



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 into 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.



CVS Caremark: Prescription plan coverage.

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 medication specifically to help you lose weight, the CVS Weight Management Program is designed to help you achieve lasting results.

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://kp.org), or call **(800) 464-4000**.



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

SimpleTherapy.com, or call **(800) 644-2478**.

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, or call **(800) 948-2497**.



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

Caronwellbeing.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, 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 to learn more.



Delta Dental: Dental benefit overview, find a dental provider, estimate your cost and much more.

Deltadentalins.com, or call **(866) 499-3001**.



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**.



VSP: Vision benefits overview, find an optical provider, online frame store and much more.

VSP.com, or call **(800) 877-7195**.



Ready to learn more?

Call CVT Member Services at **(800) 288-9870** or visit carrum.me/CVT.

Rev. 5/1/25