

SANTA BARBARA COUNTY
FIRE FIGHTERS INC.,



LOCAL 2046

2023 SBCFF Local 2046 Active Members Additional Benefit Reminders

Active members and dependents enrolled in an SBCFF Local 2046 medical plan have access to additional Blue Shield services and tools.

Blue Shield Teladoc® Medical and Mental Health Services - Access to appointments by phone or video

You and your family members have access to Teladoc's U.S. board-certified physicians 24/7 and appointments with licensed therapists/counselors daily from 7am to 9pm. Visits are covered at \$0 copay, however **the HSA-eligible PPO deductible applies.**

Visit www.teladoc.com/bsc to get started. You can also call Teladoc at 1-800-Teladoc (835-2362) for help.

Blue Shield Mobile App and Website

Get 24/7 access to your Blue Shield health plan information through the mobile app and website. From your mobile device, download the Blue Shield of California mobile app on the App Store or Google Play and click register **OR** from your computer, register for your online account at www.blueshieldca.com/register.

Once you register, you will be able to: view/print your Blue Shield member ID card, view your claims, check your Health Savings Account (HSA) balance linked to HealthEquity*, and more!

Access the Online Treatment Cost Estimator Tool (HSA-Eligible PPO Members Only)*

The Blue Shield Treatment Cost Estimator tool can help you have more control over your healthcare costs. You and your family can compare costs for more than 1,600 procedures and treatments between different hospitals and surgical centers. You can also get an idea of how long your treatment time will be. Once you log in to your online account, you will see the Treatment Cost Estimator tool on your dashboard.

**Only available to members enrolled in the SBCFF Blue Shield HSA-Eligible PPO medical plan.*

NurseHelp 24/7 – Immediate answers to your health questions

Registered nurses can answer your non-emergency health-related wherever you are - any time, day or night and are available to you and your family at no extra charge.

To get started simply call the number on the back of your Blue Shield member ID card at 1-877-304-0504 or visit www.blueshieldca.com/nursehelp.

LifeReferrals 24/7 – Experts to help you handle life

Offers convenient and confidential support and tools to help you meet life's challenges. Upon calling in you will be connected with a team of experienced professionals ready to help you with a wide range of personal and family issues. Services are available 24/7/365 and the first 3 visits are covered at \$0 copay, then may be subject to applicable member cost share.

To get started please call LifeReferrals 24/7 at 1-800-985-2405 or visit www.lifereferrals.com and enter the access code: bsc.

Please note, this is only a brief summary of benefits; benefits and features vary by plan/area. Limitations and exclusions apply.

If you have questions, please contact the Benefit Service Center (BSC) at 1-800-842-6635
Monday – Friday 8:30am – 5pm or visit www.mybenefitchoices.com/local2046.

