

A scenic view of the UC Santa Barbara campus, featuring the iconic red brick tower on the left, modern university buildings in the center, and a body of water in the foreground reflecting the scene. The sky is clear and blue.

UC Santa Barbara

Medical Plan & Non-Medical Plan Changes 2026

Presented by Janelle Mirzaei, Healthcare Facilitator

UCSB

Human Resources, Administrative Services Division

UC SANTA BARBARA

This presentation is intended for
communication purposes only.

Please visit the UCnet website
<https://ucnet.universityofcalifornia.edu>
and plan documents for complete information




PLANS ARE CHANGING FOR 2026

Open Enrollment

Thursday, Oct. 30–
Friday, Nov. 21, 2025

ucal.us/oe

FOR FACULTY AND STAFF

Look inside to compare your premium and out-of-pocket costs for each plan.

BLUE SHIELD IS REPLACING ANTHEM
Blue Shield of California is replacing Anthem as the administrator of UC's PPO plans — HealthSavings and UC Care. With a large national network, Blue Shield will offer broad provider choice that includes UC Health providers. Nautilus will continue to administer your pharmacy benefits, and Associated Care Advantage will continue to help you find care — virtual or in-person — book appointments and more. In early October, Blue Shield began reaching out to people whose providers are no longer in your plan's network to help with the transition.

CHANGES TO COVERAGE FOR WEIGHT LOSS MEDICATIONS
Coverage of medications such as GLP-1s for weight loss will be limited to individuals with a body mass index of 40 or above. Some exceptions may be possible for those continuing a course of treatment. UC medical plans will continue to cover these medications for medical needs such as diabetes. Please see your plan documents for details.

CHANGES TO HMO PLAN COVERAGE FOR INFERTILITY SERVICES AND PRESCRIPTIONS
Coverage for Kaiser CA HMO and UC Blue & Gold HMO will include up to three completed cycles of legal, self-administered and unilateral embryo transfers of IVF, GIFT and ZPT per member. Infertility services and prescriptions will be covered at the plan-specific cost share, making them more affordable for HMO members trying to grow their families.

DENTAL NOW COVERING MORE OUT-OF-NETWORK COSTS
After reviewing proposals from competitors, UC renewed its contract with Delta Dental, which continues to have the largest provider network. Switching from Delta would have put providers for over 80,000 members out-of-network. To help members who can't find an in-network provider, PPO plan out-of-network coverage for select services is increasing from 75% to 80% of allowed amounts. Member network dentists agree to set charges for covered services, so your costs will be lower in-network.

FLEXIBLE SPENDING ACCOUNTS: SAVE MORE IN 2026
The Dependent Care Flexible Spending Account (FSA) contribution limit is rising from \$5,000 to \$7,500 (\$3,200 if your salary was \$160,000 or more in 2025). The Health FSA contribution limit is rising to \$5,300.

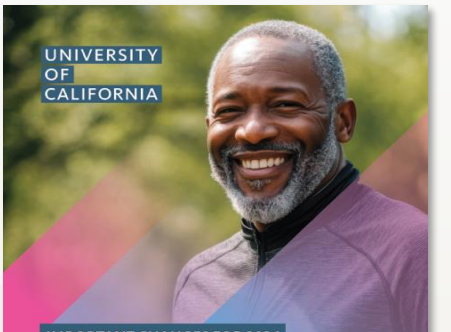
LIFE AND AD&D
Premiums are decreasing by \$6 for employee supplemental life insurance and increasing by 35% for Accidental Death & Dismemberment (AD&D). Voluntary disability, supplemental life, and AD&D insurance are not available options during Open Enrollment on UCPath. Go to [ucal.us/insurancexchange](#) to learn how to make changes.

 Visit the Open Enrollment website for more information.

decide how much to contribute (amount) to your Health Savings Account.
☐ Make your elections on UCPath by Friday, Nov. 21 at 5 p.m.
Can't get to a computer? Call UCPath at 855-962-7224.

UC Care is a new health plan option available within an HMO network that includes UC Health providers. Premium increases are low to moderate for 2026.
UC Care — A choice of provider tiers, with predictable costs for UC Health and other UC Select providers. UC's highest premium plan, but premiums are lower for 2026.

Faculty & Staff

IMPORTANT CHANGES FOR 2026

Open Enrollment

Thursday, Oct. 30–
Friday, Nov. 21, 2025

ucal.us/oe

FOR RETIREES

WHAT'S CHANGING FOR 2026

MEDICAL
Health care costs are going up nationwide and for UC. We're investing more and changing plans and benefits to help manage costs, but premiums will still increase significantly for some members, both in Medicare and non-Medicare plans.
UC Medicare Choice and Kaiser Senior Advantage plans will have some higher out-of-pocket costs, including for emergency room visits and hospital stays.
Anthem will remain the administrator of UC's Medicare Supplement plans. Blue Shield of California will replace Anthem as the administrator of UC's non-Medicare PPO plans.
HealthSavings+, UC's new high-deductible health plan, offers a low premium and a Health Savings Account with a higher UC contribution. CORE and UC Health Savings Plan members who don't choose another plan will be enrolled in HealthSavings+, or in UC Care if a family member is in Medicare.
UC's non-Medicare plans will continue to cover GLP-1 medications for diabetes, but coverage of weight loss medications will be limited to individuals with a body mass index of 40 or above. See your plan documents for details.

OTHER BENEFITS
UC offers voluntary vision, legal and accidental death & dismemberment (AD&D) coverage and pays 100% of dental premiums if you're eligible for the full contribution. Delta Dental remains our administrator after a thorough review confirmed it has the largest provider network. See the enclosed booklet for 2026 premiums and small cost increases (3-10%) for vision, AD&D, and dental (if you pay part of the premium), plus enhanced dental benefits.

Call the UC Retirement Administration Service Center (RASC) at 800-988-8267, Mon–Fri, 7 a.m.–4:30 p.m., to speak with a representative.
☐ **RASC assistance for people with speech or hearing impairments**
Please call 711 and provide the RASC telephone number (800-888-8267) to receive assistance.

CA Retirees

Some Health Plans are Changing for 2026

- UC Blue & Gold HMO
 - Kaiser Permanente HMO

 - UC Care PPO
 - HealthSavings+ with Health Savings Account (HSA)

 - Delta Dental PPO
 - DeltaCare USA

 - Vision Services Plan- VSP
- Sun setting the CORE and Health Savings Plan

 - Transition to **Blue Shield of CA** from Anthem for faculty/staff and non Medicare PPO plans

Default Medical Plans for Open Enrollment

2025 Medical Plan	2026 Medical Plan Default Passive Enrollment
CORE	HealthSavings+
Health Savings Plan	HealthSavings+
CORE / Medicare PPO Medicare PPO / CORE	UC Care / Medicare PPO Medicare PPO / UC Care



Split Families

Topics

- Plan comparisons & enhancements
- Rates
- Priorities
- Residence limitations
- Choice of physician
- Quick medical plan descriptions
- Cost of care & prescription drugs
- Out-of-Pocket Maximum
- Health Savings Account (HSA)
- Behavioral Health
- Chiropractic and Acupuncture
- Living out of country
- Non-medical plan updates
- Resources



NEW: PPO Plans Compare: 2025 vs 2026

	2025 - UC HSP	2025 - CORE	2026 – HealthSavings+
Provider Network & Plan Administrator	Anthem Blue Cross	Anthem Blue Cross	Blue Shield of California
Member Services & Health Care Advocacy	Accolade		
Pharmacy Benefit Manager	Navitus		

How PPO Plans Compare: 2025 vs 2026

	2025 - UC HSP	2025 - CORE	2026 – HealthSavings+
Calendar Year Deductibles Medical + Behavioral Health + Prescription Drugs	\$1,650 IN Single \$3,300 IN Family \$2,600 OON Single \$5,200 OON Family	\$3,000 per covered person	\$2,500 IN Single \$5,000 IN Family \$4,000 OON Single \$8,000 OON Family
Out-of-Pocket Maximums Medical + Behavioral Health + Prescription Drugs	\$4,000 IN Single \$6,400 IN Family \$8,000 OON Single \$16,000 OON Family	\$6,300 Single \$12,700 Family	\$6,700 IN Single \$13,400 IN Family \$8,000 OON Single \$16,000 OON Family

IN= IN-Network

OON= Out-of-Network

How PPO Plans Compare: 2025 vs 2026

	2025 - UC HSP	2025 - CORE	2026 – HealthSavings+
Preventive Care	IN \$0 no deductible OON 40% after deductible	IN \$0 no deductible OON 20% after deductible	IN \$0 no deductible OON 50% after deductible
Co-Insurance Doctors, Specialists, Labs, Imaging, Mental Health, Maternity Care, Hospitalization	IN 20% after deductible OON 40% after deductible	IN & OON 20% after deductible	IN 30% after deductible OON 50% after deductible

IN= IN-Network

OON= Out-of-Network

How PPO Plans Compare: 2025 vs 2026

	2025 - UC HSP	2025 - CORE	2026 – HealthSavings+
Urgent Care	IN 20% after deductible OON 40% after deductible	IN & OON 20% after deductible	IN 30% after deductible OON 50% after deductible
Emergency	20% after deductible	20% after deductible	30% after deductible
Ambulance Emergency Transport	20% after deductible	20% deductible waived	30% deductible waived
Retail Clinic onsite clinics located within retail stores and pharmacies	20% after deductible	20% after deductible	30% after deductible

IN= IN-Network

OON= Out-of-Network

How PPO Plans Compare: 2025 vs 2026

	2025 - UC HSP	2025 - CORE	2026 – HealthSavings+
Prescription Drugs provided through Navitus	IN – Participating Pharmacies Full cost of Rx until deductible is reached, then 20% for most covered drugs OON Full cost of Rx until deductible is reached, then 40% for most covered drugs	IN & OON Full cost of Rx until deductible is reached, then 20% for most covered drugs	IN – Participating Pharmacies Full cost of Rx until deductible is reached, then 30% for most covered drugs OON Full cost of Rx until deductible is reached, then 50% for most covered drugs
90-day Rx Supply	Costco Mail Order, UC Pharmacy or a Retail 90 pharmacy		

IN= IN-Network

OON= Out-of-Network

UC Care & HealthSavings+ *Pharmacy Benefits Changes*

➤ **Navitus: Access Guidance Services**

- 2025: Copay card savings for members with Copay Cards accrue to Out-of-pocket max.
- **2026: Copay card savings will no longer accrue to OOPM.**

➤ **New criteria for all weight-loss medication coverage for weight management:**

- BMI of 40 or higher, regardless of co-morbid conditions.
- Members currently on these drugs who started with at least 40 BMI could continue with recertification.

UC Care & HealthSavings+

Travel Expense Benefits for Surgeries

	2025	2026
Transplant \$10,000 max per transplant	LODGING up to \$50/night/person 1 caregiver per adult patient Up to 2 caregivers for a minor	LODGING up to \$250/night/person 1 caregiver per adult patient Up to 2 caregivers for a minor
Bariatric Surgery \$5,000 max per surgery		
Gender Affirmation Surgery \$10,000 max per surgery		
	FOOD No allowance	FOOD \$150/day/person
Gene Therapy for Ocular Disorder \$10,000 max	Not covered for travel benefit	

Additional Travel Vaccines for UC Care, Health Savings+, Medicare PPO / High Option Supplement

- Dengue Vaccine
- Cholera Vaccine Live Oral
- Tick-borne encephalitis virus vaccine, inactivated;
0.24 ML or 0.5 dosage, for intramuscular use
- Zaire Ebola virus vaccine, live, for intramuscular use

Medicare PPO/High Option

After deductible is met:

IN/Preferred 20% allowed amount
OON/Non-Preferred 20% billed amount

UC Care

Tier 1: \$0
Tier 2: \$0
Tier 3: 50%

HS+

IN Network: 30%
Out of Network: 50%

NEW: HMO Plan Changes : UC Blue & Gold HMO & Kaiser HMO

Legislative Mandates

SB 729 – Coverage for diagnosis and treatment of infertility

2025	2026
• IUI, IVF, GIFT and ZIFT covered at 50% coinsurance • Up to 2 cycle lifetime limit per member (IVF, GIFT, ZIFT) • Prescriptions covered at 50% coinsurance • Does not apply to annual OOP max	• IUI, IVF, GIFT and ZIFT covered at plan-specific cost share • Up to 3 completed oocyte (egg) retrievals per lifetime and unlimited embryo transfers per member (IVF, GIFT, ZIFT) • Allowance restarts • Prescriptions covered at respective tier level • Applies to annual OOP max

UC Blue & Gold HMO and Kaiser HMO

Legislative Mandates

AB 3059: Human Milk

- Adds medically necessary pasteurized human donor milk obtained from a licensed tissue bank as a basic health care service, ensuring access which was previously limited by insurance coverage barriers.
- Simplifies the process for hospitals to distribute donor milk by removing certain regulatory hurdles.

APL 23-026: Children and Youth Behavioral Health Initiative

- Requires health plans to provide coverage for mental health and substance use disorder treatment services provided at a school site when the services are provided or arranged by a local educational agency or public institution of higher education

UC Blue & Gold HMO

Plan Changes

2025			2026		
Musculoskeletal Care (MSK) Management & Interventional Pain Management (IPM) Programs		Turning Point manages Prior Authorizations for MSK and IPM		Evolent manages Prior Authorizations for MSK and IPM	
Sharecare Virtual Cooking Classes		N/A		Up to five (5) virtual cooking classes to UC locations at no cost	

Weight Loss Medication Criteria Change

	2026 Requirement	Continuation of Weight Loss Drug Coverage	Coverage of GLP-1s for Type 2 Diabetes
UC B&G HMO	BMI 40+ for new prescriptions; no exceptions for comorbidities	Current utilizers may continue if medical necessity and PA criteria met, regardless of BMI	Covered
Kaiser HMO	BMI 40+ for weight loss only; BMI 30+ with moderate/severe obstructive sleep apnea; BMI 27+ with one of these comorbidities: peripheral artery disease, history of stroke or heart attack	Available to current utilizers who started weight loss medication with a BMI 40+	
UC Care	BMI 40+ for new prescriptions; no exceptions for comorbidities	Available to current utilizers who started their weight loss medication with a BMI 40+	
HealthSavings+			

2026 **Employee** Contributions

	Pay Band 1 (\$73,000 and Under)					Pay Band 2 (\$73,001 to \$145,000)			
	EE	EE+C	EE+Sp	EE+Fam		EE	EE+C	EE+Sp	EE+Fam
UC Blue & Gold HMO	\$97.97	\$176.35	\$334.04	\$412.42		\$156.29	\$281.33	\$456.51	\$581.55
Kaiser Permanente - CA	\$75.57	\$136.02	\$257.78	\$318.23		\$120.61	\$217.09	\$352.35	\$448.83
Kaiser Mid-Atlantic	\$75.57	\$136.02	\$257.78	\$318.23		\$120.61	\$217.09	\$352.35	\$448.83
HealthSavings+	\$23.41	\$42.14	\$177.46	\$196.18		\$81.73	\$147.12	\$290.31	\$355.69
UC Care	\$130.85	\$235.52	\$403.08	\$507.76		\$189.17	\$340.50	\$525.55	\$676.89

	Pay Band 3 (\$145,001 to \$217,000)					Pay Band 4 (Over \$217,000)			
	EE	EE+C	EE+Sp	EE+Fam		EE	EE+C	EE+Sp	EE+Fam
UC Blue & Gold HMO	\$214.61	\$386.30	\$578.98	\$750.67		\$272.92	\$491.27	\$701.44	\$919.79
Kaiser Permanente - CA	\$165.64	\$298.15	\$446.92	\$579.43		\$210.68	\$379.22	\$541.50	\$710.04
Kaiser Mid-Atlantic	\$165.64	\$298.15	\$446.92	\$579.43		\$210.68	\$379.22	\$541.50	\$710.04
HealthSavings+	\$140.05	\$252.09	\$393.19	\$505.22		\$189.61	\$341.30	\$487.31	\$638.99
UC Care	\$247.49	\$445.47	\$648.02	\$846.01		\$305.80	\$550.44	\$770.48	\$1,015.13

Getting started...

All plans have similar coverage

- Medical
- Behavioral Health
- Rx Drugs

Must use in-
network
providers



All plans cover preventive care at no cost!

- Annual well visit and labs
- Well woman visits and labs
- Preventive screening tests
- Immunizations

What is your priority?



Cost to enroll

Monthly premium



Cost of care

Predictable, low
cost copays
Pay % of each
service



Choice of providers

HMO medical
group physicians
PPO preferred
network or any
provider

Effort to manage

Coordinating care
& bills



Residence Limitations

UC Blue & Gold & Kaiser (HMO)

- Employee must live in California
- PCP must be within 30 miles of where you live or work
- UCLA Health is NOT in-network with the UC Blue & Gold Plan in the Santa Barbara area

UC Care PPO

- Employee may live anywhere
- Worldwide services

HealthSavings+

- Employee may live anywhere (must have a US mail address to contribute to HSA account)
- Worldwide services

Choice of Physician

UC Blue & Gold and Kaiser HMO (Health Net, Kaiser)

- You choose PCP
- PCP coordinates care
- PCP refers to specialists
- Specialists limited to physicians in medical group
- Out-of-network is not available

UC Care (Blue Shield)

- UC Select Tier 1 – In-network
- Anthem Preferred Tier 2 – In-network
- Out-of-Network

HealthSavings+ (Blue Shield)

- Anthem Preferred – In-network
- Out-of-Network

UC Care PPO Tiers

In-network Providers

UC Select Tier 1

- UC Medical Centers
- UC Select Blue Shield PPO providers

** For non UC Medical centers: Tier 1 was never intended to have all provider types and services accessible in Tier 1.*

Blue Shield PPO Tier 2

In CA

- Blue Shield PPO

Out of CA

- Blue Shield

Out of U.S.

- Global Core

Out-of-network Providers

Non-Preferred (Tier 3)

Out of the UC Select and Tier 2 providers

UC Select in Santa Barbara

UC Select (Tier 1) are limited to:

- Sutter Health (Sansum Clinic)
- Cottage Hospital System (Santa Barbara, Goleta and Santa Ynez) **Not all providers at Cottage Hospital are tier 1 – please confirm with Accolade prior to booking appointments**
- Quest Diagnostic Labs
- Pacific Diagnostic Labs
- Pueblo Radiology
- UCLA Health
- Search Blue Shield directory* for other local UC Select providers

**click UC Tier 1 provider list to review Tier 1 provider directory*



UC Select near UCSB

Additional UC Select (Tier 1) providers in:

- Santa Maria
- Lompoc
- Ventura
- UC Medical Centers

UC Care Provider Directory:

uchealthplans.com

- Contact **Accolade** via Accolade App or by calling 866-406-1182

Let's take a closer look at our 2026 medical plans



Terminology



- **UC HMOs** do not have deductibles
- **Copay** “fixed rate” for each service
- **UC PPOs** have deductibles and coinsurance
 - **Deductible** is the amount you pay **each year** before the plan starts sharing the cost with you
 - **Coinsurance** is your share of the cost after you pay the deductible
 - Your costs are based on the **network** the provider is in and the **service** you receive
 - You pay discounted rates for “in-network” providers
 - You pay more for “out-of-network” providers

PPO In-Network

UC Care & HealthSavings+ Plans

Plan negotiates “allowed” rates to process claims



In Network

Discounted Rate

Amount each plan negotiates with **preferred** or **participating** providers

- You pay the in-network co-insurance on the discounted rate
- Provider **cannot** “balance bill”

Example

20% co-insurance

Provider charge: \$200

Allowed amount: \$100

Plan pays 80%: \$80

You pay 20%: \$20

Provider write-off: \$100

PPO Out-of-Network

UC Care & HealthSavings+ Plans



Out-of-Network

Value that plan assigns
to a service when provider is NOT a
preferred provider (not participating)

- **Plan** pays out-of-network co-insurance on the allowed amount
- Provider **can** balance bill

Example

50% co-insurance

Provider charge: \$200

Allowed amount: \$100

Plan pays 50% \$50

(from allowed amount)

You pay 50%: \$50

You pay balance: \$100

Out-of-Pocket Maximum (OOPM)

Definition: Maximum amount that plan requires an individual to pay in a calendar year **before it will pay 100%** of the costs for covered benefits

OOPM includes: copays, deductibles and co-insurance for medical services, behavioral health and prescription drugs

Does not include amounts “not allowed” by insurance plan when using out-of-network providers

	KAISER HMO (KAISER PERMANENTE)	UC BLUE & GOLD HMO (HEALTH NET)	UC CARE PPO (BLUE SHIELD)	HEALTHSAVINGS+ (BLUE SHIELD)
OUT-OF-POCKET COSTS What you'll pay for medical care	\$ IN KAISER NETWORK ONLY (except in emergencies)	\$ IN-NETWORK ONLY (except in emergencies)	UC SELECT TIER 1: \$ Deductible: None Copayments (for example): \$30 doctor's office visits OOP max: \$6,100/\$9,700	HSA CONTRIBUTIONS From UC: up to \$750/\$1,500 Your max (including UC contribution): \$4,400/\$8,750
Notes: • Most preventive care is free to you. • Out-of-pocket maximum (OOP max) includes deductible. • Amounts listed are per person/per family (unless otherwise noted).	Deductible: None Copayments (for example): \$30 doctor's office visits OOP max: \$1,500/\$3,000	Deductible: None Copayments (for example): \$30 doctor's office visits OOP max: \$1,000/\$2,000 (2 people)/\$3,000 (3 or more)	BLUE SHIELD PPO TIER 2: \$\$ Deductible: \$500/\$1,000 Coinsurance: 30% OOP max: \$7,600/\$14,200 OUT-OF-NETWORK: \$\$\$ Deductible: \$750/\$1,750 Coinsurance: 50% OOP max: \$9,600/\$20,200	IN-NETWORK: \$\$ Deductible: \$2,500/\$5,000 Coinsurance: 30% OOP max: \$6,700/\$13,400 OUT-OF-NETWORK: \$\$\$ Deductible: \$4,000/\$8,000 Coinsurance: 50% OOP max: \$8,000/\$16,000

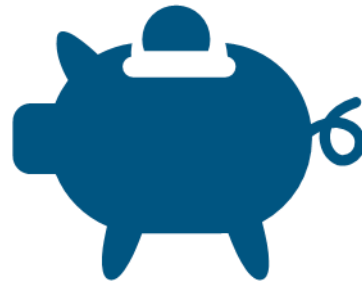
UC HealthSavings+ Plan

- High deductible medical plan paired with a Health Savings Account

Medical Coverage



Health Savings Account



HealthEquity

866-212-4729

<https://learn.healthequity.com/uc/hsa/>

Health Savings HSA

- **HSA contribution limits**
 - **\$4,400 for self-only coverage** (up from \$4,300)
 - **\$8,750 for family coverage** (up from \$8,550)
- **Same Catch-up contribution** for members 55 and over: \$1,000 for the year
- **Same UC Contribution for the year:** up to \$750 for single or \$1,500 for family coverage

Health Savings Account (HSA)

- ❖ You keep the money even if you change jobs or insurance plans
- ❖ You can make contributions at any time
- ❖ **HSA has triple tax advantage**
 - ❖ No Federal taxes on contributions
 - ❖ No taxes when funds are used
 - ❖ No taxes on earnings
- ❖ HSA **funds rollover** from year to year
- ❖ You can **invest funds** to earn more



This hypothetical example is for illustration only. Our example assumes monthly contributions of \$83.34 for 25 years, invested at a hypothetical 6% annual rate of return, with no withdrawals. Your own account may earn more or less than this example. Investing in this manner does not ensure a profit or guarantee against loss in declining markets.

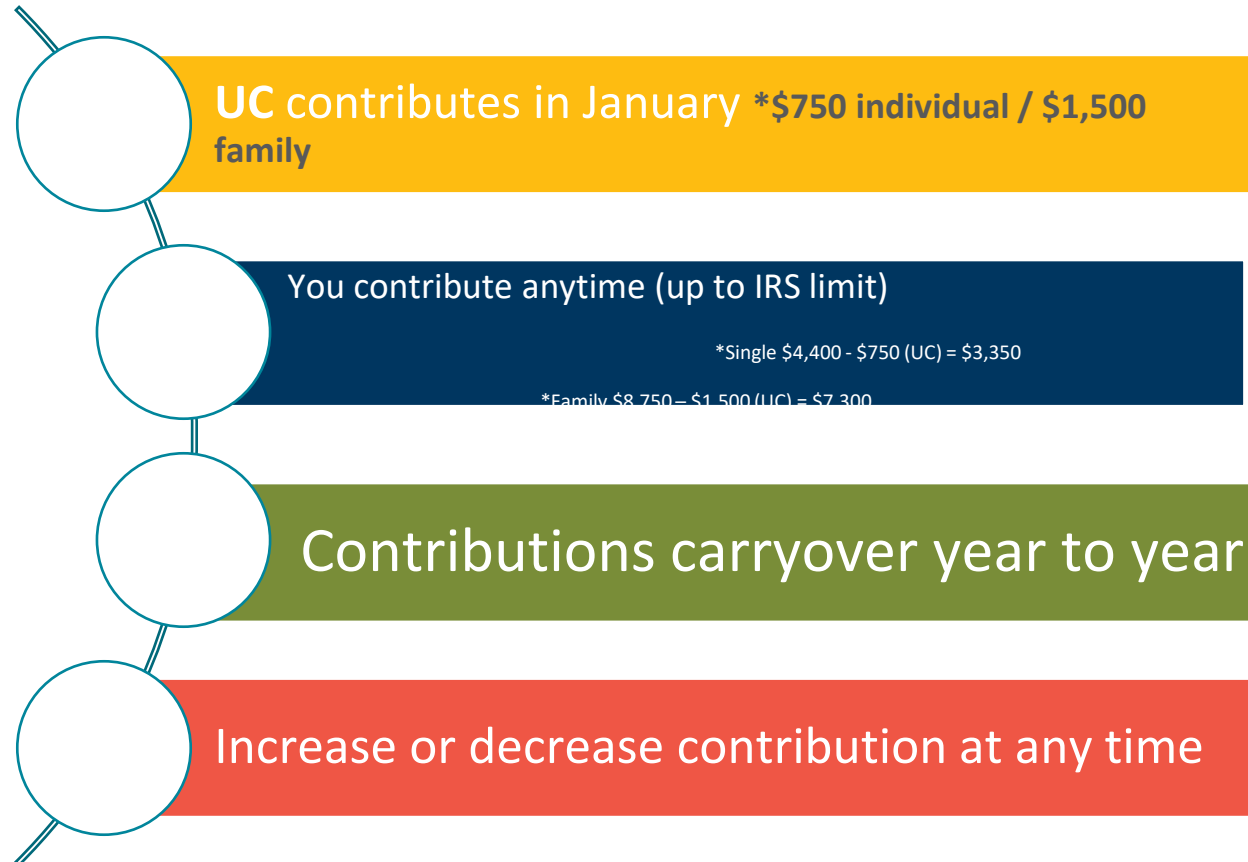
Consider HSA Limitations

To own/contribute to Health Savings Account:

- Can **not** be enrolled in Medicare A or B
 - Did you enroll in Medicare at age 65?
 - Were you automatically enrolled when you signed up for Social Security pension?
- Can **not** be enrolled in other medical plan
- Can **not** be claimed as a dependent on someone else's tax return



How it Works!



Comparing our Medical Plan Copays/ Coinsurance



Office Visit

Medical Plan	Deductible	Co-pay	Co-insurance
HMO	None	\$30	None
UC Care PPO UC Select/Tier 1	None	\$30	None
Preferred/Tier 2	\$500 individual \$1,000 family		You pay 30%
Out-of-network/Tier 3	\$750 individual \$1,750 family		Plan pays 50% of the allowed rate You pay balance

Hospital & Outpatient Surgery Visit

Medical Plan	Deductible	Co-pay	Co-insurance
HMO	None	\$100	None
UC Care PPO			
UC Select/Tier 1	None	\$100	None
Preferred/Tier 2	\$500 individual \$1,000 family		You pay 30%
Out-of-network	\$750 individual \$1,750 family		Plan pays 50% of the allowed rate You pay balance

Emergency Room Visit

Medical Plan	Deductible	Co-pay	Co-insurance
HMO	None	\$125 (waived if admitted)	None
UC Care PPO UC Select/Tier 1	None	\$300*	None
Preferred/Tier 2	Waived	\$300*	None
Out-of-network	Waived	\$300*	None

*\$250 if admitted

Emergency Room Visit

Medical Plan	Co-pay	Deductible	Co-insurance
HealthSavings+			
In-network	N/A	\$2,500 individual \$5,000 family*	You pay 30% coinsurance + 30% coinsurance Physician fee
Out-of-network		\$6,700 individual \$13,400 family*	You pay 30% coinsurance + 30% coinsurance Physician

*Full family deductible must be met **before** plan shares cost.

Behavioral Health

All plans cover behavioral health care

- ☐ Psychiatrist
- ☐ Psychologist
- ☐ Therapist
- ☐ Substance abuse treatment
- ☐ In-patient mental health

Referral is not required

Behavioral Health (BH) is bundled with UC Medical Plan

Medical Plan	In-Network BH Provider	Out-of-Network BH Coverage
UC Blue & Gold HMO	Health Net Behavioral Health	No
Kaiser HMO	Optum or Kaiser* *Visit plan documents for Kaiser rates	No
UC Care PPO		
HealthSavings+ PPO	Blue Shield	Yes

Behavioral Health Costs

BH by Plan	In-Network Costs	Out-of-Network Costs
Kaiser HMO (Optum)		Emergency Only
UC Blue & Gold HMO (HealthNet Behavioral Health)	Visit 1-3 - \$0 Visits 4+ - \$30 \$250 per admittance of course	Emergency Only
UC Care PPO* (Blue Shield)		Deductible 50% allowed
HealthSaving+ PPO (Blue Shield)	Deductible 30% allowed	Deductible 50% allowed

Chiropractic & Acupuncture

Medical Plans	Providers	Costs
UC Blue & Gold	American Specialty Health	\$20 copay Self-referral 24 visit/year combined
Kaiser	American Specialty Health	\$15 copay Self-referral 24 visit/year combined with acupuncture
	Kaiser	\$15 copay 24 visit/year combined with chiropractor

Chiropractic & Acupuncture

Medical Plans	Providers	Costs
UC Care UC Select	N/A	N/A
Preferred	Blue Shield	After deductible you pay 20%
Out-of-Network	Non-Blue Shield	<u>After deductible:</u> Acupuncture – plan pays 50% of allowed Chiropractor – plan pays 80% of allowed

Chiropractic & Acupuncture

Medical Plans	Providers	Costs
Health Savings+ In-network	Blue Shield	After deductible you pay 30%
Out-of-network	Non Blue Shield	<u>After deductible:</u> Acupuncture – plan pays 50% of allowed

Benefit is limited to **24** visits per calendar year **combined** for acupuncture & chiropractic visits.

A tropical beach scene with two people relaxing in lounge chairs. The chairs are on a sandy beach, facing the ocean. The person on the left is wearing a wide-brimmed hat and a striped shirt. The person on the right is wearing a striped shirt. The ocean is a vibrant blue, and the sky is a light blue with soft white clouds. Two palm trees are visible, one on the left and one on the right, framing the scene. The overall atmosphere is peaceful and relaxing.

When traveling outside the U.S

When traveling outside the U.S

HMO (Health Net, Kaiser)

- Limited to emergency and urgent care only
- No routine care when away from medical group

UC Care

- Worldwide coverage
- Blue Shield Preferred/Tier 2 or Out-of-network/Tier 3 benefit levels
- Coverage through BlueShield Global CORE

HealthSavings+

- Worldwide coverage
- Coverage through BlueShield Global CORE

Non- Medical Plan Changes

2026 Plan Changes – Dental Plans

Dental Administrator Evaluation Findings

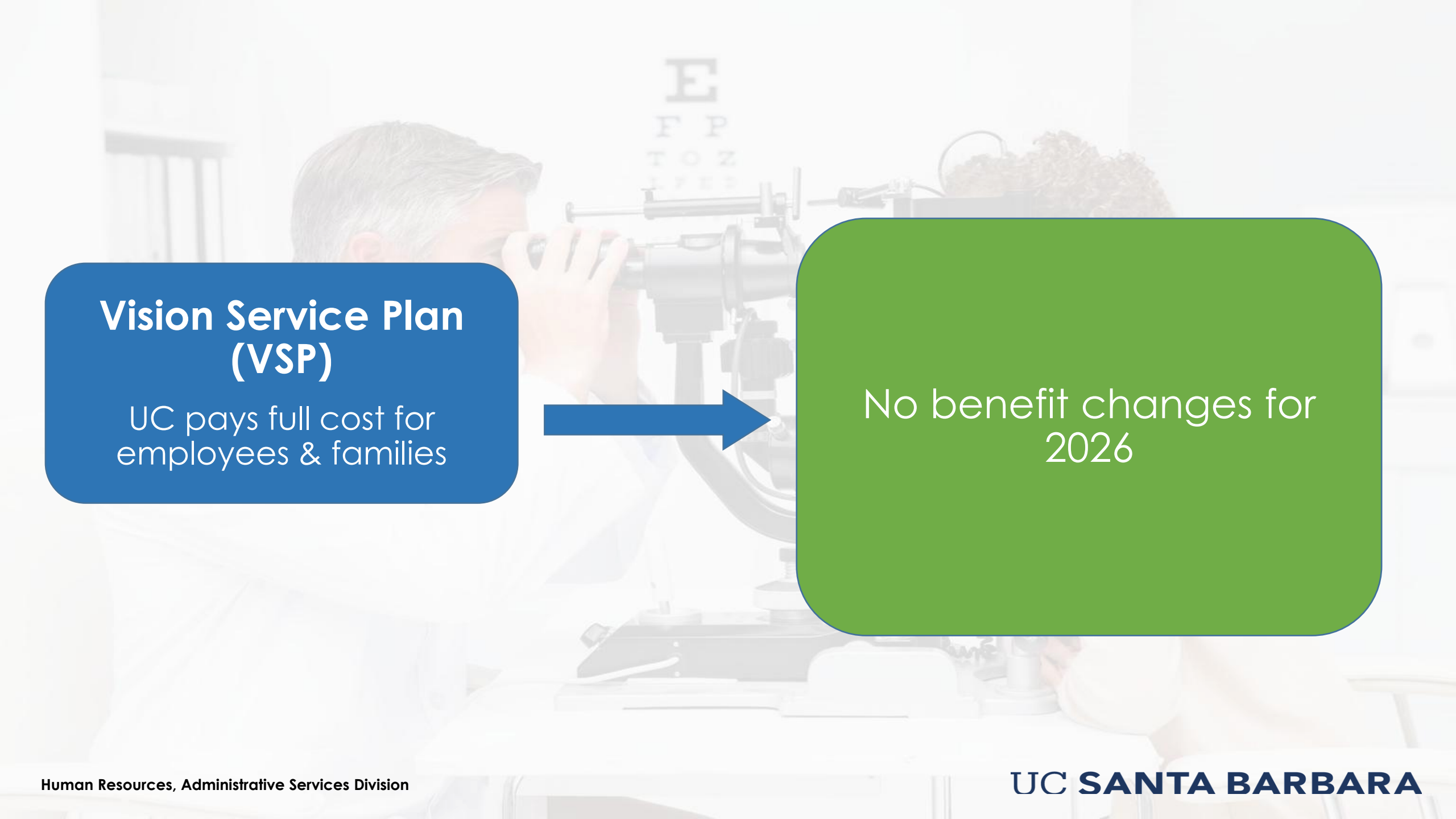
- Dental provider retention is an industry issue experienced by all dental administrators.
- Delta Dental continues to have the broadest overall provider network.
- Leaving Delta Dental would cause network provider disruptions for 20% (80,000) UC members.

Dental PPO Plan Enhancements

		Increased coverage from 75%	Increased coverage from 75%
	Delta Dental PPO Providers	Delta Dental Premier Providers	Out-of-Network Providers
Sealant Benefits	100%	80%	80%
Endodontics (Root Canals)	80%	80%	80%
Periodontics (Gum Disease)	80%	80%	80%
Oral Surgery	80%	80%	80%

Coverage for Delta Dental Premier and Out-of-Network for certain services are increasing from 75% to 80%, based on the plan allowance. There are no benefit changes for the Delta Dental Care HMO plan.





Vision Service Plan (VSP)

UC pays full cost for
employees & families



No benefit changes for
2026

Supplemental Health Plans - Prudential

- Premiums remain the same for all **Accident, Critical Illness, and Hospital Indemnity plans**
- **NEW:** Hospital Indemnity Plan:
 - Admissions Benefit observation requirement decreasing from 24 to 18 hours
- No benefit change for Accident or Critical Illness
- Open for enrollment



Other Plans

Legal – ARAG

- No benefit or rate changes for 2026
- Open for enrollment

Disability – Lincoln Financial Group

- No benefit or rate changes for 2026
- Disability will not be open for enrollment during OE; Employees can apply at any time with EOI

Family Care Services – Bright Horizons

- UC continues to pay the cost for access to referral services
- Eligible employees are automatically enrolled and pay providers directly for care

EOI= Evidence of Insurability

Other Plans - Continued

Identity Theft Protection - Experian

- Credit College Program launch and no changes to monitoring and restoration services
- UC continues to pay the full premium for Faculty, Staff, Retirees, and dependent children up to age 18. Enrollment is automatic, and once activated, individuals can choose which data elements they want monitored

Adoption – WEX Health

- Reimbursement limit for eligible adoption-related expenses remains at \$5,000
- Automatic enrollment; eligible employees submit the Adoption Verification Form to WEX after finalizing the adoption to start the reimbursement process

Pet Insurance – Nationwide

- Nationwide continues to offer discounted rates
- Always open for enrollment; employees purchase policies directly with Nationwide

Flexible Spending Accounts (FSAs)

- All limits and deadlines apply to both Faculty/Staff and Postdocs.
- 2026 Health FSA Contribution Limit: **\$3,300** (up from \$3,200)
- Health FSA carryover limit
 - **\$660** for carryover from 2025 to 2026 Plan Year
 - **\$660*** for carryover from 2026 to 2027 Plan Year
- 2026 Dependent Care FSA Contribution Limit – Increased Contribution Limits
 - New for 2026: The DepCare FSA contribution limit has increased
 - **\$7,500** for non-highly compensated employees
 - **\$3,200** for Highly-Compensated Employees (HCEs) as defined by the IRS
 - \$160K or greater income in 2025
- **2025 Health FSA**
 - Run-out period (filing deadline): April 15, 2026
 - Carryover: Funds available in January 2026
- **2025 Dependent Care FSA**
 - Run-out period (filing deadline): April 15, 2026
 - Grace period: January 1, 2026 – March 15, 2026
- **2026 Health FSA**
 - Run-out period (filing deadline): April 15, 2027
 - Carryover: Funds available in January 2027
- **2026 Dependent Care FSA**
 - Run-out period (filing deadline): April 15, 2027
 - Grace period: January 1, 2027 – March 15, 2027

* To be determined

Limited Purpose FSA

- Available only to employees meeting all of the following criteria:
 - Are eligible for the Faculty/Staff Benefits program, and
 - Participated in the Health FSA during a plan year, and
 - Have a carry-over balance greater than \$25 at the end of that plan year, and
 - Enroll in the HealthSavings+ for the following plan year
- CORE participants who default to HealthSavings+ for 2026 due to no active enrollment changes during Open Enrollment will be automatically enrolled in the 2026 Limited Purpose FSA if they meet all of the above criteria
- Balance of the Health FSA up to \$660 is placed in the Limited Purpose FSA (LPFSA)
- Participant may not contribute additional funds
- Eligible expenses are restricted to dental, vision, and preventive care services
- Participation limited to one year; any balance remaining at the end of the run-out period is forfeited



Andrew Fung a UC dedicated Fidelity workplace financial consultant.

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- Understanding your Retirement Saving Program
- Evaluating your individual situation and priorities
- Rollovers into UC Retirement Saving Program
- Comprehensive retirement income planning
- Legacy planning, charitable giving, and tax strategies

Open Enrollment Resources

- **UCnet Open Enrollment Website:** ucal.us/oe
 - OE content and plan costs for Faculty/Staff & Retirees
- **UCPATH:** sso.ucsb.edu
 - Faculty/Staff must visit UCPATH to submit OE changes
- **UCSB Human Resources ServiceNow**
 - Benefits education, general open enrollment questions
 - Employee Services → Benefits Administration → Open Enrollment Questions
- **UC Santa Barbara Health Care Facilitator YouTube Channel**
 - Recorded videos of OE Medical plan & Non-Medical plan changes

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