Sutter Health Plan

Coverage You Can Count On

Folsom Cordova Unified School District



Comprehensive Care and Coverage

Community-Focused Mission

We invest in programs that improve health and wellness across our footprint.

Comprehensive Plan Options

We offer traditional HMO plans and HSA-compatible HDHPs. Coverage includes hospitalization, outpatient services, virtual care, behavioral health, pharmacy and preventive care at no cost share, plus optional benefits designed to meet the needs of our clients.

Integrated Care

Members have convenient access to Sutter’s trusted doctors, advanced specialties and award-winning care — and digital tools that make it easy to manage care anytime, anywhere.

The Sutter Health Plan Network



Sutter Health Plan

Expanding Access to Care

Opening in 2026

14 Care Centers*
Convenient primary and multispecialty care locations.

7 Urgent Care Locations
Same-day care for illnesses or injuries that require immediate attention.

*Includes new care center openings and expansions of existing locations.



Sutter Health Plan

Expanding Access in the Greater Sacramento Area

Advanced Orthopedics & Sports Medicine Care Complex
(opening late 2027)

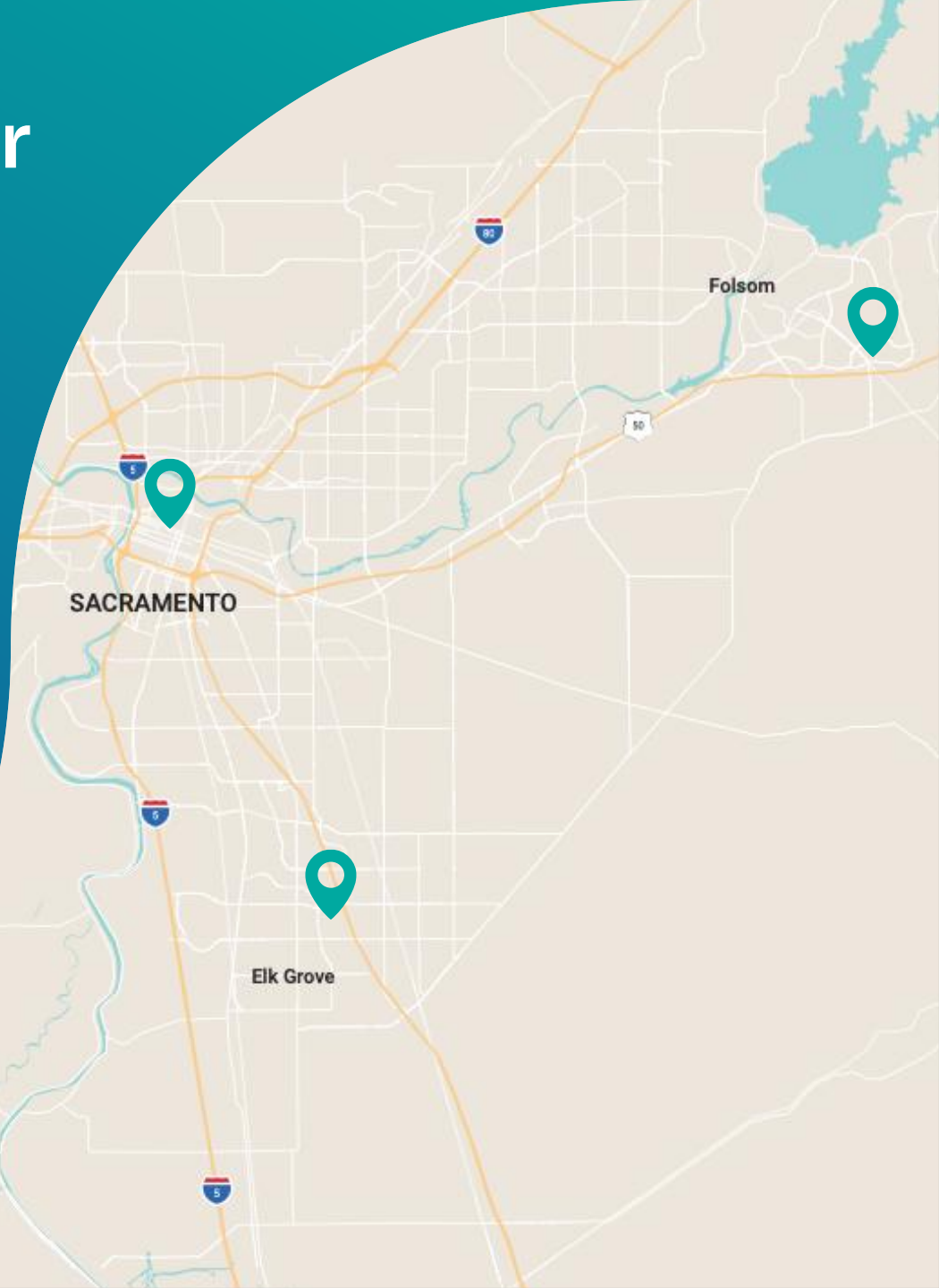
- Diagnostic lab and imaging
- Primary care
- Specialty care: Dermatology, endocrinology and rheumatology.
- Urgent care

Elk Grove Care Center
(opening 2026)

- Diagnostic lab and imaging
- Primary care
- Specialty care: Cardiology, dermatology, endocrinology, ENT, gastroenterology, general surgery, neurology, OB/GYN, orthopedics, rheumatology, urology and more.
- Urgent care

Folsom Care Center
(opening 2027)

- Advanced cancer center
- Diagnostic lab and imaging
- Outpatient surgery center
- Pediatrics
- Primary care
- Specialty care: Cardiology, dermatology, endocrinology, ENT, gastroenterology, neurology, OB/GYN, oncology (medical and radiation), orthopedics, and urology.
- Urgent care



Sutter Health Plan

Accessing Care



Sutter Health Plan

Convenient Access to Care

	24/7 On-Demand Video Visit	Video Visit with a Sutter clinician through My Health Online (MHO)	Video Visit with your primary care physician (PCP)[1]	Sutter Walk-In Care	Urgent Care
	Telehealth Cost Share[2]	Telehealth Cost Share[2]	Telehealth Cost Share[2]	Walk-In Care Cost Share[2]	Urgent Care Cost Share[2]
Aches and pains	✓	✓	✓		
Asthma	✓	✓	✓		
Burns and cuts				✓[3]	✓
Cold and flu	✓	✓	✓	✓	✓
Digestive health	✓	✓	✓		
Ear pain				✓	✓
Emotional well-being	✓	✓	✓		
Nausea and vomiting	✓	✓	✓		✓
Rashes and skin infections	✓	✓	✓	✓	✓
Seasonal allergies	✓	✓	✓	✓	✓
Sinus infection	✓	✓	✓	✓	✓
Sprains and strains				✓[3]	✓
Women's urinary health	✓	✓	✓		
Vaccines				✓	

[1] Log in to your MHO account to see if your PCP offers video visits. If your provider doesn't participate in MHO or you're a new patient, please contact your PCP's office for video visit options.
[2] Refer to the Sutter Health Plan combined Evidence of Coverage and Disclosure Form and Benefits and Coverage Matrix to determine coverage and cost.
[3] Minor cases only at Sutter Walk-In Care.

Sutter Health Plan



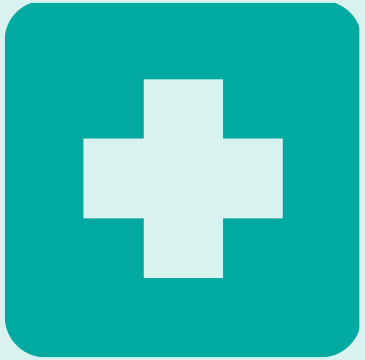
Convenient Virtual Care

You can book a video visit* through My Health Online (MHO) for most of your healthcare needs:

- **24/7 On-Demand:** Start a video visit right away with the next available Sutter clinician, no appointment needed. For members ages 18 months and older.
- **Primary Care**: Book a video visit with your PCP**. Available for members age 3 months and older.
- **With a Sutter clinician**: Schedule a time that works for you. Available for members ages 18 months and older.

* You must be physically located in California at the time of your appointment to participate in video visits.

* Log in to your MHO account to see if your PCP offers video visits. If your provider doesn't participate in MHO or you're a new patient, please contact your PCP's office for video visit options and availability.



Urgent and Emergency Care

Urgent Care

Members have access to in-network urgent care locations while in the Sutter Health Plan service area. When outside of the Sutter Health Plan service area, members can access any urgent care location.

For a list of in-network urgent care locations, visit sutterhealthplan.org/urgent.

Emergency Care

Members can access emergency care from any facility, in or out of the Sutter Health Plan network, without a referral. In the case of an emergency, dial 9-1-1 (where available) or go to the nearest hospital.

Benefits



Sutter Health Plan



Pharmacy Benefits

Sutter Health Plan partners with CVS Caremark® for pharmacy benefits.

Retail Pharmacy

- Pick up your prescriptions at most independent pharmacies and retail chains where you may already shop.
- With the CVS Caremark Retail-90® program, you can get up to a 100-day supply of maintenance prescription drugs for the cost of two copays* at participating pharmacies, as allowed by your benefit plan.

Mail Order Pharmacy

- Sign up for mail order pharmacy service through CVS Caremark Mail Service Pharmacy and receive free shipping for up to a 100-day supply of maintenance prescription drugs for the cost of two copays.*

Specialty Pharmacy

- Most specialty drugs must be filled through a CVS contracted Specialty Pharmacy. The pharmacy will deliver them to your home at no cost.

Learn more at **sutterhealthplan.org/pharmacy**.

* After any applicable deductibles.



Mental Health

Mental health and substance use disorder (MH/SUD) services provided by Carelon Behavioral Health of California, Inc.

- You can self-refer and search for providers directly through Carelon.
- Appointments are available in person or through secure telehealth visits.
- Visit **carelonbh/sutterhealthplan.com** and select Find Providers at the top of the page.

Wellness and Preventive Care



Sutter Health Plan

Health and Wellness

Health Coaching Program for healthy weight, tobacco cessation and stress management.

Health and Wellness Site including a personal health assessment and 13 action plan modules.

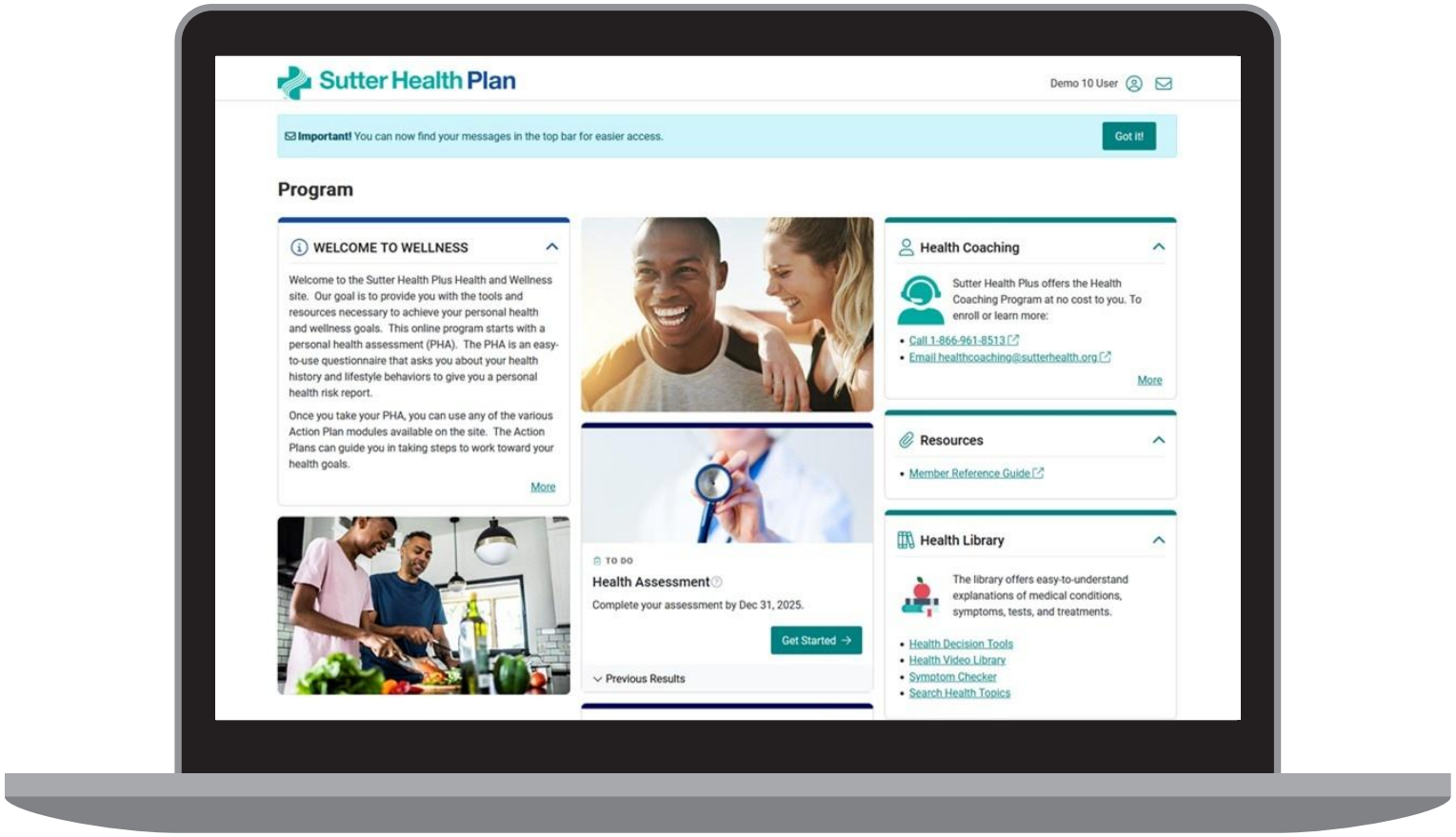
24/7 Nurse Advice Line for medical questions or concerns to help members determine the right level of care.

Wellness Page for health and wellness tip sheets, health maintenance guidelines, and live and recorded webinars.

Learn more at sutterhealthplan.org/wellness.



Health and Wellness Site



- **Personal health assessment**
  - English and Spanish
- **13 Action Plan modules**
  - Healthy Eating, Stress Management, Heart Disease Prevention, and more
- **Health Library**
- **Learning Centers, a Video Library and a Symptom Checker**
- **Health Decision Tools**
  - Designed to guide members through key health decisions, combining medical information with personal values

Accessed through the Member Portal at shplan.org/memberportal.

Health Coaching Program

One-on-one telephonic personal health coaching at no cost for:

- Healthy weight
- Stress management
- Tobacco cessation



Sutter Health Plan

Vida Health

A virtual health program designed to help you lose or maintain a healthy weight, and to manage or prevent chronic conditions including diabetes, high blood pressure and high cholesterol.

- **Personalized Support:** Connect with accredited health coaches and registered dietitians through one-on-one video visits and in-app messaging.
- **Comprehensive Tools:** Track food, exercise, sleep habits and more.
- **Prevention Focus:** Address prediabetes and other risk factors early to help prevent chronic disease.
- **Chronic Condition Management:** Get expert guidance and monitoring for weight loss, diabetes and other conditions.



Sutter Health Plan

Doula Care Program

Pregnancy and postpartum support

Mahmee provides wraparound care for you and your baby, including:

- Doula support during pregnancy, labor and postpartum.
- Nurse-led remote patient monitoring for conditions such as hypertension, preeclampsia, or other cardiovascular concerns.
- Expert coaching and educational resources on infant feeding, mental health and nutrition.
- Screenings and coordination of care to address important factors like transportation and housing, ensuring you have the support you need.

For more information, visit mahmee.com.



Sutter Health Plan

Sutter Sync™

Support between visits. From the comfort of home.



Managing chronic conditions like high blood pressure or high cholesterol doesn't stop when a doctor's appointment ends.

As a Sutter Health Plan member, you have access to Sutter Sync, a no-cost digital care program for eligible members* that helps you stay connected to care between visits.

When you join, you'll get:

- **Smart monitors** that automatically send readings to your My Health Online (MHO) chart (for high blood pressure)
- **One-on-one support** from a Sutter Sync Pharmacist to help you understand your trends and manage your medications
- **Health Guides** with simple tips for your daily routines and monthly progress summaries

* Eligibility requirements apply. Program availability varies by condition, provider participation and other factors. My Health Online registration is required. If eligible, you'll be invited to join Sutter Sync through My Health Online. If you don't receive an invitation, talk with your Sutter Health primary care physician.

How it works

1. **Enroll:** If eligible, you'll get an invite in MHO — pick the conditions you'd like help with, then we'll pack your Care Kit.
2. **Get your Care Kit:** If you enroll in blood pressure support, we'll send you a free, easy-to-use smart monitor.
3. **Track your health:** Blood pressure readings and cholesterol lab results are securely stored in your MHO chart.
4. **Stay connected:** Your Sutter Sync Pharmacist keeps an eye on your health chart and will call to chat about your readings and medicine when needed.

Learn more

Scan the QR code or visit:
sutterhealth.org/sync

Sutter Health Plan

Quarterly Wellness Webinars

Sutter Health Plan partners directly with Sutter Health clinicians, specialists, and educators to deliver engaging webinars focused on key health and wellness topics.

Offered during the lunch hour and available to all employees regardless of their health plan carrier, these sessions provide valuable education, resources, and expert insights to support overall well-being.



FREE LIVE WEBINAR

Understanding Depression: Signs, Support and New Treatment Option

Depression affects millions of people and can impact how we think, feel and function in daily life.

Join Sutter Psychiatrist, Hammad Khan, M.D. for a free educational webinar designed to help you better understand depression and learn practical tools for supporting mental wellness.

Topics Include:

- Common types of depression
- Everyday management strategies, including sleep, exercise, and healthy coping skills
- When to seek professional help
- New treatment option – SAINT TMS

Whether you are experiencing symptoms yourself, supporting a loved one, or simply want to learn more, this webinar will provide valuable information and resources.

Tuesday, Nov. 3
12 pm – 1 pm

Register
Scan the QR code or visit
bit.ly/webinar-nov2026

Hammad Khan, M.D. is the Medical Director of Interventional Psychiatry at Sutter Center for Psychiatry. He earned his medical degree and completed his psychiatry residency at the University of California, Davis. Dr. Khan's clinical expertise includes innovative treatment for mood disorders, including Transcranial Magnetic Stimulation (TMS).

Customer Service **855-315-5800**
Visit **sutterhealthplan.org**

Online Tools



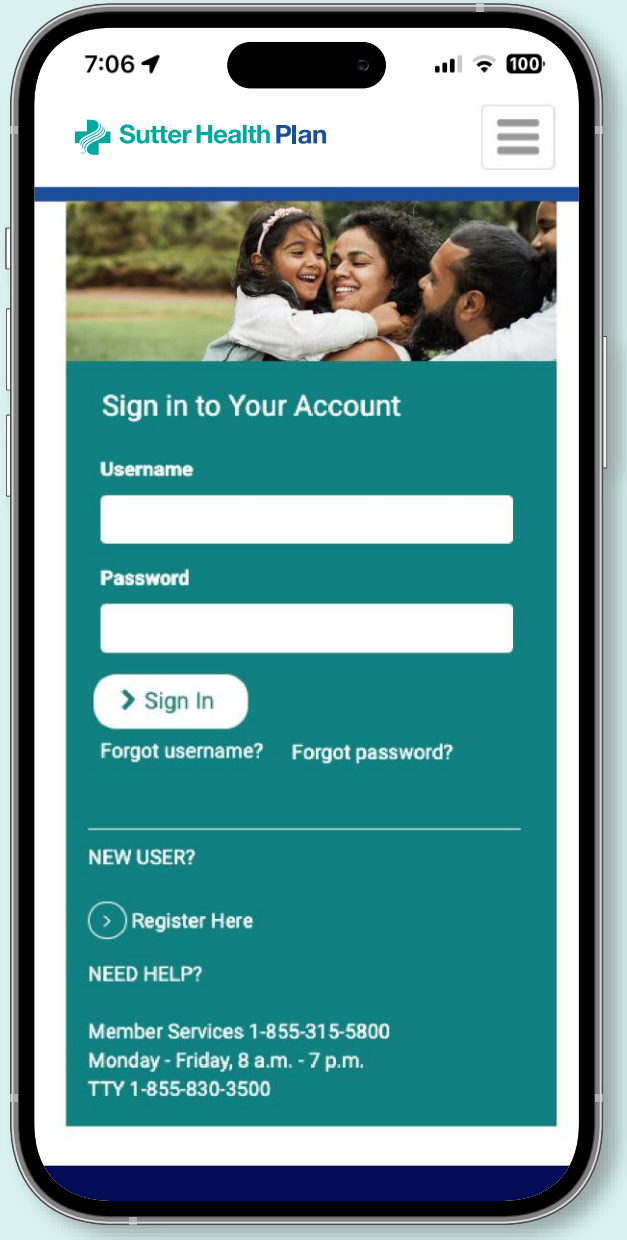
Sutter Health Plan

Member Portal

With the Sutter Health Plan Member Portal members can:

- Change your primary care physician
- Request or print member ID cards
- Check your eligibility, benefits, copays and claim information
- View, save and print a summary of individual and family deductibles and out-of-pocket balances.
  - Receive monthly statements with balance details — using the member portal, members can opt out of receiving these statements
- Review benefit plan documents
- View correspondence
- Find Sutter Health Plan forms and resources
- Navigate to the Health and Wellness site

Responsive technology allows access from a smartphone, computer or tablet.

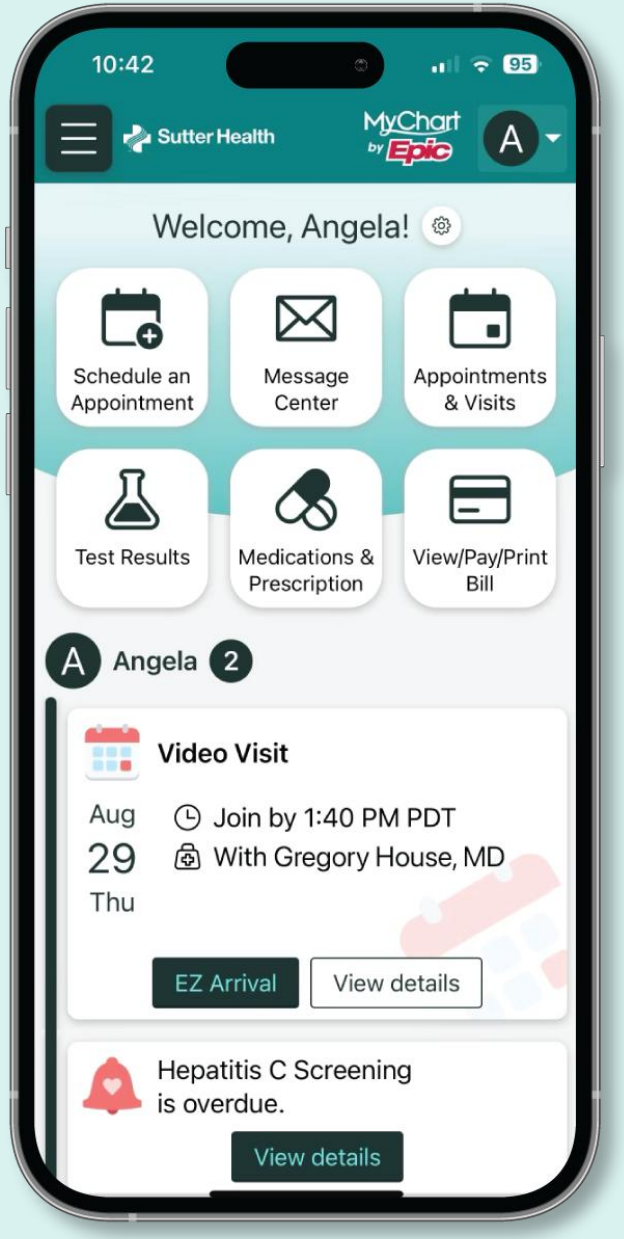


My Health Online

With MHO members can securely:

- Join an on-demand video visit
- Book a video visit
- Message your care team
- Make an appointment
- Sign up for text reminders
- Join the waitlist to be notified about earlier appointments
- Request prescription renewals
- View test results
- Update your health history
- Complete EZ Arrival for contactless check-in
- Invite family or caregivers for proxy access
- View hospital stay through Bedside Mobile
- Access an advance care planning tool to guide future healthcare decisions
- Navigate to your Sutter Health Plan Member Portal

Online App available in Apple Store or Google Play. Members can navigate to the Sutter Health Plan Member Portal from their MHO account.



The My Health Online App is powered by MyChart® licensed from Epic Systems Corporation, ©1999–2025.

Care and Coverage

Call the Nurse Advice Line for 24/7 access to registered nurses for medical questions or concerns.

- Call **855-836-3500**, 24 hours a day, seven days a week.
- Helps determine the right level of care for a member's health needs.
- Provides home care tips for minor injuries and illnesses.

Customer Service can help with any request, including questions about coverage

- Call **855-315-5800**, Monday through Friday, 8 a.m. to 7 p.m.
- Visit **sutterhealthplan.org/contact**.



Sutter Health Plan

A Whole Team On Your Team
Sutter Health Plan



Michelle Purcell
Account Manager - Large Group

Our Customer Service Team can assist with any requests, including questions about coverage, primary care providers (PCPs), and navigating the network.
855-315-5800 Monday through Friday,
8 a.m. to 7 p.m.