



# 2023 SBCFF Local 2046 Non-Medicare Retirees

## Additional Benefit Reminders

Retired 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](http://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](http://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](http://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](http://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.*

**Please see reverse side for Medicare Retirees**

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](http://www.mybenefitchoices.com/local2046).





# 2023 SBCFF Local 2046 Medicare Retirees Additional Benefit Reminders

Retired members and dependents enrolled in an SBCFF Local 2046 Medicare Advantage plan have access to additional UnitedHealthcare (UHC) services and tools.

## UHC Personal Emergency Response System - NEW for January 1, 2023!

Starting January 1st, 2023 you will have access to the UHC Personal Emergency Response System (PERS) device which provides quick access to help in any emergency 24 hours a day. The PERS device provides members the confidence and independence they need, while providing peace of mind to family members, friends and caregivers.

## UHC Virtual Visits - Access to licensed doctors 24/7 by phone or video

With Virtual Doctor Visits, you're able to talk to a doctor by phone or video from your computer, tablet or smartphone - 24/7 day or night. You can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy. You can request a doctor visit whenever you need one or schedule one at a time that's convenient for you.

Visit [www.retiree.UHC.com](http://www.retiree.UHC.com) to get started.

## UHC Retiree Website - Go online for valuable plan information

Get 24/7 access to your UHC health plan information through the UHC retiree website. From your computer, register for your online account at [www.retiree.UHC.com](http://www.retiree.UHC.com).

Once you register, you will be able to: view/print your UHC member ID card, view your claims, and more!

## UHC HouseCalls - Care at home services

With HouseCalls, you get a yearly in-home visit from one of UHC's health care practitioners at no extra cost. A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. Every visit includes tailored recommendations on health care screenings and a chance to:

- Review current medications
- Receive education, prevention tips, care and resource assistance, if needed
- Get advice and ask questions on how to manage health conditions
- Receive referrals to other health services and more

To get started simply call UHC customer service at 1-800-457-8506, TTY 711 or visit [www.retiree.UHC.com](http://www.retiree.UHC.com).

## Telephonic Nurse Support - 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 at no extra charge.

To get started simply call the number on the back of your UHC member ID card at 1-877-365-7949.

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

**Please see reverse side for Non-Medicare Retirees**

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](http://www.mybenefitchoices.com/local2046).

