



Welcome VEBA Members!

Welcome to your 2022 Open Enrollment Guide. This guide was designed to give you quick access to all of the resources you may need to make your new plan section for next year.

Not sure where to start? Here are some helpful links:

Page 1

Available plans are listed to the right.

Page 2

Read more about these plans and learn what is new for next year.

Page 3

Is making all of these decisions stressing you out? Take a moment for yourself at our Virtual VRC.

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Get a breakdown on the medical groups available, finding a doctor and carrier contacts.

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See a side-by-side comparison of all plans offered to you for 2022.

Your Available Plans:

1. UHC Harmony HMO
2. UHC Performance HMO
 - Network 1
 - Network 2
3. UHC Alliance HMO
4. UHC Alliance HMO with \$1200 HRA
5. Journey Harmony HMO
6. SIMNSA HMO
7. Kaiser HMO

New for 2022:

8. UHC Performance HMO, Network 3

Questions?

- » Go to myveba.org
- » Call VEBA Advocacy at 888-276-0250 or email Advocacy@mcgregorinc.com
- » Contact your HR department



2022 Open Enrollment

La Mesa – Spring Valley School District

2022 Highlights

Free UHC Virtual Care

Effective January 1, 2022, virtual appointments are available to UHC Journey, Harmony, and PHMO Network 3 members for \$0 copay/no cost share. Various cost share applies for all other VEBA plans.

You will also have an additional vendor to choose. Optum will be added as a 4th vendor alongside Doctor on Demand, AmWell and Teladoc for all phone and video virtual appointments.

To learn more or get started, visit [UHC's site](#).

Optum Emotional Well-being Resources and Expedited Appointments

Optum provides a free emotional support line for all VEBA members. Anyone (including your family and friends) can call [866-342-6892](tel:866-342-6892) to speak to a mental health expert 24/7.

In addition, VEBA members have free, confidential access to all of Optum's services, including professional care, self-help programs and personalized assistance. Visit liveandworkwell.com (access code: VEBA) or call [888-625-4809](tel:888-625-4809).

Need an appointment through EAP immediately? You can take advantage of Psych Centers at San Diego (PCSD) telehealth group therapy and personalized therapy sessions through your Optum EAP benefit.

For expedited appointments, you will first have to get an authorization code from EAP. Then, call PCSD to schedule an appointment within one week. Here's how:

1. Contact Optum at [888-625-4809](tel:888-625-4809) or VEBA Advocacy at [888-276-0250](tel:888-276-0250) or email advocacy@mcgregorinc.com for an authorization code
2. Call PCSD at [619-528-4600](tel:619-528-4600) ext. 7878 with your authorization code to schedule your appointment



New Performance HMO Network 3 Plan

New to you for 2022 is the UnitedHealthcare Performance HMO Network 3 plan. Performance HMO gives you more information and flexibility in how you spend your health care dollars. The plan provides the same level of coverage as the traditional UnitedHealthcare HMO plans; the difference is in the distinct networks.

Our Performance HMO Network 3 plan is VEBA's most affordable way to access Scripps Health and allows VEBA members to get great care through Scripps Clinic, Scripps Coastal Medical Center primary care physicians and medical specialists, and Rady Children's Primary Care Physicians, specialists and hospitals.

With Performance HMO Network 3 you get access to:

- Great Value – Low premium cost to access Scripps Clinic and Scripps Coastal Medical Center providers.
- Your [choice of quality doctors](#) – convenient access to 1,400 physicians through 28 clinics, 5 hospital campuses, and Scripps telemedicine services.
- Nationally Recognized Care – Access to [Scripps MD Anderson Cancer Center](#), a leader in cancer care and [Prebys Cardiovascular Institute](#) for advanced heart care.

To find a provider near you, visit [UHC's site](#).



Introducing the Virtual VEBA Resource Center

The VEBA Resource Center is here to support you as you define your path to well-being. We understand everyone has unique needs and we are here to help you every step of your journey. As a VEBA member, you have free access to personalized resources designed to help you achieve your well-being goals.

Accessing the VRC has never been easier! All of our programs and classes are offered online from the comfort of your own home so all you need to do is log in!

Group Classes

The VRC offers more than 60 live group classes each week. Whether you are wanting to relax with yoga or mindfulness, reduce stress by learning about your finances, or step up your cardio through one of our movement class, we have you covered!

[Our entire calendar of online offerings can be found here.](#)

Personalized Care

If you are looking for a place to start or if you have a specific health condition or concern, we offer personalized one-on-one visits with a Care Navigator. The Care Navigator will help you explore your challenges and develop a personalized plan for your mind, body, and spirit.

Individual health coaching is also available for VEBA members and covered dependents. To register, members can email VRC@mcgregorinc.com or call [619-398-4220](tel:619-398-4220).

Don't have time to take an online class? No problem! Check out our social media channels for videos and the latest well-being content.



Choosing a Provider Group that Meets Your Needs



Sharp HealthCare is San Diego’s health care leader, with more than 2,700 doctors. Sharp is available in the following plans:

- UHC Harmony HMO
- UHC Performance HMO Network 1
- Journey Harmony HMO

[Click here](#) to find a doctor near you or learn more about Sharp.

Or email choosesharp@sharp.com or call the Sharp Open Enrollment concierge for VEBA members at **858-499-2666**, Monday to Friday, 7 a.m. to 7 p.m.



Rady Children’s Hospital provides state-of-the-art care to children in San Diego. Rady Children’s is the only hospital in San Diego dedicated to pediatric health care and is the largest children’s hospital in California.

Looking for a plan with Rady Children’s? Explore one of the these available plans:

- UHC Performance HMO Network 1
- UHC Performance HMO Network 2
- UHC Performance HMO Network 3
- UHC Alliance HMO
- UHC Alliance HMO with HRA

[Click here](#) to search for a provider or read more about Rady Children’s. You can also call Customer Service at **800-788-9029**.



The Scripps network consists of thousands of physicians and nationally recognized specialty care at Scripps Clinic.

Choose one of these plans if you are looking for a Scripps provider:

- UHC Performance HMO Network 2
- UHC Performance HMO Network 3
- UHC Alliance HMO
- UHC Alliance HMO with HRA

[Click here](#) to find a doctor near you or learn more about Scripps. You can also call **800-SCRIPPS**, Monday through Friday, 7 a.m. to 7 p.m.

UC San Diego Health

UC San Diego Health offers an expanded network of primary care, the area’s leading hospitals and nationally ranked specialty care.

UC San Diego Health is available to you in the following plans:

- UHC Harmony HMO
- UHC Alliance HMO
- UHC Alliance HMO with HRA
- Journey Harmony HMO

[Click here](#) to find a doctor near you or learn more about UC San Diego Health. Or you can call **858-657-7000**.



Need Help Looking for a Provider?

How to Choose Your UHC HMO PCP

For a full listing of Participating Medical Groups, or to find a PCP, follow the directions below:

1. Go to csveba.welcometouhc.com.
2. Under “Wondering if your doctor is in our network?” Select “Find a Network Doctor or Hospital”
3. Scroll down and choose from the plan options.
4. Select Continue.
5. Select Change Location and enter your ZIP code, then select Update Location.
6. Now you can search by People, Places, Service and Treatments, or Care by Condition



How to Find a Chiropractic or Acupuncture Provider (for UHC and Kaiser members)

Provided by OptumHealth Physical Health of California providers, which has more than 2,700 network providers in California. Three ways to find a provider:

1. Go to myoptumhealthphysicalhealthofca.com and select “Provider Locator.” Choose “California Schools VEBA” from the drop-down menu for Plan/Product.
2. Call Optum Member Services at **800-428-6337** (5 a.m. to 5 p.m., Pacific Time, Monday - Friday) for the most current and up to date information.
3. Call the provider directly to schedule an appointment and verify they are part of the Optum network for VEBA.

Benefit Contacts

Benefit	Website	Phone
Delta Dental HMO	deltadentalins.com	800-422-4234
Delta Dental PPO	deltadentalins.com	866-499-3001
Express Scripts (UHC members)	express-scripts.com	800-918-8011
HealthInvest HRA (HRA for Journey Plan)	healthinvesthra.com	844-342-5505
Inside Rx Pets	insiderxpets.com	800-722-8979
Journey Plan	journeyplan.org	888-586-6365
Kaiser	my.kp.org/veba	800-464-4000
MES Vision	mesvision.com	800-877-6372
Optum Employee Assistance Program	liveandworkwell.com access code: VEBA	888-625-4809
Optum Health (Chiro/Acu for UHC and Kaiser)	myoptumhealthphysicalhealthofca.com	800-428-6337
OptumHealth Financial (HRA for Alliance plan)	optumbank.com	800-243-5543
SIMNSA	SIMNSA.com	800-424-4652
Teladoc Medical Experts (formerly Best Doctors)	teladoc.com/medical-experts/	800-835-2362
UnitedHealthcare (UHC)	csveba.welcometouhc.com	888-586-6365
VEBA Advocacy	email: Advocacy@mcgregorinc.com	888-276-0250

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Benefit Summary	NEW! UHC Performance HMO \$10, Network 3 What You Pay	UHC SignatureValue Harmony HMO \$10 What You Pay	UHC Performance HMO Plan A, Network 1 What You Pay	UHC Performance HMO Plan A, Network 2 What You Pay
Medical Deductible (individual/family)	None	None	None	None
Medical Out-of-Pocket Maximum (individual/family)	\$1,500 / \$3,000	\$1,500 / \$3,000	\$1,500 / \$3,000	\$3,000 / \$6,000
Health Account	None	None	None	None
PCP Office Visit	\$10 copay	\$10 copay	\$10 copay	\$20 copay
Specialist Office Visit	\$10 copay	\$10 copay	\$10 copay	\$20 copay
Preventive Care	No charge	No charge	No charge	No charge
Inpatient Hospital Care	No charge	No charge	No charge	No charge
Mental Health Services (outpatient/inpatient)	\$10 copay / No charge	\$10 copay / No charge	\$10 copay / No charge	\$20 copay / No charge
Substance Abuse Services (outpatient/inpatient)	No charge	No charge	No charge	No charge
Outpatient Diagnostic Laboratory and Radiology (standard procedures)	No charge	No charge	No charge	No charge
Complex Radiology (PET & MRI)	No charge	No charge	No charge	No charge
Outpatient Surgery	No charge	No charge	No charge	No charge
Outpatient Physical/Rehabilitation Therapy (Office Visit)	\$10 copay	\$10 copay	\$10 copay	\$20 copay
Chiropractic and Acupuncture Services*	\$10 copay	\$10 copay	\$10 copay	\$20 copay
Urgent Care (your medical group/other medical group)	\$10 copay / \$50 copay	\$10 copay / \$50 copay	\$10 copay / \$50 copay	\$20 copay / \$50 copay
Emergency Room (Copay waived if admitted)	\$100 copay	\$100 copay	\$100 copay	\$100 copay
Rx Deductible (individual/family)	None	None	None	None
Rx Out-of-Pocket Maximum (individual/family)	\$1,600 / \$3,200	\$3,000 / \$6,000	\$3,000 / \$6,000	\$3,000 / \$6,000
Rx Formulary List	Performance	Performance	Performance	Performance
Rx Pharmacy Network	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**
Short-Term Prescription Drugs*** (up to 30-day supply)	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	\$5 Generic \$25 PB 50% \$40 min \$175 max NPB	\$5 Generic \$25 PB 50% \$40 min \$175 max NPB	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB
Long-Term Prescription Drugs*** (up to 90-day supply)	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	\$10 Generic \$50 PB 50% \$80 min \$350 max NPB	\$10 Generic \$50 PB 50% \$80 min \$350 max NPB	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB
Available Medical Groups	Scripps Clinic, Scripps Coastal Medical Center, Rady Children's	Sharp Rees-Stealy, Sharp Community, UCSD	Sharp Rees-Stealy, Sharp Community, Primary Care Associates, Arch Health Partners, Rady Children's	Mercy Physicians, Greater Tri-Cities, Scripps Physicians Medical, Rady Children's

Infertility services are excluded/not covered under non-Kaiser HMO plans and are included/covered under Kaiser HMO (excluding Kaiser Bronze) plans, please see your policies for details.

*Chiropractic services have no annual visit maximums, must be medically necessary and may be subject to prior authorization from OptumHealth. This also applies to Acupuncture services if elected by your employer, as it is optional.

**Pay standard copays if you fill your prescription at an EAN Pharmacy (EAN Pharmacies include Rite Aid, Costco, Ralphs, Kmart, Vons, Haggen, Safeway, SuperValue, WinnDixie, Walmart, and many independent pharmacies) visit www.Express-scripts.com for a complete list of EAN pharmacies.

**Pay standard copays plus \$5/prescription if you fill your prescription at a non-EAN Pharmacy (Non-EAN Pharmacies include CVS, Walgreens, and certain independent pharmacies).

**You will pay the Retail Refill Allowance (RRA) penalty (equal to 2 times short-term medication copay for 30-day supply) if you fill long-term prescriptions at a network pharmacy other than Smart90.

**Copays waived for preferred generic hypertension and hypoglycemic purchased at mail or Smart 90. This does not include normal retail use or brand drugs.

***G = Generic, P = Preferred, B = Brand, PB = Preferred Brand, NPB = Non-preferred Brand, S = Specialty

Disclaimer: Prepared by Gallagher Benefit Services, Inc. on behalf of VEBA.

This document is an outline of the coverage proposed by the carrier(s), based on information provided by your company. It does not include all the terms, coverages, exclusions, limitations, and conditions of the actual contract language. The policies themselves must be read for those details. The intent of this document is to provide you with general information about your employee benefit plans. It does not necessarily address all the specific issues which may be applicable to you. It should not be construed as, nor is it intended to provide, legal advice. Questions regarding specific issues should be directed to your Human Resources/Benefits Department.



CALIFORNIA SCHOOLS
VEBA

La Mesa - Spring Valley School District

Effective Period: January 1, 2022 - December 31, 2022

No plan design changes for 2022

Benefit Summary	UHC SignatureValue Alliance HMO \$10	UHC SignatureValue Alliance HMO \$1,200 HRA	UHC Journey Harmony HMO
	What You Pay	What You Pay	What You Pay
Medical Deductible (individual/family)	None	\$2,000 / \$2,000	\$2,000 / \$4,000
Medical Out-of-Pocket Maximum (individual/family)	\$1,500 / \$3,000	\$3,000 / \$6,000	\$3,500 / \$7,000
Health Account	None	OptumBank HRA \$1,200	HealthInvest HRA \$1,000 / \$1,600 / \$2,200
PCP Office Visit	\$10 copay	\$35 copay	\$25 copay
Specialist Office Visit	\$10 copay	\$50 copay	\$40 copay
Preventive Care	No charge	No charge	No charge
Inpatient Hospital Care	No charge	20% coinsurance (after deductible)	20% coinsurance (after deductible)
Mental Health Services (outpatient/inpatient)	\$10 copay / No charge	\$40 copay / 20% coinsurance (after deductible)	\$25 copay / 20% coinsurance (after deductible)
Substance Abuse Services (outpatient/inpatient)	No charge	No charge	No charge
Outpatient Diagnostic Laboratory and Radiology (standard procedures)	No charge	No charge	No charge
Complex Radiology (PET & MRI)	No charge	20% coinsurance (after deductible)	\$100 copay
Outpatient Surgery	No charge	20% coinsurance (after deductible)	20% coinsurance (after deductible)
Outpatient Physical/Rehabilitation Therapy (Office Visit)	\$10 copay	\$35 copay	\$25 copay
Chiropractic and Acupuncture Services*	\$10 copay	\$30 copay	\$30 copay
Urgent Care (your medical group/other medical group)	\$10 copay / \$50 copay	\$35 copay / 20% coinsurance (after deductible)	\$25 copay / \$50 copay
Emergency Room (Copay waived if admitted)	\$100 copay	\$300 copay (after deductible)	20% coinsurance (after deductible)
Rx Deductible (individual/family)	None	None	None
Rx Out-of-Pocket Maximum (individual/family)	\$1,600 / \$3,200	\$1,600 / \$3,200	\$3,000 / \$6,000
Rx Formulary List	Performance	Performance	Performance
Rx Pharmacy Network	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**
Short-Term Prescription Drugs*** (up to 30-day supply)	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB
Long-Term Prescription Drugs*** (up to 90-day supply)	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB
Available Medical Groups	Mercy Physicians, Primary Care Associates, Rady Children's, Scripps Clinic, Scripps Coastal Medical Center, Scripps Physicians Medical, UCSD Medical	Mercy Physicians, Primary Care Associates, Rady Children's, Scripps Clinic, Scripps Coastal Medical Center, Scripps Physicians Medical, UCSD Medical	Sharp Rees-Stealy, Sharp Community, UCSD

Infertility services are excluded/not covered under non-Kaiser HMO plans and are included/covered under Kaiser HMO (excluding Kaiser Bronze) plans, please see your policies for details.

*Chiropractic services have no annual visit maximums, must be medically necessary and may be subject to prior authorization from OptumHealth. This also applies to Acupuncture services if elected by your employer, as it is optional.

**Pay standard copays if you fill your prescription at an EAN Pharmacy (EAN Pharmacies include Rite Aid, Costco, Ralphs, Kmart, Vons, Haggen, Safeway, SuperValue, WinnDixie, Walmart, and many independent pharmacies) visit www.Express-scripts.com for a complete list of EAN pharmacies.

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La Mesa - Spring Valley School District

Effective Period: January 1, 2022 - December 31, 2022
 New plan offering for 2022

Benefit Summary	SIMNSA HMO \$5; Rx: \$5 30-day What You Pay	Kaiser HMO \$15, Rx: \$10 / \$20 30-day What You Pay
Medical Deductible (individual/family)	None	None
Medical Out-of-Pocket Maximum (individual/family)	\$6,350 / \$12,700	\$1,500 / \$3,000
Health Account	None	None
PCP Office Visit	\$5 copay	\$15 copay
Specialist Office Visit	\$5 copay	\$15 copay
Preventive Care	No charge	No charge
Inpatient Hospital Care	No charge	No charge
Mental Health Services (outpatient/inpatient)	\$5 copay / No charge	\$15 copay / No charge
Substance Abuse Services (outpatient/inpatient)	\$5 copay / No charge	\$15 copay / No charge
Outpatient Diagnostic Laboratory and Radiology (standard procedures)	No charge	No charge
Complex Radiology (PET & MRI)	No charge	No charge
Outpatient Surgery	No charge	\$15 copay
Outpatient Physical/Rehabilitation Therapy (Office Visit)	\$10 copay	\$15 copay
Chiropractic and Acupuncture Services*	Not covered	\$20 copay
Urgent Care (your medical group/other medical group)	\$25 copay / \$50 copay	\$15 copay
Emergency Room (Copay waived if admitted)	\$250 copay (U.S. or out of plan area)	\$50 copay
Rx Deductible (individual/family)	None	None
Rx Out-of-Pocket Maximum (individual/family)	N/A	N/A
Rx Formulary List	SIMNSA	Kaiser
Rx Pharmacy Network	SIMNSA	Kaiser
Short-Term Prescription Drugs*** (up to 30-day supply)	\$5 copay	G: \$10 copay B: \$20 copay (up to a 30-day supply)
Long-Term Prescription Drugs*** (up to 90-day supply)	Not available	G: \$20 copay B: \$40 copay (up to a 100-day supply)
Available Medical Groups	SIMNSA	Kaiser

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