



CVT Benefits, Programs and Resources

As a member of California's Valued Trust (CVT), you and your eligible dependents have access to a variety of resources designed to improve your health and/or reduce your out-of-pocket health care costs. In the list below, you will find your health plans, as well as the additional resources and programs available to you. Website addresses and phone numbers are also provided, should you wish to get additional information.



My CVT Online Benefits Portal:

Log in to [MyCVT.cvtrust.org](https://mycvt.cvtrust.org) to enroll in your insurance, view benefit coverage, print an ID card (PPO), upload documentation for enrolling dependents, changes for open enrollment and qualifying events.



CVT Member Services:

Call **(800) 288-9870** or use the CHAT feature available at cvtrust.org.

PPO/EPO/HMO Enrollees



Anthem Blue Cross: Plan network for medical coverage including Anthem Health Guide support.

Anthem.com/ca, or call **(800) 234-4333**.



Download the Sydney Mobile app.



Blue Shield of California: Plan network for medical coverage including Blue Shield of California Concierge support.

Blueshieldca.com

- **Blue Shield PPO:** Call Connect Member Services at **(888) 499-5532**.
- **Blue Shield Trio HMO:** Call Shield Concierge Line: **(855) 747-5800**.
- **Blue Shield Access+ HMO:** Call Member Services at **(855) 256-9404**.



Teledoc: Telehealth benefits for Blue Shield of California HMO members include medical consultations with board-certified doctors, prescriptions for non-emergency conditions, urgent care for minor illnesses and injuries, chronic disease management and mental health support.

Teledochealth.com, or call **(800) 835-2362**.



Wellvolution: A health platform that offers a select collection of lifestyle programs, tools, and apps to qualified members at no extra cost.

These programs can help you lose weight, control type 2 diabetes, reduce your risk of developing type 2 diabetes, manage anxiety and depression, quit smoking, improve sleep, reduce stress, boost your resilience and more. Visit wellvolution.com to learn more.



CVS Caremark: Prescription plan coverage.

[Caremark.com](https://www.caremark.com), or call **(888) 354-6390**.



CVS Transform Diabetes Care:

A personalized program that will help make it easier to keep your diabetes and other conditions in check so you can live well, stay motivated and achieve your best health.

Call CVS' dedicated Transform Diabetes Care team at **(800) 348-5238**.

CVS Weight Management Program:

If your doctor has prescribed you medication specifically to help you lose weight, the CVS Weight Management Program is designed to help you achieve lasting results.

[cvs.co/nutritionsupport](https://www.cvs.co/nutritionsupport), or call **(800) 207-2208**.

Kaiser Permanente Enrollees

Register for all resources to your healthcare and wellbeing resources as a Kaiser Permanente enrollee.



[KP.org](https://www.kp.org), or call **(800) 464-4000**.



Physmetrics (Kaiser Permanente): If you have a Kaiser Permanente plan that includes a chiropractic or acupuncture rider, this is for you.

[cvtchiro.com](https://www.cvtchiro.com), or call **(877) 519-8839**.

Additional CVT Benefits and Programs



Accordant: Making the management of your complex health conditions easier with added support – at no extra cost. Accordant nurses are available 24/7.

[Accordant.com](https://www.accordant.com), or call **(800) 948-2497**.



Carelon Wellbeing Employee Assistance Program (EAP): Counseling, Legal, Financial, Work/Life Balance support.

[Carelonwellbeing.com/cvt](https://www.carelonwellbeing.com/cvt), or call **(877) 397-1032**.



Carrum Health: Surgical and oncology (cancer) centers of excellence focused on quality providers and surgeons.

[Carrum.me/cvt](https://www.carrum.me/cvt), or call **(888) 855-7806**.



CredibleMind: A safe, evidence-based first stop where you can find solutions to a wide range of mental health and emotional wellbeing issues. It provides an upstream prevention tool that assists you wherever and however you like to learn. Visit [cvt.crediblemind.com](https://www.cvt.crediblemind.com) to learn more.



MDLIVE: Telehealth benefits for urgent care, behavioral health and dermatology at \$0 copay.
MDLIVE.com/cvt, or call **(888) 632-2738**.



Solera4me: Solera4me is a 16-week no-cost program that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing type 2 diabetes.
Gosolera.com/cvt, or call **(844) 612-2949**.



TruHearing: TruHearing will significantly lower your out-of-pocket costs on hearing aids.
TruHearing.com, or call **(844) 222-3389**.



Ready to learn more?
Call CVT Member Services at **(800) 288-9870** or visit carrum.me/CVT.