay Connected and Informed:

Employees can follow the application process between their enrollment and district approval

Getting Started: Access MyCVT by visiting mycvt.cvtrust.org



The screenshot shows the MyCVT login interface. On the left, there is a 'Welcome!' message and the MyCVT logo. The central area features a login form with two input fields: one for an email address (pre-filled with 'yours@example.com') and one for a password (pre-filled with 'your password'). Below the fields is a 'LOG IN' button. Underneath the button are two links: 'REGISTER A NEW ACCOUNT' and 'FORGOT YOUR PASSWORD?'. On the right side of the login area, there is a photograph of a smiling woman holding a sign that says 'CALIFORNIA'S VALUED TRUST'. At the bottom of the page, there is a grey footer section containing the text: 'Healthcare Benefits for the Education Community', 'MyCVT is a more convenient way to access and manage your CVT benefits', and a paragraph explaining that MyCVT is a benefit enrollment and eligibility management system that provides on-demand information about eligibility, benefit enrollment, and document sharing through a single online service between the user, their district, and CVT. The website is password-protected, secure, and confidential.

Welcome!

My
CVT

LOG IN

REGISTER A NEW ACCOUNT
FORGOT YOUR PASSWORD?

CALIFORNIA'S
VALUED TRUST

Healthcare Benefits for the Education Community

MyCVT is a more convenient way to access and manage your CVT benefits

MyCVT is a benefit enrollment and eligibility management system that gives members on-demand information about eligibility, benefit enrollment, and document sharing through a single online service between you, your district and CVT. The website is password-protected, secure and confidential!

MyCVT Overview Video



Helpful Enrollment Tips

- Health Fair October 17th
- Virtual open enrollment October 30th
- Open enrollment: October 14th through November 8th
- Access MyCVT by visiting mycvt.cvtrust.org
- Documentation will be required to add dependents to the medical plan
- Continuity of Care / Transition of Care

Thank you

California's Valued Trust
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Website: www.cvtrust.org

MyCVT Login: mycvt.cvtrust.org