

IBEW Local 18 Benefits Brochure

Effective July 1, 2023 (7/1/23 - 6/30/24)

Owens Valley Members and Non-Medicare Retirees



Open Enrollment Dates

Monday 4/24/23 - Friday 5/5/23 for an effective date of 7/1/23

For Open Enrollment, the effective date is July 1, 2023 for the 2023-2024 plan year (July 1, 2023 to June 30, 2024). However the Health and Dental Plans are based on a calendar year.

For questions regarding Local 18's Anthem Blue Cross Medical or Guardian Dental benefits or for general questions (i.e. enrollment, claims, eligibility or ID cards), please contact:

Local 18 Benefit Service Center

Address:

Local 18 Benefit Service Center
9500 Topanga Canyon Blvd.
Chatsworth, CA 91311

Email Address:

Local18@mybenefitchoices.com

Phone Numbers:

800-842-6635 (toll-free)
818-678-0040 (main)
818-477-1476 (fax)
Monday - Friday, 8:30am - 5:00pm
(closed 12:00pm -12:45pm)

For more information, please visit:

www.mybenefitchoices.com/local18

The IBEW Local 18-sponsored medical and dental plans are available to all eligible IBEW Local 18 members and their eligible dependents.

As an IBEW Local 18 member, you are eligible for an Anthem Blue Cross medical plan and Guardian dental plan. Although you may be enrolled in a LADWP-sponsored plan, Health Care Reform law and California's Senate Bill 1008 require that we send you information on how to obtain an IBEW Local 18 Summary of Benefits and Coverage (SBC) and Summary of Dental Benefits and Coverage (SDBC) for each plan in order to make an informed choice. The SBCs and SDBC summarize important information about your health and dental coverage options in a standard format, to help you compare across options. SBCs and SDBC are available on the web at: www.mybenefitchoices.com/local18. Once on the site, scroll down to "Click here to view additional RESOURCES" Paper copies are also available, free of charge, by calling IBEW Local 18 Benefit Service Center at 1-800-842-6635.

Please note, this is only a brief summary of benefits.



Photo by Armando Arorizo



NEW For IBEW Local 18

Effective 7/1/23



Anthem Blue Cross medical coverage enhancements and changes:

- Fertility treatment now covered up to \$5,000 lifetime benefit for all enrolled Anthem Blue Cross members
- IngenioRx name change to CarelonRx



Guardian PPO dental coverage enhancements:

- Includes \$3,000 annual maximum (per individual)



Photo by Armando Arorizo

Important Benefit Resources for Coronavirus (COVID-19)



With growing concerns regarding the Coronavirus (COVID-19) we wanted to be sure our members have a peace of mind with access to available resources, just in case you or your loved ones start feeling sick. If you are enrolled in an IBEW Local 18-sponsored Anthem Blue Cross plan, you can always contact your Anthem Blue Cross provider, but please know that you and your enrolled dependents have access to the following resources (please note, these may be subject to change):

COVID-19 Testing is Covered

Anthem is waiving any copays, coinsurance, deductibles, and prior authorization/referrals (for on-site testing) for testing used to diagnose COVID-19.

On-site testing for COVID-19 does not require authorization from your provider, but must be received from an FDA/CDC-approved facility. At-home or self-administered COVID-19 testing is also not required to be authorized by a provider, but must be received from an FDA/CDC-approved facility.

Please note, large retail chain pharmacies have partnered with the U.S. Department of Health and Human Services to cover the cost of COVID-19 tests administered by retail pharmacies in a variety of new locations, including "parking lot" test sites. **These pharmacies will bill the government to cover the cost of these tests. Anthem will not cover these tests.** In addition to the retail pharmacy locations, more labs have started to offer direct-to-consumer testing that can be purchased without a care provider ordering the test, such as QuestDirect and others. If tests are purchased by a member directly from a lab and without a provider ordering and accurately billing for the test, these costs may be the member's responsibility as articulated by those labs direct-to-consumer programs.

At-Home OTC COVID-19 Testing Is Covered

Effective January 15, 2022, a federal mandate began that requires insurance companies to cover the costs of FDA-approved over-the-counter (OTC), rapid COVID-19 tests, without a doctor's order. Anthem Blue Cross will cover up to 8 OTC COVID-19 tests per plan participant per month at no member cost share (including no deductibles or copays for PPO members). Please note, if you order a kit and it includes 2 tests, both tests will count towards the monthly 8 test maximum.

Additionally, both Anthem Blue Cross and the Federal Government have made these tests available through multiple sources. If you or an enrolled dependent need a test, please navigate to the following resources:

- Visit www.COVIDtests.gov for information on free tests that may be available through government services.
- Anthem Blue Cross has a limited number of at-home OTC COVID-19 test kits available for members to order online at www.anthem.com/ca and the Sydney Health App.
- At-home OTC COVID-19 tests can be purchased over the counter online, at a local pharmacy, or from a big-box store.

Members and dependents can purchase OTC tests and follow the usual procedures to submit a claim for reimbursement at www.anthem.com/ca. For more information, please refer to "Filing a COVID-19 Testing/Treatment Claim" included in the COVID-19 Benefits Resources Flyer.

Please note, due to demand issues the availability and arrival time of tests and resources available may be subject to change.

COVID-19 Treatment is Covered

Effective February 1, 2021 medically necessary COVID-19 treatment received from in-network providers continues to be covered by Anthem Blue Cross, but may be subject to applicable member cost share (including deductibles or copays for PPO members).

Treatment for COVID-19 must be medically necessary as authorized by your provider and must be received from an FDA/CDC-approved facility.

For more information please visit the Local 18 Benefit Service Center RESOURCES page at: http://www.mybenefitchoices.com/Local18/benefit_resources

Important Benefit Resources for Coronavirus (COVID-19) Cont.



COVID-19 Vaccines and Information

There is no cost share for FDA-approved vaccines and their administration during the national public health emergency regardless of whether individuals receive a vaccine from an in-network or out-of-network provider. For more information and to find out if you are eligible for the COVID-19 vaccine, please refer to the California Department of Public Health's website at <https://myturn.ca.gov/>. To find the COVID-19 vaccines that may be available in your area please visit <https://vaccinefinder.org/>.

Sydney Health

Enrolled members and dependents have access to Anthem's Sydney Health mobile app at no cost. Sydney Health is available to help members assess their risk for COVID-19 and connect with a doctor if needed. Within minutes, you'll be able to check your symptoms and connect to care. A Coronavirus Risk Assessment is embedded in Sydney Health. **If you need medical care after you assess your symptoms, the app will connect you to a doctor through a LiveHealth Online video session or Virtual Care text session.**

The doctor you see through your telehealth visit can evaluate your symptoms, help you understand whether you are at risk for COVID-19, and let you know whether you need to visit a local health care provider for COVID-19 testing.

Please note, text sessions with Sydney Health cost \$19 each.

Members can download the Sydney Health app through the App Store or Google Play and get started in just minutes.

24/7 NurseLine

Registered nurses can answer your COVID-19 health-related questions wherever you are — any time, day or night. All you need to do is call the number included on the back of your Anthem Blue Cross ID card at (800) 977-0027.

How to Receive an At-Home COVID-19 Test (Pixel by LabCorp)

To avoid wait times and appointments, you can request a COVID-19 at-home testing kit to be mailed directly to you at your address. To receive an at-home COVID-19 test through Pixel by LabCorp please visit <https://www.pixel.labcorp.com/at-home-test-kits/covid-19-test-home-collection-kit> and select "Get Started".

Complete the COVID-19 At-Home Test Kit Survey based on your symptoms and health risks. If you are eligible for the testing kit, click "I'd like to use my insurance or I am uninsured". Enter your personal information including address and Anthem Blue Cross member information and a test will be available for \$0.00. You will be prompted to verify your email address and a COVID-19 testing kit will be shipped to your address.

Upon receipt of your At-Home testing kit, please complete the instructions included in the kit, including the kit registration instructions <http://www.mybenefitsbrochure.com/kit/instructions.pdf>. Upon completion, return the kit to Pixel by LabCorp by following the return FedEx instructions. You will be required to register your kit online and any samples must be received at Pixel by Labcorp on the same day they are taken. The average wait time to deliver results to the LabCorp portal is 2-3 days from when your sample is received at Pixel by LabCorp, confirmation will also be sent via email.

COVID-19 Antibody Testing is Covered

For any members enrolled in an IBEW Local 18-sponsored Anthem Blue Cross medical plan, please be aware that you also have access to fully-covered COVID-19 antibody (serology) tests. Anthem will cover and waive cost share for serology tests when they are used for health diagnostic purposes and meet the criteria of the CARES Act and direction from the Centers for Medicare and Medicaid Services.

Locate a COVID-19 Testing Facility

Members and dependents can instantly locate a nearby COVID-19 testing facility with Anthem's locator tool, using the Sydney Health app or by contacting Anthem Customer Service directly at the number on the back of their ID card at (800) 227-3771.

Anthem has also partnered with Castlight Health to help members find a COVID-19 testing location. To quickly locate nearby testing centers, please enter an address, ZIP Code, or City in the following link: <https://www.anthem.com/microsites/covid19-assessment/covid-finder.html>

Important Benefit Resources for Coronavirus (COVID-19) Cont.



Filing a COVID-19 Testing/Treatment Claim

If you received COVID-19 on-site testing, at-home testing or treatment (if medically necessary) from an FDA/CDC-approved facility, those services should have been covered at no cost to you. In the event that you received a bill from the facility, you can submit a claim form for reimbursement to Anthem Blue Cross by accessing their claim form in the following link: <https://www.anthem.com/docs/24066CAMENABC-public.pdf>

Please note, that your treatment must have been medically necessary as authorized by your doctor and received at an FDA/CDC-approved facility. COVID-19 testing (without authorization/referral) is covered at no cost share regardless of your date of service, however, COVID-19 treatment and services are only fully-covered for dates of service between **April 1, 2020 through January 31, 2021.**

LiveHealth Online

Enrolled members/retirees and dependents can sign up for LiveHealth Online which provides you access to a board-certified doctor from the comfort of home, minimizing the risk of exposure to yourself and others. Doctors are available 24/7 via smartphone, tablet, or computer webcam. The doctor you see via LiveHealth Online can evaluate your symptoms, determine whether you're at risk for COVID-19, and let you know whether you need to visit a local health care provider in person for COVID-19 testing. **Visits to LiveHealth Online doctors are available at \$0 copay for enrolled members/retirees and dependents, however, please note that you will be required to enter a credit card upon registration due to system requirements and to process any prescriptions.**

You can register for LiveHealth Online on your computer or mobile device via the LiveHealth Online app or on the web at www.livehealthonline.com. Alternatively, you can access LiveHealth Online through the IBEW Local 18 Sydney Health app; simply tap the Care button and navigate to Video Visit.

CarelonRx Early Prescription Refill Limits

Anthem is relaxing early prescription refill limits, where permitted, for members/retirees and dependents who wish to refill a 30-day supply of most maintenance medications early. Additionally, please talk to your doctor about whether changing from a 30-day supply to a 90-day supply of your prescriptions is appropriate. Those filling 90-day prescriptions can get most of their medications through our home delivery pharmacy. Please call the Pharmacy Member Services number included on the back of your Anthem Blue Cross ID card at **(833) 261-2466.**

Optum Behavioral Health and EAP Benefits

We understand that these are difficult times for members and their families. If you or your family members need assistance, please call Optum Behavioral Health at the number on your ID card. An Optum representative will perform an over the phone intake to ensure you get the care you need. Optum can also conduct an appointment search with a behavioral health provider for you, but you will need to call the provider to confirm your appointment time and date.

All members/retirees enrolled in an IBEW Local 18-sponsored medical plan have access to an Employee Assistance Program (EAP) through Optum Behavioral Health. All enrolled members (and your household members too) **have eight confidential sessions with a behavioral health counselor available per incident.**

To get started please contact Optum Behavioral Health and EAP at **(877) 449-6710** or navigate to www.liveandworkwell.com and enter access code: **IBEW18**

For more information please visit the Local 18 Benefit Service Center RESOURCES page at:
https://www.mybenefitchoices.com/Local18/benefit_resources

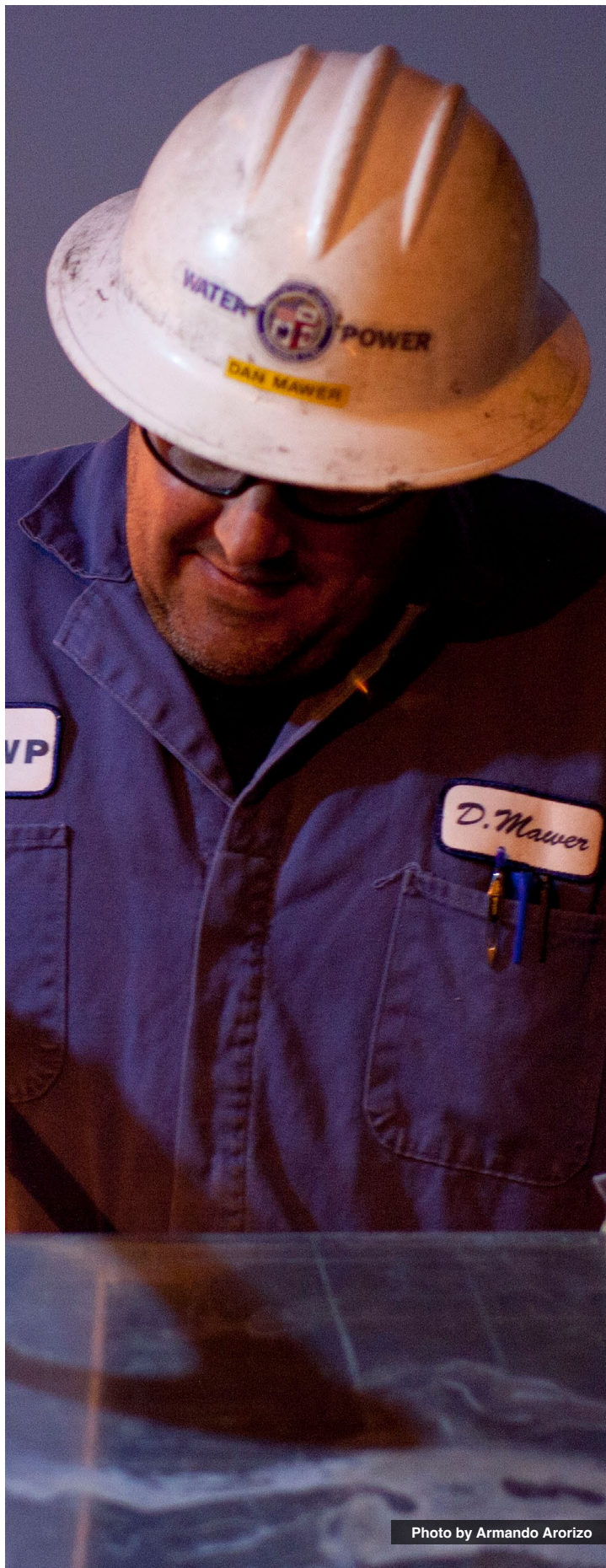


Photo by Armando Arorizo

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IBEW Local 18-Sponsored Plans:



- The IBEW Local 18-sponsored Anthem Blue Cross Owens Valley PPO medical plan is only available to members working AND living in Owens Valley. This plan is also available to non-Medicare retirees (under age 65) living in Owens Valley.
- The IBEW Local 18-sponsored Guardian PPO dental plan is available to all IBEW Local 18 members and their eligible dependents living and working in Owens Valley.
- You must be enrolled as an active member in an IBEW Local 18 plan prior to retirement in order to participate in the IBEW Local 18 plan(s) as a retiree. If as a retiree you cancelled your IBEW Local 18-sponsored medical or dental plan, you are able to re-enroll into an IBEW Local 18-sponsored plan.
- For more information on dependent eligibility, please refer to LADWP Guides available on our Resource page at https://www.mybenefitchoices.com/Local18/benefit_resources

How to enroll online

The Annual Open Enrollment for LADWP and Local 18 is Monday 4/24/23 through Friday 5/5/23, for a July 1, 2023 effective date. You will be able to make open enrollment changes online beginning at 4:00am Monday 4/24/23 until midnight Friday 5/5/23.

To review the benefits, rates, find in-network providers and links to our carriers go to www.mybenefitchoices.com/local18, scroll down and click on “RESOURCES”.

If you would like to enroll/change plans or add/delete dependents, please use Local 18’s online portal www.mybenefitchoices.com/local18

1. You must register (if you haven’t already). You will need:
 - Employee Number (must be 6 digits)
 - Last 4 of your Social Security Number
 - Create a Username: _____
 - Create Password: _____
 - Email: _____ (you will need to have access to it in order to activate your account)
2. Confirm your registration- You will receive a system generated account activation email (to the email that you registered with). Click on the link to confirm your registration. The link will take you back to the “log in” screen.
3. Log in- Enter your user name and password (that you just registered with) and you will be logged into the secure Local 18 benefits web site.
4. You must have your dependent(s) social security number(s) available prior to using the online portal. Documentation will also be required to verify dependent eligibility.
5. Enrollment wizard – “launch open enrollment wizard” to enroll/change plans add/delete dependents. Using the NEXT button, you will need to review each wizard screen.
6. You MUST reach 100% to finish. After going through each wizard screen, you must digitally sign that you agree to the Terms and Conditions and then click FINISH. You will then be emailed your benefit summary showing you have reached 100%.

IMPORTANT NOTE: Once you have completed #6 you will be emailed a benefit summary showing your Local 18 elections. **If you have any “Pending Documents” due it will be noted in red on your benefit summary. Your enrollment/changes are not finalized until we receive and have accepted your Pending Documents.**

REMEMBER: Life event changes during the year must be made within 31 days of the qualifying life event (marriages, newborns, divorce, etc).

PLEASE NOTE: If you are changing from a LADWP plan to a Local 18 plan you MUST cancel the LADWP plan. Call LADWP Health Plans office at (213) 367-2023. If you are changing from a Local 18 plan to a LADWP plan you MUST “decline” coverage using our online portal www.mybenefitchoices.com/local18 or print, complete and submit a termination form to our office, found at the bottom of the RESOURCES page.

PENDING DOCUMENTS: Documentation is required to verify dependent eligibility, if dependent is not currently on a Local 18 sponsored plan.

Pending Documents: Documentation is required to verify dependent eligibility.

Please provide the required document(s) using one of the following options below:

Scan/email: Local18@mybenefitchoices.com or Upload: instructions below or
Fax: (818) 477-1476 or mail to: L18-BSC 9500 Topanga Cyn Blvd Chatsworth, CA 91311



How do I upload my documents through the website?

1. When logged in, click on the 'My Documents' tab on the top of the screen.
2. If you have any missing documents to submit, there will be a 'Pending/Missing Documents' section listing what you are missing.
3. In the 'Upload Document' section, click the dropdown menu and select which document you wish to submit.
 - If your document is not listed, select 'Unlisted Document'.
4. Select the file you are uploading from your computer.
 - Allowed files extensions: PDF, BMP, GIF, PNG, JPG.
 - File size limit: 10MB.
5. Click 'Upload' to submit the file.
6. If there are no problems, you will get a message saying the file was uploaded successfully and the document will be marked pending.
7. It may take at least 2 business days for a Benefit Specialist to review your submitted documents and accept/deny them.
8. If the document is denied, the pending status will go away and the file will remain in the 'Pending/Missing Documents' section.
If the file is accepted, it will move to the 'Received Documents' section.

For any questions or help with the online enrollment portal, please call the Local 18 Benefit Service Center at (800) 842-6635



Photo by Armando Arorizo

Rate and Subsidy Information

IBEW Local 18 - Health & Welfare Medical & Dental Rates



Owens Valley Members and Retirees Effective July 1, 2023

Anthem Blue Cross Owens Valley Medical (Active Members)	Monthly Premium	Monthly Full-time/Active Member Cost
Single	\$2,048.07	\$0.00
Two Party	\$4,288.77	\$0.00
Family	\$5,323.96	\$0.00

DWP Monthly Medical Subsidy Varies, please refer to the LADWP Retiree Benefits Guide

Anthem Blue Cross Owens Valley Medical (Non-Medicare Retirees under age 65)*	Monthly Premium	Monthly Retired Member Cost
Single	\$2,048.07	Varies
Two Party	\$4,288.77	Varies
Family	\$5,323.96	Varies

**Not available to retirees over age 65*

DWP Monthly Dental Subsidy \$135.86

Guardian PPO Dental (Active Members and Retirees)	Monthly Premium	Monthly Full-time/ Active and Retired Member Cost
Single	\$135.86	\$0.00
Two Party	\$135.86	\$0.00
Family	\$135.86	\$0.00

The LADWP Active and Retiree Benefits Guides can also be found online on the IBEW Local 18 Benefit Service Center RESOURCE webpage in the following link: https://www.mybenefitchoices.com/Local18/benefit_resources

IBEW Local 18-Sponsored Plans Overview

Your Coverage Options

The IBEW Local 18-sponsored Anthem Blue Cross Owens Valley PPO medical plan is only available to members working AND living in Owens Valley and also available to non-Medicare retirees (under age 65) living in Owens Valley. This plan is not available to retirees when you reach age 65. The IBEW Local 18-sponsored Guardian PPO dental plan is available to all IBEW Local 18 members and their eligible dependents living and working in the Owens Valley.

You must be enrolled as an active member in an IBEW Local 18 plan prior to retirement in order to participate in the IBEW Local 18 plan(s) as a retiree. If as a retiree you cancelled your IBEW Local 18-sponsored medical or dental plan, you are able to re-enroll into an IBEW Local 18-sponsored plan.

IBEW Local 18-sponsored medical plan

- Anthem Blue Cross Owens Valley PPO



IBEW Local 18-sponsored dental plan

- Guardian PPO



Photo by Armando Arorizo

Exclusive Benefit Enhancements

This is a great opportunity to enroll in an IBEW Local 18-sponsored medical and dental plan! IBEW Local 18-sponsored medical and dental plans offer exclusive benefit enhancements, such as:



Health

NEW Fertility Coverage

Up to \$5,000 lifetime benefit for infertility treatment

Vision Benefits Through VSP

Benefits for exams, lenses, frames, and contact lenses

Use the frame allowance for non-prescription sunglasses or prescription sunglasses

Access to a Doctor- Anytime, Anywhere!

Online doctor visits available 24/7/365 with LiveHealth Online

Behavioral Health Through Optum

Tailored and specialized behavioral health and substance abuse treatment for IBEW Local 18 members and their families

Includes

Employee Assistance Program (EAP)!

Comprehensive Screening with Body Scan

No cost to enrolled members and their enrolled spouse/domestic partner

Dental

Includes comprehensive orthodontia coverage for adults and children

- NEW** • PPO offers highest annual maximum to members at \$3,000 per individual
- PPO includes implant coverage

Benefit Support Specialists

Dedicated for Local 18 Members, simply call (800) 842-6635. The Benefit Service Center is there to assist you in the event you need enrollment assistance, experience claim issues and any other benefit related needs. Enroll online at:

www.mybenefitchoices.com/local18



Photo by Armando Arorizo

IBEW Local 18-Sponsored Plans

Important Resources

Moving Out of Owens Valley

If you move out of the Owens Valley, you must re-enroll in a non-Owens Valley medical plan within 31 days from the change. You cannot remain enrolled in an Owens Valley plan if you move out of the area and/or your work location changes.

Instructions to Find a Provider

To locate an in-network Anthem Blue Cross medical, Guardian dental, Optum behavioral health, or VSP vision provider please navigate online to the IBEW Local 18 Benefit Service Center [RESOURCE](#) webpage listed below. Scroll down to the “Provider Search” drop-down menu and select the appropriate “Find a Provider” instructions to locate an in-network provider.

If you are enrolling in an IBEW Local 18-sponsored plan, making plan or provider changes, or have questions on eligibility please refer to the resources on this page.

Qualifying Life Event Changes

Certain Qualifying Life Event (QLE) changes, such as the birth or adoption of a new child, marriage, divorce, and others may permit you to add your new dependent, enroll in or make changes to your IBEW Local 18-sponsored plan. You have a 31-day window (from the date the QLE took place) to add your new dependent, enroll in or make changes to your coverage. For more information, please refer to the LADWP Active Benefits Guide.

Covering Your Eligible Dependents

You will be required to provide additional documentation in order to enroll your eligible dependents in an IBEW Local 18-sponsored plan. For more information, please refer to the LADWP Active Benefits Guide.

When Coverage Ends for Your Dependent

Please refer to the LADWP Active Benefits Guide.

Accessing Anthem Blue Cross Services While Traveling

You and your dependents may have access to benefits and services while traveling outside California or out of the country. For more information, please navigate online to IBEW Local 18 Benefit Service Center [RESOURCE](#) webpage listed below. Scroll down to Health Benefits, Medical and select Anthem Blue Cross traveling resource most appropriate for your situation.

All of the information above can be found online on the IBEW Local 18 Benefit Service Center [RESOURCE](#) webpage in the following link: https://www.mybenefitchoices.com/Local18/benefit_resources



IBEW Local 18 Anthem Blue Cross Medical Plan

Owens Valley PPO



	Preferred Provider Organization (PPO)
Coverage	<p>Provides comprehensive coverage based on the type of plan you elect, may include (but not limited to):</p> <ul style="list-style-type: none"> • Preventive care • Routine medical • Major medical
Seeking Care	<ul style="list-style-type: none"> • You can see any licensed doctor or specialist and are not required to designate a primary care physician (PCP) • Your out-of-pocket expenses will be the same, in most cases, when you use in-network or out-of-network PPO providers
Determining Costs for Services	<ul style="list-style-type: none"> • No annual deductible • The plan pays 100% for most services when you use both in-network and out-of-network PPO providers



Health and Wellness Programs Support You Along the Way

Your plan goes way beyond covering doctor visits



Future Moms — Moms-to-be get one-on-one support from registered nurses to help them have a healthy pregnancy, a safe delivery and a healthy baby.

If you or a covered family member is pregnant you can call 866-664-5404 to enroll. You will receive coaching from a registered nurse to provide care and support for a healthy pregnancy and healthy child.

- **Anthem Blue Cross will send a \$25 Target gift card for enrolling in the program, and a \$100 Target gift card, for completing the program.**

As a member, you have easy access to tools and special offers on www.anthem.com/ca/ibewlocal18/

Condition Care Program — If you or a covered family member is suffering from diabetes or CAD, you can call 800-621-2232 to enroll. You will receive counseling and coaching on healthy lifestyles to meet your goals.

- **Anthem Blue Cross will send a \$25 gift card for enrolling in the program, and a \$100 gift card for completing the program for those identified.**

Staying Healthy Reminders — This yearly reminder is sent to your home or through email to tell you about important preventive health screenings or treatments you may need, based on your age and gender. Once you're a member, you can choose how you'd like to receive this reminder on www.anthem.com/ca.



Photo by Armando Arorizo

IBEW Local 18 Anthem Blue Cross Owens Valley PPO



Your Summary of Benefits

Your Plan: Anthem Custom Premier PPO 0/0/0 (RX \$5/\$10)

Your Network: Prudent Buyer PPO

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Overall Deductible	\$0	\$0
Out-of-Pocket Limit ¹	\$1,000 person / \$2,000 family	\$2,000 person / \$4,000 family
Preventive care/screening/immunization	No copay	No copay
Preventive Care for Chronic Conditions ²	No copay	No copay
Virtual Care (Telemedicine / Telehealth Visits) ³		
Primary Care (PCP)	No copay	No copay
Mental Health and Substance Use Disorder care	Carved out to Optum Behavioral Health	Carved out to Optum Behavioral Health
Specialist	No Copay	No Copay
Doctor Home and Office Services		
Primary care visit to treat an injury or illness	No copay	No copay
Specialist care visit	No copay	No copay
Prenatal and Post-natal Care	No copay	No copay

¹ When you meet your out-of-pocket limit, if applicable, you will no longer have to pay cost-shares during the remainder of the calendar year. See notes section for additional information regarding your out of pocket maximum.

² Per IRS guidelines

³ Virtual Visits - Online visits with Doctors who also provide services in person.

Anthem Blue Cross Owens Valley PPO Cont.



Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Other Practitioner Visits: Retail Health Clinic LiveHealth Online Visit Chiropractor Services ¹ Acupuncture ²	No copay No copay No copay No copay	No copay Not covered No copay No copay
Other Services in an Office: Allergy Testing Chemo/Radiation Therapy Hemodialysis Prescription Drugs ³	No copay No copay No copay No copay	No copay No copay No copay No copay
Diagnostic Services Lab: Office Freestanding Lab Outpatient Hospital	No copay No copay No copay	No copay No copay No copay
X-ray: Office Freestanding Radiology Center Outpatient Hospital	No copay No copay No copay	No copay No copay No copay

¹ Coverage for In-Network Provider and Non-Network Provider combined is limited to 30 visit limit per benefit period.

² Coverage for In-Network Provider and Non-Network Provider combined is limited to 20 visit limit per benefit period.

³ For the drugs itself dispensed in the office thru infusion/injection.

Anthem Blue Cross Owens Valley PPO Cont.



Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Advanced Diagnostic Imaging (for example, MRI/PET/CAT scans): Office Freestanding Radiology Center Outpatient Hospital	No copay No copay No copay	No copay No copay No copay
Emergency and Urgent Care Urgent Care (Office Setting) Emergency Room Facility Services ¹ Emergency Room Doctor and Other Services	No copay \$25 copay per visit No copay	No copay \$25 copay per visit No copay
Ambulance (Air and Ground)	No copay	No copay
Outpatient Mental/Behavioral Health and Substance Abuse Doctor Office Visit Facility Visit: Facility Fees Doctor Services	Carved out to Optum Behavioral Health Carved out to Optum Behavioral Health Carved out to Optum Behavioral Health	Carved out to Optum Behavioral Health Carved out to Optum Behavioral Health Carved out to Optum Behavioral Health
Outpatient Surgery Facility Fees: Hospital Freestanding Surgical Center Doctor and Other Services	No copay No copay No copay	No copay No copay No copay

¹ Copay waived if admitted.

Anthem Blue Cross Owens Valley PPO Cont.



Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<p>Hospital Stay (all inpatient stays including maternity, Mental/Behavioral Health, and Substance Abuse)</p> <p>Mental/Behavioral health and substance abuse is carved out to Optum Behavioral Health</p> <p>Facility fees (for example, room & board)</p> <p>Doctor and other services</p>	<p>No copay</p> <p>No copay</p>	<p>No copay</p> <p>No copay</p>
<p>Recovery & Rehabilitation</p> <p>Home Health Care ¹</p>	<p>No copay</p>	<p>No copay</p>
<p>Rehabilitation Habilitation Services (for example, Physical/Speech/Occupational Therapy):</p> <p>Office ²</p> <p>Outpatient Hospital</p>	<p>No copay</p> <p>No copay</p>	<p>No copay</p> <p>No copay</p>
<p>Habilitation services (for example, Physical/Speech/Occupational therapy):</p> <p>Office ²</p> <p>Outpatient Hospital</p>	<p>No copay</p> <p>No copay</p>	<p>No copay</p> <p>No copay</p>
<p>Cardiac rehabilitation</p> <p>Office ²</p> <p>Outpatient Hospital</p>	<p>No copay</p> <p>No copay</p>	<p>No copay</p> <p>No copay</p>
<p>Skilled Nursing Care (in a facility) ¹</p>	<p>No copay</p>	<p>No copay</p>
<p>Hospice</p>	<p>No copay</p>	<p>No copay</p>

¹ Coverage is limited to 100 visits per benefit period. Limit is combined In-Network and Non-Network.

² Costs may vary by site of service.

Anthem Blue Cross Owens Valley PPO Cont.



Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Durable Medical Equipment	No copay	No copay
Prosthetic Devices	No copay	No copay
Refractive Eye Surgeries (LASIK benefit) ¹	Plan pays up to \$1500 per eye, lifetime	

¹ Including astigmatic keratotomy, lamellar keratoplasty and laser procedure for the purpose of correcting refractive defects of the eye such as nearsightedness (myopia), hyperopia (farsightedness) or astigmatism. Limited to a lifetime benefit of up to \$1,500/eye. Costs may vary by site of service.

Covered Prescription Drug Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Pharmacy Deductible	\$0	\$0
Prescription Drug Coverage		
Preventive Pharmacy		
Preventive Immunization	No copay	50% coinsurance (retail only)
Female oral contraceptive ¹	No copay	50% coinsurance (retail only)
Tier1 - Typically Generic ²	\$5 copay per prescription (retail only) and \$10 copay per prescription (home delivery only)	Member pays the retail participating pharmacies copay plus 50% coinsurance (retail only)
Tier2 - Typically Preferred / Brand ²	\$10 copay per prescription (retail only) and \$20 copay per prescription (home delivery only)	Member pays the retail participating pharmacies copay plus 50% coinsurance (retail only)

¹ Generic and Single Source brand.

² Member pays the retail pharmacy copay plus 50% for out of network. Covers up to a 30 day supply (retail pharmacy) Covers up to a 90 day supply (home delivery program).

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Infertility	50% coinsurance	50% coinsurance
Out-of-Pocket Limit	Infertility services do not apply toward Out-of-Pocket Limit.	
Infertility Benefit Maximum	Anthem payment of \$5,000 per lifetime per Member.	
<p>Additional Covered Services includes artificial insemination, in-vitro fertilization, GIFT (gamete intrafallopian transfer), ZIFT (Zygote intra-fallopian transfer), supplies, appliances, and Drugs administered in a Physician's office. These services are subject to Coinsurance stated above and the \$5,000 lifetime per Member maximum.</p> <p>Covered services also exist for diagnostic tests to find the cause of infertility, such as diagnostic laparoscopy, endometrial biopsy, and semen analysis, and services to treat the underlying medical conditions that cause Infertility (e.g., endometriosis, obstructed fallopian tubes, and hormone deficiency). These services are provided on the same basis, at the same cost shares, as any other medical condition and not subject to the above lifetime maximum.</p> <p>Not Covered: Reversals of elective sterilizations.</p>		

This summary of benefits is a brief outline of coverage, designed to help you with the selection process. This summary does not reflect each and every benefit, exclusion and limitation which may apply to the coverage. For more details, important limitations and exclusions, please review the formal Evidence of Coverage (EOC). If there is a difference between this summary and the Evidence of Coverage (EOC), the Evidence of Coverage (EOC), will prevail.

Anthem Blue Cross Owens Valley PPO Cont.



Notes:

The family deductible and out-of-pocket maximum are embedded meaning the cost shares of one family member will be applied to both the individual deductible and individual out-of-pocket maximum; in addition, amounts for all covered family members apply to both the family deductible and family out-of-pocket maximum. No one member will pay more than the individual deductible and individual out-of-pocket maximum.

If your plan includes an emergency room facility copay and you are directly admitted to a hospital, your emergency room facility copay is waived.

For additional information on this plan, please visit sbc.anthem.com to obtain a "Summary of Benefits and Coverage".

Certain types of physicians may not be represented in the PPO network in the state where the member receives services. If such physician is not available in the service area, the member's copay is the same as for PPO (with and without pre-notification, if applicable). Member is responsible for applicable copays, deductibles and charges which exceed covered expense.

Behavioral Health and Substance Abuse is covered by Optum Behavioral Health.

If your plan includes out of network benefit and you use a non-network provider, you are responsible for any difference between the covered expense and the actual non-participating providers charge.

Non-emergency, out-of-network air ambulance services are limited to Anthem maximum payment of \$50,000 per trip.

Bariatric Surgery covered only when performed at Blue Distinction Center for Specialty Care for Bariatric Surgery.

For plans with an office visit copay, the copay applies to the actual office visit and additional cost shares may apply for any other service performed in the office (i.e., X-ray, lab, surgery), after any applicable deductible.

Transplants covered only when performed at Centers of Medical Excellence or Blue Distinction Centers.

All medical services subject to a coinsurance are also subject to the annual medical deductible.

Annual Out-of-Pocket Maximums includes deductible, copays, coinsurance and prescription drug.

In network and out of network out of pocket maximum are exclusive of each other.

Certain drugs require pre-authorization approval to obtain coverage.

Certain services are subject to the utilization review program. Before scheduling services, the member must make sure utilization review is obtained. If utilization review is not obtained, benefits may be reduced or not paid, according to the plan.

Coordination of Benefits: The benefits of this plan may be reduced if the member has any other group health or dental coverage so that the services received from all group coverage do not exceed 100% of the covered expense.

Freestanding Lab and Radiology Center is defined as services received in a non-hospital based facility.

In addition to the benefits described in this summary, coverage may include additional benefits, depending upon the member's home state. The benefits provided in this summary are subject to federal and California laws. There are some states that require more generous benefits be provided to their residents, even if the master policy was not issued in their state. If the member's state has such requirements, we will adjust the benefits to meet the requirements.

Preventive Care Services includes physical exam, preventive screenings (including screenings for cancer, HPV, diabetes, cholesterol, blood pressure, hearing and vision, immunization, health education, intervention services, HIV testing) and additional preventive care for women provided for in the guidance supported by Health Resources and Service Administration.

Respite Care limited to 5 consecutive days per admission.

Skilled Nursing Facility day limit does not apply to mental health and substance abuse.

Supply limits for certain drugs may be different, go to Anthem website or call customer service.

This Summary of Benefits has been updated to comply with federal and state requirements, including applicable provisions of the recently enacted federal health care reform laws. As we receive additional guidance and clarification on the new health care reform laws from the U.S. Department of Health and Human Services, Department of Labor and Internal Revenue Service, we may be required to make additional changes to this Summary of Benefits. This Summary of Benefits, as updated, is subject to the approval of the California Department of Insurance and the California Department of Managed Health Care (as applicable).

For additional information on limitations and exclusions and other disclosure items that apply to this plan, go to <https://www.anthem.com/ca/ibewlocal18/>.

If your plan includes out of network benefits, all services with calendar/plan year limits are combined both in and out of network.

Anthem® Blue Cross

IBEW Local 18 – Owens Valley

Your Plan: Anthem Custom Premier PPO 0/0/0 (RX \$5/\$10)

Your Network: Prudent Buyer PPO

This summary of benefits is a brief outline of coverage, designed to help you with the selection process. This summary does not reflect each and every benefit, exclusion and limitation which may apply to the coverage. For more details, important limitations and exclusions, please review the formal Evidence of Coverage (EOC). If there is a difference between this summary and the Evidence of Coverage (EOC), the Evidence of Coverage (EOC), will prevail.

Anthem Blue Cross

LiveHealth Online



When you or your family are facing an immediate medical situation, the emergency room may be the first choice that comes to mind for treatment. Although emergency rooms are equipped for nearly any type of medical emergency, and most are open 24/7/365, LiveHealth Online may prove to be a more convenient option.

LiveHealth Online is available to all IBEW Local 18 members/retirees and dependents enrolled in an Anthem Blue Cross Medical Plan. LiveHealth Online allows you to have a face-to-face consultation with a board-certified doctor, **which now includes dermatologists**, via smartphone, tablet, or computer webcam. Doctors are available 24/7/365 and are available even if you are traveling out-of-state. You may want to consider using LiveHealth Online for some of the following common illnesses: **Flu and cold, Pink eye, Sinus infections, Skin rash/infections, and Mild allergies.**

Best of all a visit to a LiveHealth Online doctor is available at \$0 copay for all IBEW Local 18 members/retirees and dependents enrolled in an Anthem Blue Cross Medical Plan!

Please note, you will be required to enter a credit card upon registration due to system requirements. However, members/retirees and dependents enrolled in an IBEW Local 18-sponsored Anthem Blue Cross medical plan will not be required to pay.

You can register for LiveHealth Online on your computer or mobile device via the LiveHealth Online app or on the web at <https://www.livehealthonline.com/>. Alternatively, you can access LiveHealth Online on the IBEW Local 18 Sydney Health app; simply tap the Care button and navigate to Video Visit.

If you have any questions you can email, customersupport@livehealthonline.com or call toll free at 1-855-603-7985. In your email please be sure to include: your name, your email address, and a phone number where you can be contacted. This is not medical advice, in the event of a life-threatening emergency, please visit an Emergency Room or call 911.

This is not medical advice, in the event of a life-threatening emergency, please visit an Emergency Room or call 911.

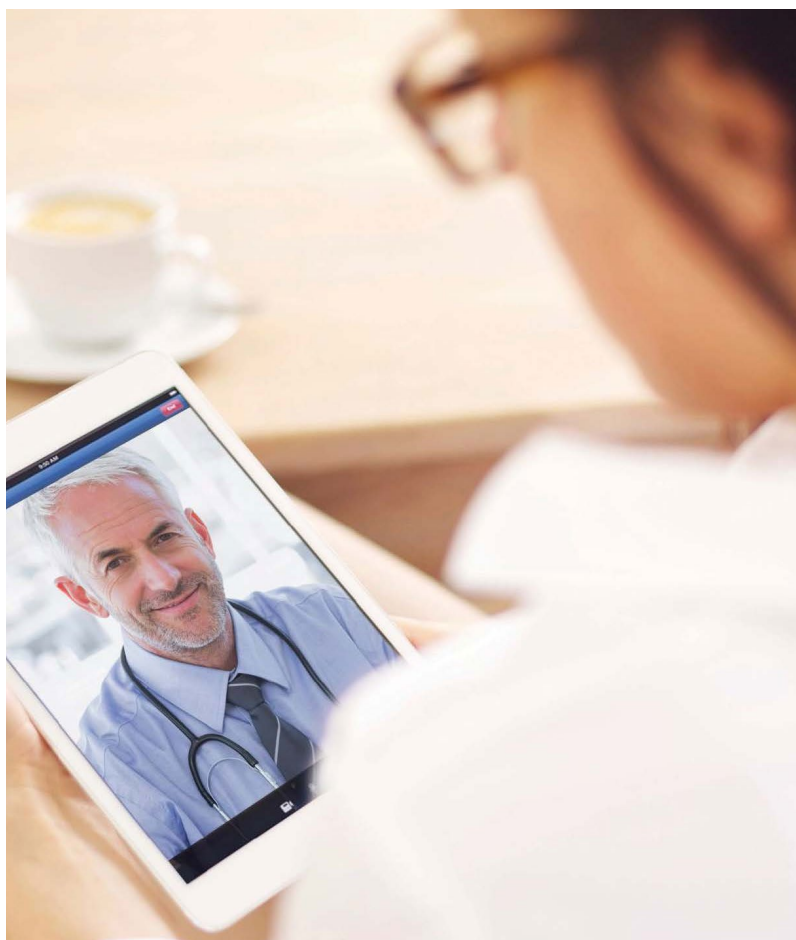
Sign up for LiveHealth Online today!

It's quick and easy to sign up just go to [livehealthonline.com](https://www.livehealthonline.com) or download the mobile app.

apple.com



play.google.com/store



IBEW Local 18-Sponsored Anthem Blue Cross LASIK Benefits



What is LASIK?

Covered services for refractive eye surgeries (LASIK) can be used to correct vision defects like nearsightedness, farsightedness and astigmatism.

What is Covered?

- Lifetime benefit of up to \$1,500 per eye for refractive eye surgeries
- Covered refractive eye surgeries include: LASIK, LASEK, LTK, PRK, PARK OR PRK-A
- No referral required from your Primary Care Provider (PCP)
- PPO members have both in-network and out-of-network coverage

How to find an In-Network Provider?

To locate an in-network Ophthalmologist for the IBEW Local 18-sponsored Anthem Blue Cross plans:

1. Visit our Resource link: https://www.mybenefitchoices.com/local18/benefit_resources
2. Under the Provider Search section, choose "Find a Medical Provider"
3. Select Find Care, twice
4. Select your plan
 - **PPO members may visit an Anthem contracted PPO or HMO provider**
 - PPO members may also visit non-contracted/out-of-network providers
5. Enter your zip code
6. In the search bar, enter "Ophthalmology"
7. **Call to confirm the selected Ophthalmologist provides LASIK services**

Included in your Anthem Blue Cross Medical Plan

For assistance with using your benefits, call the Benefit Service Center at (800) 842-6635

How to file a Claim?

- On Anthem's claim form list and describe the services you received (diagnosis, procedure code, and taxpayer ID) claim form is under LASIK benefits at: https://www.mybenefitchoices.com/Local18/benefit_resources
- Include a detailed receipt of services from the provider
- Submit the claim form and detailed receipt via email to Elise.Huston@anthem.com within 90 days of the date you received the service
 - If you prefer mailing, please contact the IBEW Local 18 Benefit Service Center for mailing instructions



IBEW Local 18 Optum Behavioral Health Benefit



Your Employee Assistance Program (EAP)

Find out what this benefit can do for you. Optum can help you and your family members with day-to-day challenges, major life changes, and anything in between.

Call 1-877-449-6710 to access a wide range of assistance:

- Anxiety and stress
- Coping with grief and loss
- Parenting and family problems
- Alcohol and drug abuse

As part of this benefit, some services are available at no extra cost. This includes referrals, seeing a network clinician and initial consultations.

24-hour online access is also available at liveandworkwell.com

Access to the tools and resources on liveandworkwell.com is always free. For more information, please refer to your benefit information. All records are kept confidential in accordance with federal and state laws.

Losing a job, going through a divorce, getting into a car accident. We expect to be stressed by big, negative events. But sometimes everyday hassles build up to the point that they wear you down. Whether you're constantly worrying about work, relationship or money issues, your EAP and Behavioral Health Benefit offers confidential help and support for managing:

- Stress, anxiety and depression
- Relationship problems
- Parenting and family issues
- Child and eldercare support
- Dealing with domestic violence
- Substance use
- Eating disorders

What's a clinician?

A clinician may be a psychologist, psychiatrist or master's-level specialist trained in social work, nursing, professional counseling, or family and marriage therapy.

How much does this cost?

As part of your benefits, EAP services are available at no extra cost to you. This includes referrals, seeing in-network clinicians, access to liveandworkwell.com and initial consultations with experts. All enrolled members (and their household members too) have eight (8) confidential sessions with a behavioral health counselor available, per incident.

What other resources are available?

You and your family also have 24-hour private access to liveandworkwell.com. This interactive website offers tools and resources to help you enhance your work, health and life. On the site, you can:

- Check your benefit information
- Submit online service requests
- Search the online clinician directory
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Search our databases for childcare, nursing homes and other local resources
- Participate in interactive, customizable self-improvement programs

Any member of your household can use liveandworkwell.com, even children living away from home.

Is EAP confidential?

Yes. All records are kept confidential in accordance with federal and state laws. Optum never shares your personal records with your employer or anyone else without your permission.

Your Behavioral Health Benefit



With so many things to do and plan, day-to-day living can feel challenging. At times, you may even feel overwhelmed. Specialists can provide support, information and resources to help address issues affecting your personal life, work and well-being.

Optum can help

Contact 1-877-449-6710 for assistance with:

- Stress or anxiety
- Substance use concerns
- Counseling support
- Feeling down or depressed
- Medication questions
- Virtual visits

Is my benefit confidential?

Optum will never share your personal information with your employer without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

Liveandworkwell.com

At liveandworkwell.com, you can find the resources and tools to help you handle the challenging or stressful situations you may face. The site is available 24/7, from the convenience of your desk or the comfort of your home. You'll find confidential access to professional care, self-help programs and lots of helpful information. You can access this information securely from your desktop, mobile device or smartphone.

Explore how you can:

- Get personalized assistance for the big events in your life.
- Request information, resources and referrals to help balance work and your personal life.
- Find answers to questions about behavioral health, and medical concerns to help you deal with stress, depression, anxiety and other conditions.

Easy online provider search

[Liveandworkwell.com](https://liveandworkwell.com) has many search tools to assist you. The provider search offers a searchable list of our Behavioral Health clinicians, facilities and provider groups. Narrow your selection by clinician name, location, specialty, medical group, ethnicity, language, gender or area of expertise.

Personalized claims and coverage

Free up time spent on the phone. The secure claims and coverage section lets members view eligibility and benefits, track claim status and much more. Self-service options that take the hassle out of managing your claims and updating personal information, notifications and more.

Unique feature

At liveandworkwell.com you can find assessments and tools. You can also participate in a variety of interactive, customizable self-improvement programs.



Easy access 24 hours a day to confidential help. There's no cost to call.

**Log on to [Liveandworkwell.com](https://liveandworkwell.com)
Access code: IBEW18**

**Or call us at: 877- 449 - 6710
Specialists are available 24/7**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change.

Schedule of Benefits



Behavioral Health for IBEW Local 18 Members Enrolled in Anthem's Owens Valley PPO Plan

Effective Date of this Plan July 1, 2023

Covered Services	Member Cost-share for In-Network Providers ¹	Member Cost-share for Non-Network Providers
Overall Deductible	\$0	\$0
Out-of-Pocket Limit ²	Individual \$1,000 Family \$2,000	Individual \$2,000 Family \$4,000
Routine Outpatient Services ³	No copay	No copay
Non-Routine Outpatient Services ⁴ Outpatient Electro-Convulsive Treatment, Psychological Testing and Applied Behavior Analysis (ABA)	No copay	No copay
Structured/Intensive outpatient program treatment	No copay	No copay
Partial Hospitalization/Day treatment	No copay	No copay
Inpatient Treatment ⁵	No copay	No copay
Residential Treatment	No copay	No copay
Emergency Services & Care ⁶ Outpatient Hospital Emergency Room Services	\$25 copay (waived if admitted)	\$25 copay (waived if admitted)
Ambulance	No copay	No copay

¹ Other than Routine Outpatient Services and Emergency Services, in-network and out-of-network services must be clinically necessary and preauthorized (see "Preauthorization Requirement and Utilization Review" section in the Certificate for further information) in order to be covered. If treatment requiring preauthorization is not preauthorized, it will not be covered.

² Anthem members may use covered in-network Mental Health, Substance Use, Medical, and Pharmacy expenses to satisfy the in-network out-of-pocket maximums. Anthem members may use covered out-of-network Mental Health, Substance Use, Medical, and Pharmacy expenses to satisfy the out-of-network out-of-pocket maximums.

³ Outpatient includes Routine Outpatient Services including: individual, family, and group counseling sessions and medication management visits with a mental health and substance abuse professional.

⁴ Outpatient also includes Non-Routine Services including: psychological testing, outpatient electro-convulsive therapy (ECT), behavioral health treatment for pervasive developmental disorders and autism, Structured/Intensive Outpatient Program treatment and Partial Hospitalization/Day treatment. These services require preauthorization in order to be covered.

⁵ Inpatient Treatment includes hospital/facility-based treatment such as Acute Inpatient, Detoxification services, Residential treatment, or Recovery Home treatment. These services require preauthorization in order to be covered. The copayment for an Inpatient admission includes any related Inpatient Professional Services.

⁶ Emergency Services and Care are covered regardless of the Provider's contract status with the Optum. The plan will reimburse these covered expenses to ensure the member's liability is limited to the cost-share (e.g. copayment or coinsurance) of the in-network benefit level. Emergency Services and Care is defined as an additional screening, examination, and evaluation by a physician, or other personnel to the extent permitted by applicable law and within the scope of their licensure and clinical privileges, to determine if a Psychiatric Emergency Medical Condition exists, and the care and treatment necessary to relieve or eliminate the Psychiatric Emergency Medical Condition, within the capability of the facility. The care and treatment necessary to relieve or eliminate a psychiatric emergency medical condition may include admission or transfer to a psychiatric unit within a general acute care hospital or to an acute psychiatric hospital.

Note

- "No copay" means a covered service is paid in full by the plan, with zero dollar responsibility by the member.
- Mental health/substance abuse claims for Emergency Services and Care with out-of-network providers should be submitted online at www.liveandworkwell.com; if that is not possible, claims can be submitted on paper to: Optum Claims, P.O. Box 30760, Salt Lake City, UT 84130-0760.

IBEW LOCAL 18 Body Scan Program



Included in your Anthem Blue Cross Medical Plan

What is the Body Scan Program?

The Body Scan is a comprehensive preventive screening which consists of two main components – the scan, and the comprehensive physician consultation/scan review. The scan takes place on the BSI Mobile Telemedicine Van, which travels to numerous locations (please see “Scan Locations” below), and the physician consultation can take place virtually anywhere with our WebEx video conferencing portal. Specific components of the BSI program include:

- Screening CT scan of the torso from the top of the cervical spine through the pelvis, including a cardiac gated scan of the heart, and calcium scoring of the Coronary Arteries (aka “The Heart Scan”), Carotid Arteries, and Aorta.
- Routine virtual laryngoscopy, virtual bronchoscopy, and virtual gastroscopy.
- Routine inclusion of 3-Dimensional reconstruction of the above, as well as 3-D imaging of the spine, important for physician diagnosis and patient education.
- Evaluation of the lungs for cancer, emphysema, and other lung diseases, including routine macroscopic primary air lobe imaging showing the earliest changes of smoke damage.
- Screening for over 20 additional types of cancer, including renal (kidney), thyroid, stomach and lymphoma.
- Screening for anatomic findings indicative of diabetes/prediabetes.
- Bone Mineral Density measurement using Quantitative Computerized Tomography (QCT) to assess for osteopenia/ osteoporosis.
- A minimum 45-minute comprehensive patient consultation with personal scan visualization conducted by a Board-Certified Radiologist (Physician), who is a graduate of an American medical school and highly experienced in body CT imaging utilizing the above techniques, with additional training in patient education and motivation.
- Comprehensive 7-8 page patient report, covering each area scanned with individualized recommendations.
- Pre-physician consultation video education enabling patients to fully grasp the concepts and gain the most from their experience.

How much does the Body Scan Program cost?

The Body Scan program is no cost to IBEW Local 18 members and spouses/domestic partners enrolled in an IBEW Local 18-sponsored Anthem Blue Cross medical plan (a \$1,995 value). Enrolled IBEW Local 18 members and their enrolled spouses/domestic partners have access to a fully-covered Body Scan every 12 months.

It is available when the primary insured (and/or spouse/domestic partner) has the L18 Anthem plan as their primary insurance (they can be “early retired - before 65 - and have a covered Body Scan, or work past 65 and have the Body scan covered, **as long as they do not have Medicare as their primary insurance**).

What isn't the Body Scan Program?

- A replacement for an annual physical
- A replacement for a mammogram
- A replacement for a PSA test
- A follow-up for individuals with metastatic disease
- A Measurement of Blood Flow
- A visualization of the colon and small intestine
- A visualization of gallstones without calcification
- A visualization of the ovaries (dependent on the individual anatomy of the patient)
- A resource for the detection for very early prostate abnormalities

A scan location calendar is also available on the scheduling page:
www.bodyscanintl.com

How can I make an appointment?

Simply call (877) BSI-5577 or visit www.bodyscanintl.com to schedule an appointment. Body Scan International provides service at the IBEW Local 18 headquarters routinely. Body Scan International also regularly provides service in other locations, including Monterey Park, Commerce, San Fernando, Newport Beach, with annual visits to Central and Northern California.

IBEW Local 18 VSP Vision



As a member, you'll get access to savings and personalized vision care from a VSP network doctor for you and your family.

Value and savings you love.

Save on eyewear and eye care when you see a VSP network doctor. Plus, take advantage of Exclusive Member Extras which provide offers from VSP and leading industry brands totaling over \$3,000 in savings.

Provider choices you want.



Maximize your benefits at a Premier Program location, which is part of our incredible network of doctors.

Shop online and connect your benefits.



Eyeconic® is the preferred VSP online retailer where you can shop in-network with your vision benefits. See your savings in real time when you shop over 70 brands of contacts, eyeglasses, and sunglasses.

Quality vision care you need.

You'll get great care from a VSP network doctor, including a WellVision Exam®. An annual eye exam not only helps you see well, but helps a doctor detect signs of eye conditions and health conditions, like diabetes and high blood pressure.

Using your benefit is easy!

Create an account on **vsp.com** to view your in-network coverage, find the VSP network doctor who's right for you, and discover savings with exclusive member extras. At your appointment, just tell them you have VSP.

More Ways to Save

Extra
\$20

to spend on
Featured Brands†

bebe CALVIN KLEIN
COLE HAAN DRAGON
FLEXON LACOSTE
and more

See all brands and offers
at **vsp.com/offers**.



Up to
40%

Savings on
lens enhancements‡

A Look at Your VSP Vision Coverage

With VSP and IBEW LOCAL 18
HEALTH & WELFARE TRUST,
your health comes first.



Your VSP Vision Benefits Summary

IBEW LOCAL 18 HEALTH & WELFARE TRUST and VSP provide you with an affordable vision plan.

THIS COVERAGE IS INCLUDED WITH IBEW LOCAL 18 ANTHEM BLUE CROSS PLANS.

PROVIDER NETWORK:

VSP Signature

EFFECTIVE DATE:

07/01/2023



BENEFIT	DESCRIPTION	COPAY	FREQUENCY
Your Coverage with a VSP Provider			
WELLVISION EXAM	<ul style="list-style-type: none"> Focuses on your eyes and overall wellness 	\$0	Every 12 months
ESSENTIAL MEDICAL EYE CARE	<ul style="list-style-type: none"> Retinal screening for members with diabetes Additional exams and services beyond routine care to treat immediate issues from pink eye to sudden changes in vision or to monitor ongoing conditions such as dry eye, diabetic eye disease, glaucoma, and more. Coordination with your medical coverage may apply. Ask your VSP doctor for details. 	\$0 per screening \$20 per exam	Available as needed
PRESCRIPTION GLASSES			
FRAME*	<ul style="list-style-type: none"> \$220 featured frame brands allowance \$200 frame allowance 20% savings on the amount over your allowance \$110 Costco® frame allowance 	\$0	Every 12 months
LENSES	<ul style="list-style-type: none"> Single vision, lined bifocal, and lined trifocal lenses 	\$0	Every 12 months
LENS ENHANCEMENTS	<ul style="list-style-type: none"> Progressive lenses Anti-glare Coating Tints/Light Reactive Lenses Impact-resistant Lenses Scratch-resistant Coating Polarized Lenses UV Protection Average savings of 40% on other lens enhancements 	\$0 \$0 \$0 \$0 \$0 \$0 \$0	Every 12 months
CONTACTS (INSTEAD OF GLASSES)	<ul style="list-style-type: none"> \$200 allowance for contacts; copay does not apply Contact lens exam (fitting and evaluation) 	Up to \$60	Every 12 months
LIGHTCARE™*	<ul style="list-style-type: none"> \$200 allowance for ready-made non-prescription sunglasses, or ready-made non-prescription blue light filtering glasses, instead of prescription glasses or contacts 	\$0	Every 12 months
RETINAL SCREENING	<ul style="list-style-type: none"> Takes a picture of the back of your eyes and helps your VSP doctor find possible signs of eye disease. 	\$0	Every 12 months

EXTRA SAVINGS	Glasses and Sunglasses <ul style="list-style-type: none"> 30% savings on additional glasses and sunglasses, including lens enhancements, from the same VSP provider on the same day as your WellVision Exam. Or get 20% from any VSP provider within 12 months of your last WellVision Exam.
	Featured Frame Brands <ul style="list-style-type: none"> Extra \$20 to spend on featured frame brands. Go to vsp.com/offers for details.
	Laser Vision Correction <ul style="list-style-type: none"> Average 15% off the regular price or 5% off the promotional price; discounts only available from contracted facilities

YOUR COVERAGE GOES FURTHER IN-NETWORK

With so many in-network choices, VSP makes it easy to get the most out of your benefits. You'll have access to preferred private practice, retail, and online in-network choices. Log in to vsp.com to find an in-network provider. Your plan provides the following out-of-network reimbursements:

Exam	up to \$50	Lined Bifocal Lenses	up to \$75	Contacts	up to \$120
Frame	up to \$70	Lined Trifocal Lenses	up to \$100	Tints	up to \$5.
Single Vision Lenses	up to \$50	Progressive Lenses	up to \$85		

*Only available to VSP members with applicable plan benefits. Frame brands and promotions are subject to change.

†Savings based on doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. Ask your VSP network doctor for more details.

+Coverage with a retail chain may be different or not apply.

VSP guarantees member satisfaction from VSP providers only. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. Based on applicable laws, benefits may vary by location. In the state of Washington, VSP Vision Care, Inc., is the legal name of the corporation through which VSP does business. TruHearing is not available directly from VSP in the states of California and Washington.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on vsp.com.

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Classification: Restricted

IBEW LOCAL 18 Guardian Dental

Your Dental Benefit Summary

With your PPO plan, you can visit any dentist; but you pay less out-of-pocket when you choose an in-network dentist. Out-of-network benefits are based on usual, reasonable and customary rates for a procedure code in a given area.

Your Dental Plan	PPO	
Your Network is	DentalGuard Preferred	
Calendar year deductible	In-Network	Out-of-Network
Individual	\$0	\$25
Family limit	3 per family	
Waived for	Not applicable	Preventive
Charges covered for you (co-insurance)	In-Network	Out-of-Network
Preventive Care	100%	100%
Basic Care	90%	80%
Major Care	60%	60%
Orthodontia	80%	80%
Annual Maximum Benefit	\$3,000	\$3,000
Lifetime Orthodontia Maximum	\$2,000	
Office visit copay	None	
Dependent Age Limits	26	

A Sample of Services Covered by Your Plan:		PPO <i>Plan pays (on average)</i>	
		In-Network	Out-of-Network
Preventive Care	Cleaning (prophylaxis)	100%	100%
	Frequency:	2 Per Calendar Year	
	Fluoride Treatments	100%	100%
	Limits:	2 Per Calendar Year to Age 19	
	Oral Exams	100%	100%
	Periodontal Maintenance	100%	100%
	Frequency:	2 Per Calendar Year	
Basic Care	X-rays	100%	100%
	Anesthesia*	90%	80%
	Fillings‡	90%	80%
	Perio Surgery	90%	80%
	Root Canal	90%	80%
	Scaling & Root Planing (per quadrant)	90%	80%
	Sealants (per tooth)	90%	80%
	Simple Extractions	90%	80%
Major Care	Surgical Extractions	90%	80%
	Bridges and Dentures	60%	60%
	Inlays, Onlays, Veneers**	60%	60%
	Repair & Maintenance of Crowns, Bridges & Dentures	60%	60%
	Single Crowns	60%	60%
	Implants	60%	60%
Orthodontia	Orthodontia	80%	80%
	Limits:	Adults & Child(ren) up to \$2,000	
Cosmetic Care	Bleaching	Not Covered	Not Covered

This is only a partial list of dental services. Your certificate of benefits will show exactly what is covered and excluded. **For PPO and or Indemnity members, Crowns, Inlays, Onlays and Labial Veneers are covered only when needed because of decay or injury or other pathology when the tooth cannot be restored with amalgam or composite filling material. When Orthodontia coverage is for "Child(ren)" only, the orthodontic appliance must be placed prior to the age limit set by your plan; If full-time status is required by your plan in order to remain insured after a certain age; then orthodontic maintenance may continue as long as full-time student status is maintained. If Orthodontia coverage is for "Adults and Child(ren)" this limitation does not apply. *General Anesthesia – restrictions apply. ‡For PPO and or Indemnity members, Fillings – restrictions may apply to composite fillings. (†Additional cleanings are available for an additional co-pay).

Contact Information

IBEW Local 18-Sponsored Benefits		
	Phone	Website
IBEW Local 18 Benefit Service Center 9500 Topanga Canyon Boulevard Chatsworth, CA 91311	(800) 842-6635 (818) 678-0040 local18@mybenefitchoices.com	www.mybenefitchoices.com/local18 (RESOURCES for all Local 18-sponsored benefits)
Anthem Blue Cross HMO and PPO	(800) 227-3771	www.anthem.com/ca/ibewlocal18
Optum Behavioral Health and EAP	(877) 449-6710	www.liveandworkwell.com Access Code: IBEW18
Guardian Dental	PPO: (800) 541-7846	www.guardiananytime.com
Body Scan International	(877) 274-5577	www.bodyscanintl.com
Vision Service Plan (VSP)	(800) 877-7195	www.vsp.com
Live Health Online	(855) 603-7985	www.livehealthonline.com
24/7 Nurseline	(800) 977-0027	N/A
CarelonRx	(833) 261-2466	N/A

