

# 2024 Medical Network (CA): Small Groups 1-100

Carrier	Full HMO	Limited HMO		EPO	Full PPO	Limited PPO
<a href="#"><u>Aetna</u></a>	Full HMO	Aetna Value network	AWH Southern CA AWH Northern CA		PPO Open Access Managed Choice (OAMC) *	Savings Plus Open Access Managed Choice (OAMC)
<a href="#"><u>Anthem Blue Cross</u></a>	CaliforniaCare HMO	Select HMO Priority Select HMO Vivity (LA and OC)			Prudent Buyer PPO*	Select PPO Blue Card PPO*
<a href="#"><u>Blue Shield of CA</u></a>	Access+ HMO	Local Access+ HMO Trio HMO		N/A	Full PPO*	Tandem PPO Blue Card PPO/EPO * Virtual Blue Tandem (CA)
<a href="#"><u>CaliforniaChoice</u></a>	Anthem CaliforniaCare HMO Health Net Full HMO Kaiser HMO Sutter Health Plus UHC Signature Value WHA Full	Anthem Select HMO Anthem Priority Select HMO Health Net CommunityCare Health Net WholeCare Health Net SmartCare Health Net Salud HMO y Mas	Sharp Performance Sharp Premier UHC Alliance UHC Harmony	C+O LocalPlus* C+O Open Access Plus*	Anthem Prudent Buyer Anthem Blue Card PPO*	Anthem Select PPO
<a href="#"><u>Cigna + Oscar</u></a>	N/A			N/A	Open Access Plus*	LocalPlus*
<a href="#"><u>Community Care Health</u></a>	Full HMO	N/A		N/A	N/A	N/A
<a href="#"><u>Covered California For Small Business</u></a>	Kaiser HMO Blue Shield Access + HMO	Blue Shield Trio HMO Sharp Performance Sharp Premier		N/A	Blue Shield PPO *	N/A
<a href="#"><u>Health Net</u></a>	Full HMO	WholeCare HMO SmartCare HMO CommunityCare HMO	Salud y Mas HMO	N/A	Full PPO* Health Net PPO/First Health*	
<a href="#"><u>Kaiser Permanente</u></a>	All plans are Full HMO network				All plans are Full PPO network through <a href="#"><u>PHCS/Multi-Plan</u></a> ; Cigna PPO non KP service area	
<a href="#"><u>MediExcel</u></a>	Full HMO in Mexico			N/A		
<a href="#"><u>Sharp Health Plan</u></a>	Choice	Value Performance	Premier	N/A	<a href="#"><u>Aetna Open Choice Network (NationCare)</u></a>	N/A
<a href="#"><u>Sutter Health Plus</u></a>	Full Network	N/A		N/A	N/A	N/A
<a href="#"><u>UnitedHealthcare</u></a>	Signature Value HMO	Alliance HMO	Harmony HMO	Navigate	Select Plus PPO *	Core PPO*
<a href="#"><u>Western Health Advantage</u></a>	All plans are <u>Full HMO</u> network				N/A	

\*Available to out-of-state members

This document is intended to be a high-level overview for informational purposes only. You must consult with each carrier's specific benefits plan, specific products, or provider network. Last updated on 051624

## 2024 Mental Health Administrator and Chiro/Acu Network (CA): Small Groups 1-100

Carrier	Mental Health Administrator	Chiropractic/Acupuncture
<a href="#"><u>Aetna</u></a>	Aetna: HMO: 888-702-3862 / MC members: 888-802-3862	Aetna under Alternative Medicine
<a href="#"><u>Anthem Blue Cross</u></a>	Anthem: 855-383-7248	Click Medical and under Doctor/Medical Specialty, select "Specialty"
<a href="#"><u>Blue Shield of CA</u></a>	Mental Health Service Administrator (MHSA): 877-263-9952	Blue Shield under Alternative Medicine (American Specialty Health)
<a href="#"><u>CaliforniaChoice</u></a>	See each carrier for details	Choose "Ancillary Carriers" Chiropractic and acupuncture providers (Landmark Healthplan)
<a href="#"><u>Cigna + Oscar</u></a>	Optum Member Services: 877-855-8283	See plans for details
<a href="#"><u>Covered California For Small Business</u></a>	See each carrier for details	See each carrier for details
<a href="#"><u>Health Net</u></a>	Behavioral Health Services (MHN): 800-444-4281	Health Net under Ancillary Services (American Specialty Health)
<a href="#"><u>Kaiser Permanente</u></a>	Kaiser HMO Member Services: 800-464-4000 PPO Member Services: 800-788-0710	American Specialty Health
<a href="#"><u>MediExcel</u></a>	MediExcel Facilities (specialty care): 619-365-4346 when dialing from the U.S.; 664-633-8300 when dialing from Mexico	MediExcel facility specialty care providers
<a href="#"><u>Sharp Health Plan</u></a>	Psychiatric Centers at San Diego (PCSD): 619-528-4600	Sharp (American Specialty Health)
<a href="#"><u>Sutter Health Plus</u></a>	US Behavioral Health Plan, California (USBHPC): 855-202-0984 Provider Link: <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a>	ACN Group of California, Inc. dba OptumHealth Physical Health (ACN) Provider Link: <a href="http://www.myoptumhealthphysicalhealthofca.com">www.myoptumhealthphysicalhealthofca.com</a>
<a href="#"><u>UnitedHealthcare</u></a>	United Behavioral Health Core PPO, Select Plus PPO, and Navigate EPO: 800-357-0978 Signature Value, Alliance, and Harmony: 800-624-8822	HMO & Multi-Choice State members: OptumHealth PPO Select Plus members: Select Plus PPO Network
<a href="#"><u>Western Health Advantage</u></a>	Optum: 800-765-6820 Provider Link: <a href="http://www.mywha.org/directory">www.mywha.org/directory</a>	Western Health Advantage (Landmark Healthcare)

## 2024 Telemedicine/Virtual Visits (CA): Small Groups 1-100

Carrier	Virtual Visits
<a href="#"><u>Aetna</u></a>	<p><b>Teladoc:</b></p> <ul style="list-style-type: none"> <li>Available to all HMO/OAMC/PPO members</li> </ul>
<a href="#"><u>Anthem Blue Cross</u></a>	<p><b>Sydney Health App:</b></p> <ul style="list-style-type: none"> <li>Livehealth Online <ul style="list-style-type: none"> <li>For mental health and specialty care, set up an appointment</li> <li>For urgent care, begin a session at any time through our Sydney</li> <li>Hours for urgent care: 24/7</li> </ul> </li> </ul> <p><b>24/7 NurseLine</b></p> <ul style="list-style-type: none"> <li>Call 800-337-4770</li> <li>Hours: 24/7</li> </ul>
<a href="#"><u>Blue Shield of CA</u></a>	<p><b>Teladoc:</b> is available for new and renewing groups and is included in all plans.</p> <ul style="list-style-type: none"> <li>U.S. board-certified doctors are available 24/7 to resolve non-emergency medical issues through phone or video consultations.</li> <li>Unlimited visits —not subject to the deductible with Small Business HMO, PPO, Trio HMO and Tandem PPO plans. HDHP will pay a fee.</li> </ul> <p><b>Virtual Blue:</b> holistic virtual-first healthcare experience that integrates primary, behavioral, and specialty care. Virtual Blue is powered by AccoladeCare. Their physicians come from the top 50 U.S. medical schools and trained to deliver effective virtual care.</p> <ul style="list-style-type: none"> <li>\$0 AccoladeCare virtual visits include Primary Care, Behavioral Health, and Specialty Care. <a href="#">Virtual Blue</a></li> </ul> <p><b>Heal:</b> On-demand doctor house calls 8 a.m. to 8 p.m. daily.</p> <ul style="list-style-type: none"> <li>Available for PPO members in Los Angeles, Orange and San Diego counties, San Francisco, Oakland, Berkeley and the Peninsula to San Jose.</li> </ul>
<a href="#"><u>CaliforniaChoice</u></a>	See each carrier for details
<a href="#"><u>Cigna + Oscar</u></a>	<p><b>Doctor on Call for every member</b></p> <ul style="list-style-type: none"> <li>Always free, unlimited and available 24/7</li> </ul>
<a href="#"><u>Community Care Health</u></a>	<p>e-Visits: online visits for non-urgent issues with select CMP medical providers through the <a href="#">MyChart</a> mobile app</p> <ul style="list-style-type: none"> <li>Private and secure online communication with your primary care physician</li> <li>PCP has access to the member's personal health record</li> <li>\$10 copay</li> </ul> <p>Teladoc: talk to a qualified health care professional 24-hours-a-day, 7 days per week</p>
<a href="#"><u>Covered California For Small Business</u></a>	See each carrier for details
<a href="#"><u>Health Net</u></a>	<p><b>Teladoc:</b></p> <ul style="list-style-type: none"> <li>Make an appointment for a virtual visit with a medical provider 24 hours a day, 7 days a week.</li> <li>Book a virtual Behavioral Health appointment 7 days a week, 7am to 9pm local time.</li> <li>Teladoc can help with every day, non-emergency conditions like the flu, sinus infections, stomach bugs and more.</li> </ul> <p><b>Nurse Advice Line</b> is available 24/7 for over-the-phone health advice and support for all plans.</p>
<a href="#"><u>Kaiser Permanente</u></a>	Telephone, email and video consultations available. Video consultations are no charge for all plans (except HDHP) and the video consultations are with your doctor who has access to your medical records and not a contracted third party. <a href="#">Kaiser Telehealth</a>
<a href="#"><u>MediExcel</u></a>	Virtual Care Services is available Monday through Sunday, from 8:00 a.m. to *:00 p.m. Direct connection to a primary care physician, a pediatrician, or an obstetrician. If medically necessary, members can be referred for a virtual consultation with a specialist.

## 2024 Telemedicine/Virtual Visits (CA): Small Groups 1-100

Carrier	Virtual Visits
<a href="#"><u>Sharp Health Plan</u></a>	Video and phone visits: SHP partners with <a href="#">plan medical groups</a> for telehealth services. See <a href="#">link</a> for details.
<a href="#"><u>Sutter Health Plus</u></a>	<p><b>Video Visits:</b> same-day appointments on your phone, tablet or desktop for common illnesses like rashes, allergies or infections</p> <ul style="list-style-type: none"> <li>• Available to Sutter Health Plus members with a My Health Online (MHO) account*</li> <li>• Covered at your primary care physician visit cost share**</li> <li>• Every day from 8 a.m. to 8 p.m.</li> </ul> <p>*Enroll and active your MHO account by visiting <a href="http://mho.sutterhealth.org">mho.sutterhealth.org</a>.            **Refer to the Sutter Health Plus combined Evidence of Coverage and Disclosure Form and Benefits and Coverage Matrix to determine coverage and costs.</p> <p><b>Virtual Primary Care:</b> A modern approach to health with TeraPractice, a virtual visit through a smartphone or computer ideal for:</p> <ul style="list-style-type: none"> <li>• Busy individuals who want convenient primary care that fits into their demanding lives</li> <li>• People who have chronic conditions may find the expanded access and health coaching services especially helpful in monitoring their health</li> <li>• For those who seek a stronger relationship with their care team and want greater shared decision-making and flexibility in their health care</li> </ul>
<a href="#"><u>UnitedHealthcare</u></a>	<p><b>Teledoc:</b> Virtual Visit experience through <a href="http://myuhc.com">myuhc.com</a> using the member's HealthSafe ID login or by visiting <a href="http://uhc.com/virtualvisits">uhc.com/virtualvisits</a></p> <ul style="list-style-type: none"> <li>• Board-certified doctors via phone 24 hours a day, 7 days a week</li> </ul> <p><b>Dr on Demand, Amwell, Optum, Virtual Care (Walmart Health):</b> access to care online.</p> <ul style="list-style-type: none"> <li>• Included in all plans — \$0 per visit for an employee.</li> <li>• Applies to fully insured and level funded plans</li> </ul>
<a href="#"><u>Western Health Advantage</u></a>	Members have access 24/7 to their doctor. Services include home care remedies or urgent care or emergency room.

# 2024 Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

Carrier	Pediatric Dental embedded in medical <sup>1</sup>	Pediatric Vision embedded in medical	Dental	Vision
<a href="#"><u>Aetna</u></a>	Aetna Pediatric Dental Plan	<a href="http://www.aetnavision.com">www.aetnavision.com</a> Aetna Vision Preferred Network (EyeMed)	HMO: Aetna DMO/DNO PPO: Aetna Dental PPO/PDN with PPO II Network	<a href="http://www.aetnavision.com">www.aetnavision.com</a> Aetna Vision Preferred Network (EyeMed)
<a href="#"><u>Ameritas (Inshore Benefits)</u></a>	N/A	N/A	Ameritas	N/A
<a href="#"><u>Anthem Blue Cross</u></a>	Dental Prime	Blue View Vision	HMO: Dental Net PPO: Dental Complete	Blue View Vision (includes EyeMed Network)
<a href="#"><u>Beam</u></a>	N/A	N/A	PPO: Dental Benefits Providers (DBP), Careington, DenteMax Plus, Connections Dental, and First Dental Health	Vision Service Plan (VSP) <a href="http://www.vsp.com">www.vsp.com</a>
<a href="#"><u>Blue Shield of CA</u></a>	HMO: Dental HMO PPO: Dental PPO Choose "Pediatric Dentistry"	Vision Care then Vision Plans (MESVision network)	HMO: Dental HMO PPO: Dental PPO (DBP)	Vision Care then Vision Plans (MESVision network)
<a href="#"><u>CaliforniaChoice</u></a>	Anthem HMO: Dental Prime Anthem PPO: Dental Prime Cigna+Oscar Health: Liberty Dental 888-902-0403 Health Net: Dental Benefit Providers 866-249-2382 Kaiser: <a href="#">DeltaCare USA</a> Sharp: <a href="#">Access Dental</a> Sutter Health Plus: <a href="#">DeltaCare USA</a> UnitedHealthcare: UHC CA DHMO 800-445-9090 Western Health Advantage: <a href="#">DeltaCare USA</a>	Anthem: Blue View Vision 866-723-0515 Health Net: EyeMed 866-289-0614 Cigna+Oscar Health: <a href="http://www.hioscar.com/search">www.hioscar.com/search</a> Kaiser: Kaiser Sharp: VSP 800-877-7195 Sutter Health Plus: VSP 800-877-7195 UnitedHealthcare: Spectera Network 800-638-3120 Western Health Advantage: MESVision 800-877-6372	<a href="#">CaliforniaChoice Doc Find</a> Choose "Ancillary Carriers"  Discount Dental: Dentegra Smile Club  HMO: SmileSaver  PPO: Ameritas	<a href="#">CaliforniaChoice Doc Find</a> Choose "Ancillary Carriers"  Vision Discount (Free Vision): EyeMed  Voluntary Vision: EyeMed or VSP Vision Care "provided by Ameritas"
<a href="#"><u>California Dental Network</u></a>	N/A	N/A	California Dental Network <a href="http://www.caldental.net">www.caldental.net</a>	N/A
<a href="#"><u>Cigna + Oscar</u></a>	Liberty Dental	Davis Vision	N/A	N/A

<sup>1</sup>Pediatric dental plan assignment is based on the medical plan selected.

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Carrier	Pediatric Dental embedded in medical <sup>1</sup>	Pediatric Vision embedded in medical	Dental	Vision
<a href="#"><u>Covered California For Small Business</u></a>	Blue Shield: Blue Shield (DBP) Kaiser: Delta Dental Sharp: Access Dental DHMO	Blue Shield: Blue Shield (MESVision) Kaiser: Kaiser Optical Services Sharp: VSP	HMO: California Dental Network, Delta Dental DeltaCare, Dental Health Services PPO: Delta Dental PPO	N/A
<a href="#"><u>Delta Dental (Allied Administrators)</u></a>	N/A	N/A	HMO: DeltaCare USA PPO: PPO PPO: PPO plus Premier	VSP Choice Network <a href="http://www.vsp.com">www.vsp.com</a>
<a href="#"><u>Delta Dental (Inshore Benefits)</u></a>	N/A	N/A	Delta Dental PPO <a href="#">Delta Dental Doc Find</a>	N/A
<a href="#"><u>Equitable</u></a>	N/A	N/A	PPO: Careington, Dentemax Plus, Dental Benefits Providers, GEHA Solutions, HealthSmart, Zelis	VSP
<a href="#"><u>Guardian</u></a>	N/A	N/A	DentalGuard Preferred	VSP or Davis networks
<a href="#"><u>Guardian (Inshore Benefits)</u></a>	N/A	N/A	DentalGuard Preferred	Vision Access Discount Program through VSP <a href="https://www.vsp.com/eye-doctor">https://www.vsp.com/eye-doctor</a>
<a href="#"><u>Health Net</u></a>	HMO: Health Net DHMO CA ONLY PPO: PPO Commercial (DBP) Choose "Pediatric Dentist" <a href="#">Find a Provider</a>	<a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a> (EyeMed)	<a href="http://www.yourdentalplan.com/healthnet">www.yourdentalplan.com/healthnet</a> HMO: Health Net DHMO CA ONLY PPO: PPO Commercial (DBP)	<a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a> (EyeMed)
<a href="#"><u>Humana</u></a>	N/A	<u>N/A</u>	HMO: Liberty Dental Network PPO: PPO/Traditional Preferred Network <a href="#">Humana Doc Find</a>	EyeMed – Insight Network <a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a>
<a href="#"><u>Humana (Inshore Benefits)</u></a>	N/A	N/A	Humana PPO <a href="#">Humana Doc Find</a>	N/A
<a href="#"><u>Kaiser Permanente</u></a>	HMO: DeltaCare USA 800-422-4234 PPO: Delta Dental PPO 800-835-2244 <a href="#">Delta Dental Doc Find</a>	Kaiser Permanente Optical Services <a href="#">Find a Provider</a>	HMO: DeltaCare USA PPO: Delta PPO 800-427-3237 Premier: Delta Premier 800-427-3237	N/A
<a href="#"><u>Lincoln Financial</u></a>	N/A	N/A	HMO: DHMO (DBP) PPO: PPO (Lincoln DentalConnect Plan)	Lincoln VisionConnect <a href="http://www.lvs.lfg.com">www.lvs.lfg.com</a>
<a href="#"><u>MediExcel</u></a>	MediExcel facility dentists	Limited vision access at MediExcel's facilities in Mexicali and Tijuana.	MediExcel facility dentists	Limited vision access at MediExcel's facilities in Mexicali and Tijuana.
<a href="#"><u>MetLife</u></a>	N/A	N/A	HMO: Dental HMO/Managed Care PPO: PDP Plus Network	MetLife Vision PPO (VSP Choice+ additional chains in providers)

<sup>1</sup>Pediatric dental plan assignment is based on the medical plan selected.

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Carrier	Pediatric Dental embedded in medical <sup>1</sup>	Pediatric Vision embedded in medical	Dental	Vision
<a href="#"><u>Principal Financial Group</u></a>	N/A	N/A	EPO: First Dental Health EPO PPO: The Principal Plan Dental Network POS: Principal POS Plan <a href="http://www.principal.com/dentist">www.principal.com/dentist</a> , Select CA	VSP Choice <a href="http://www.principal.com/vsp">www.principal.com/vsp</a>
<a href="#"><u>Sharp Health Plan</u></a>	Sharp (Premier Access)	Sharp (VSP)	N/A	Sharp (VSP)
<a href="#"><u>Sutter Health Plus</u></a>	HMO: DeltaCare USA <a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>	Vision Service Plan (VSP) <a href="http://www.vsp.com">www.vsp.com</a>	HMO: DeltaCare USA <a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>	Vision Service Plan (VSP) <a href="http://www.vsp.com">www.vsp.com</a>
<a href="#"><u>Sun Life</u></a>	N/A	N/A	PPO: Sun Life Dental Network	VSP Choice <a href="http://www.vsp.com">www.vsp.com</a>
<a href="#"><u>UnitedHealthcare</u></a> <sup>1</sup>	HMO: CA Select Managed Care DHMO PPO: National Options PPO 30	UnitedHealthcare (Spectera Network) <a href="http://www.myuhcvision.com">www.myuhcvision.com</a>	HMO: CA Select Managed Care PPO: National Options PPO 20, National Options PPO 30	UnitedHealthcare (Spectera Network) <a href="http://www.myuhcvision.com">www.myuhcvision.com</a>
<a href="#"><u>United Concordia</u></a>	N/A	N/A	HMO: Concordia Plus PPO: Elite Plus Network	UC ClearVision
<a href="#"><u>Unum</u></a>	N/A	N/A	Advantage Plus, Advantage Plus 2.0, or Alliance Network based on plan <a href="http://www.unumdentalcare.com">www.unumdentalcare.com</a>	<a href="http://www.eyemedvisioncare.com/UNUM">www.eyemedvisioncare.com/UNUM</a>
<a href="#"><u>Vision Service Plan (Inshore Benefits)</u></a>	N/A	N/A	N/A	VSP Signature or VSP Choice <a href="http://www.vsp.com">www.vsp.com</a>
<a href="#"><u>Western Health Advantage</u></a>	DeltaCare USA <a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>	<a href="#"><u>MESVision</u></a>	HMO: DeltaCare USA PPO: Delta Dental PPO <a href="http://www.deltadentalins.com/">www.deltadentalins.com/</a>	<a href="#"><u>MESVision</u></a>

<sup>1</sup>Pediatric dental plan assignment is based on the medical plan selected.