

2025 Medical Network (CA): Small Groups 1-100

Carrier (links)	Full HMO	Limited HMO		EPO	Full PPO	Limited PPO
Aetna	Full HMO	Aetna Value network	AWH Southern CA AWH Northern CA	N/A	PPO Open Access Managed Choice (OAMC)*	Savings Plus Open Access Managed Choice (OAMC)
Anthem Blue Cross	CaliforniaCare HMO	Select HMO Priority Select HMO Vivity (LA & OC only)		N/A	Prudent Buyer PPO* (BlueCard PPO on website for OOS ee's)	Select PPO (BlueCard PPO on website for OOS ee's)
Blue Shield of CA	Access+ HMO	Local Access+ HMO Trio HMO		N/A	Full PPO* (BlueCard PPO/EPO on website for OOS ee's)	Tandem PPO Blue Card PPO/EPO on website for OOS ee's) Virtual Blue Tandem -CA
CaliforniaChoice	Anthem CaliforniaCare HMO Health Net Full HMO Kaiser HMO Sutter Health Plus UHC Signature Value WHA Full	Anthem Select HMO Anthem Priority Select HMO Anthem Vivity HMO Health Net WholeCare Health Net SmartCare Health Net Salud HMO y Mas	Sharp Performance Sharp Premier UHC Alliance UHC Harmony	N/A	Anthem Prudent Buyer* (Blue Card PPO on Anthem website for Out of State ee's)	Anthem Select PPO
Community Care Health	Full HMO	N/A		N/A	N/A	N/A
Covered California For Small Business	Kaiser HMO Blue Shield Access + HMO	Blue Shield Trio HMO Sharp Performance Sharp Premier		N/A	Blue Shield PPO* (BlueCard PPO/EPO on website for OOS ee's)	N/A
Health Net	Full HMO	WholeCare HMO SmartCare HMO	Salud y Mas HMO	N/A	Full PPO* (Search National PPO Network on Health Net website for Out of State ees) Health Net PPO/CIGNA*	
Kaiser Permanente	All plans are Full HMO network			N/A	All plans are Full PPO network through PHCS/Multi-Plan ; Cigna PPO non KP service area	
MediExcel	Full HMO in Mexico			N/A		
Sharp Health Plan	Choice	Value Performance	Premier	N/A	Aetna Open Choice	N/A
Sutter Health Plan	Full Network	N/A		N/A	N/A	N/A
UnitedHealthcare	Signature Value HMO	Alliance HMO	Harmony HMO	Navigate	Select Plus PPO *	Core PPO*
Western Health Advantage	All plans are <u>Full HMO</u> network				N/A	

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*Network is also applicable to out-of-state employees

2025 Mental Health Administrator and Chiro/Acu Network (CA): Small Groups 1-100

Carrier (links)	Mental Health Administrator	Chiropractic/Acupuncture
<u>Aetna</u>	Aetna: HMO: 888-702-3862 / MC members: 888-802-3862	Aetna under Alternative Medicine
<u>Anthem Blue Cross</u>	Anthem: 855-383-7248	Click Medical and under Doctor/Medical Specialty, select "Specialty"
<u>Blue Shield of CA</u>	Mental Health Service Administrator (MHSA): 877-263-9952	Blue Shield under Alternative Medicine (American Specialty Health)
<u>CaliforniaChoice</u>	See each carrier for details	Choose "Ancillary Carriers" Chiropractic and acupuncture providers (Landmark Healthplan)
<u>Covered California For Small Business</u>	See each carrier for details	See each carrier for details
<u>Health Net</u>	Behavioral Health Services (MHN): 800-444-4281	Health Net under Ancillary Services (American Specialty Health)
<u>Kaiser Permanente</u>	Kaiser HMO Member Services: 800-464-4000 PPO Member Services: 800-788-0710	American Specialty Health
<u>MediExcel</u>	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
<u>Sharp Health Plan</u>	Psychiatric Centers at San Diego (PCSD): 619-528-4600	Sharp (American Specialty Health)
<u>Sutter Health Plan</u>	US Behavioral Health Plan, California (USBHPC): 855-202-0984 Provider Link: www.liveandworkwell.com	ACN Group of California, Inc. dba OptumHealth Physical Health (ACN) Provider Link: www.myoptumhealthphysicalhealthofca.com
<u>UnitedHealthcare</u>	United Behavioral Health PPO/ EPO: 800-357-0978 HMO: Live and Work Well www.liveandworkwell.com/en/public , online only	HMO & Multi-Choice State members: OptumHealth PPO Select Plus members: Select Plus PPO Network
<u>Western Health Advantage</u>	Optum: 800-765-6820 Provider Link: www.mywha.org/directory	Western Health Advantage (Landmark Healthcare)

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2025 Telemedicine/Virtual Visits (CA): Small Groups 1-100

Carrier (links)	Virtual Visits
<u>Aetna</u>	<p>Teladoc:</p> <ul style="list-style-type: none"> Available to all HMO/OAMC/PPO members
<u>Anthem Blue Cross</u>	<p>Sydney Health App:</p> <ul style="list-style-type: none"> Livehealth Online <ul style="list-style-type: none"> For mental health and specialty care, set up an appointment For urgent care, begin a session at any time through our Sydney Hours for urgent care: 24/7 <p>24/7 NurseLine</p> <ul style="list-style-type: none"> Call 800-337-4770 Hours: 24/7
<u>Blue Shield of CA</u>	<p>Teladoc: is available for new and renewing groups and is included in all plans.</p> <ul style="list-style-type: none"> U.S. board-certified doctors are available 24/7 to resolve non-emergency medical issues through phone or video consultations. <p>NurseHelp 24/7</p> <ul style="list-style-type: none"> Day or night access to a registered nurse. <ul style="list-style-type: none"> Toll-free number on back of member ID card Go to blueshieldca.com for chat
<u>CaliforniaChoice</u>	See each carrier for details
<u>Community Care Health</u>	<p>e-Visits: online visits for non-urgent issues with select CMP medical providers through the MyChart mobile app</p> <ul style="list-style-type: none"> Private and secure online communication with your primary care physician PCP has access to the member's personal health record \$10 copay <p>Teladoc: talk to a qualified health care professional 24-hours-a-day, 7 days per week</p>
<u>Covered California For Small Business</u>	See each carrier for details
<u>Health Net</u>	<p>Teladoc:</p> <ul style="list-style-type: none"> Make an appointment for a virtual visit with a medical provider 24 hours a day, 7 days a week. Book a virtual Behavioral Health appointment 7 days a week, 7am to 9pm local time. Teladoc can help with every day, non-emergency conditions like the flu, sinus infections, stomach bugs and more. <p>Nurse Advice Line is available 24/7 for over-the-phone health advice and support for all plans.</p>
<u>Kaiser Permanente</u>	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. Kaiser Telehealth
<u>MediExcel</u>	Virtual Care Services is available Monday through Sunday, from 8:00 a.m. to *8:00 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.

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

2025 Pediatric Dental & Vision/Dental/Vision Network Tool: Small Groups 1-100

Carrier (links)	Pediatric Dental embedded in medical ^{1*}	Pediatric Vision embedded in medical	Dental	Vision
<u>Aetna</u>	Aetna Pediatric Dental Plan	www.aetnavision.com Aetna Vision Preferred Network (EyeMed)	HMO: Aetna DMO/DNO PPO: Aetna Dental PPO/PDN with PPO II Network	www.aetnavision.com Aetna Vision Preferred Network (EyeMed)
<u>Ameritas (Inshore Benefits)</u>	N/A	N/A	Ameritas Dental Network	N/A
<u>Anthem Blue Cross</u>	Dental Prime	Blue View Vision	HMO: Dental Net PPO: Dental Complete Dental Prime: Whole Health	Blue View Vision (includes EyeMed Network)
<u>Beam</u>	N/A	N/A	PPO: Dental Benefits Providers (DBP), Careington, DenteMax Plus, Connections Dental, and First Dental Health	Vision Service Plan (VSP) www.vsp.com
<u>Blue Shield of CA</u>	HMO: Dental HMO PPO: Dental PPO Choose "Pediatric Dentistry"	Vision Care then Vision Plans (EyeMed network)	HMO: Dental HMO PPO: Dental PPO (DBP)	Vision Care then Vision Plans (EyeMed network)
<u>CaliforniaChoice</u>	Anthem HMO: Dental Prime Anthem PPO: Dental Prime Health Net: Dental Benefit Providers 866-249-2382 Kaiser: DeltaCare USA Sharp: Access Dental Sutter Health Plus: DeltaCare USA UnitedHealthcare: UHC CA DHMO 800-445-9090 Western Health Advantage: DeltaCare USA	Anthem: Blue View Vision 866-723-0515 Health Net: EyeMed 866-289-0614 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	CaliforniaChoice Doc Find Choose "Ancillary Carriers" Discount Dental: Dentegra Smile Club HMO: SmileSaver PPO: Ameritas	CaliforniaChoice Doc Find Choose "Ancillary Carriers" Vision Discount (Free Vision): EyeMed Voluntary Vision: EyeMed or VSP Vision Care "provided by Ameritas"

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Carrier (links)	Pediatric Dental embedded in medical ^{1*}	Pediatric Vision embedded in medical	Dental	Vision
<u>Companion Life</u>	N/A	N/A	DenteMax Preferred Provider Organization Network United Concordia Dental Network	EyeMed Vision Care VSP Vision Care
<u>Covered California For Small Business</u>	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 Svcs PPO: Delta Dental PPO	N/A
<u>Delta Dental (Allied Administrators)</u>	N/A	N/A	HMO: DeltaCare USA PPO: PPO PPO: PPO Plus Premier	VSP Choice Network www.vsp.com
<u>Delta Dental (Inshore Benefits)</u>	N/A	N/A	Delta Dental PPO Delta Dental Doc Find	N/A
<u>Equitable</u>	N/A	N/A	DHMO: Solstice PPO: Careington, Dentemax, Dental Benefits Providers, GEHA Solutions, Dental Health Alliance, Maverest, HealthSmart	VSP
<u>Guardian</u>	N/A	N/A	DentalGuard Preferred	VSP or Davis networks
<u>Guardian (Inshore Benefits)</u>	N/A	N/A	DentalGuard Preferred	Vision Access Discount Program through VSP https://www.vsp.com/eye-doctor
<u>Health Net</u>	HMO: Health Net DHMO CA ONLY PPO: PPO Commercial (DBP) Choose "Pediatric Dentist"	www.eyemedvisioncare.com (EyeMed)	www.yourdentalplan.com/healthnet HMO: Health Net DHMO CA ONLY PPO: PPO Commercial (DBP)	www.eyemedvisioncare.com (EyeMed)
<u>Humana</u>	N/A	<u>N/A</u>	HMO: Liberty Dental Network PPO: PPO/Traditional Preferred Network Humana Doc Find	EyeMed – Insight Network www.eyemedvisioncare.com
<u>Humana (Inshore Benefits)</u>	N/A	N/A	Humana PPO Humana Doc Find	N/A
<u>Kaiser Permanente</u>	HMO: DeltaCare USA 800-422-4234 PPO: Delta Dental PPO 800-835-2244 Delta Dental Doc Find	Kaiser Permanente Optical Services Find a Provider	HMO: DeltaCare USA PPO: Delta PPO 800-427-3237 Premier: Delta Premier 800-427-3237	N/A
<u>Lincoln Financial</u>	N/A	N/A	HMO: DHMO (DBP) PPO: PPO (Lincoln DentalConnect Plan)	Lincoln VisionConnect www.lvs.lfg.com
<u>MediExcel</u>	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.

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Carrier (links)	Pediatric Dental embedded in medical ^{1*}	Pediatric Vision embedded in medical	Dental	Vision
MetLife	N/A	N/A	HMO: Dental HMO/Managed Care PPO: PDP Plus Network	MetLife Vision PPO (VSP Choice+ additional chains in providers)
Mutual of Omaha	N/A	N/A	HMO: VIP Dental Network powered by First Dental Health PPO: Mutually Preferred Network powered by DenteMax Plus.	EyeMed Vision Care
Principal Financial Group	N/A	N/A	EPO: First Dental Health EPO PPO: The Principal Plan Dental Network POS: Principal POS Plan www.principal.com/dentist , Select CA	VSP Choice www.principal.com/vsp
Sharp Health Plan	Sharp (Premier Access)	Sharp (VSP)	N/A	Sharp (VSP)
Sutter Health Plus	HMO: DeltaCare USA www.deltadentalins.com/	Vision Service Plan (VSP) www.vsp.com	HMO: DeltaCare USA www.deltadentalins.com/	Vision Service Plan (VSP) www.vsp.com
Sun Life	N/A	N/A	PPO: Sun Life Dental Network	VSP Choice www.vsp.com
The Standard	N/A	N/A	Ameritas	VSP EyeMed Network
UnitedHealthcare¹	HMO: CA Select Managed Care DHMO PPO: National Options PPO 30	UnitedHealthcare (Spectera Network) www.myuhcvision.com	HMO: CA Select Managed Care PPO: National Options PPO 20, National Options PPO 30	UnitedHealthcare (Spectera Network) www.myuhcvision.com
United Concordia	N/A	N/A	HMO: Concordia Plus PPO: Elite Plus Network	UC ClearVision
Unum	N/A	N/A	Advantage Plus, Advantage Plus 2.0, or Alliance Network based on plan www.unumdentalcare.com	www.eyemedvisioncare.com/UNUM
Vision Service Plan (Inshore Benefits)	N/A	N/A	N/A	VSP Signature or VSP Choice www.vsp.com
Western Health Advantage	DeltaCare USA www.deltadentalins.com/	MESVision	HMO: DeltaCare USA PPO: Delta Dental PPO www.deltadentalins.com/	MESVision

¹Pediatric dental plan assignment is based on the medical plan selected.

*Network is also applicable to out-of-state employees