Behavioral Health Comparison

Outstanding Benefits are among the many rewards of working for UCSB
This presentation is intended for communication purposes only.

Please see the UCnet website (http://ucnet.universityofcalifornia.edu) and plan documents for complete information.

UCSB Benefits
Agenda

- Behavioral Health Care
- Wellness Programs
Emotional or Behavioral Health Care

- Therapy
- Medication Management
- Addiction Treatment
- Mental Health Treatment
- Marriage/Family Therapists
- Psychologists
- Psychiatrists
- Hospitals / Treatment Facilities
Types of needs or concerns

- Depression
- Stress or Anxiety
- Conflict
- Marriage and Relationship
- Coping with Grief and Loss
- Addiction needs (gambling, drugs, alcohol)
- Eating disorders
- Autism
What can therapy do for you or your family members?

- Help you see things more clearly
- Help you identify your “blind spots”
- Opportunity to openly talk about your feelings in an unbiased setting
- Help you identify patterns and how to manage
- Teach you new skills, new coping strategies
Behavioral Health is paired with a medical plan

The medical plan you select determines your behavioral clinicians and coverage

<table>
<thead>
<tr>
<th>Medical Plan</th>
<th>2019 Behavioral Health Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>UC Blue &amp; Gold HMO</td>
<td>Managed Health Network (MHN)</td>
</tr>
<tr>
<td>Kaiser HMO</td>
<td>Optum or Kaiser</td>
</tr>
<tr>
<td>UC Care PPO</td>
<td>Anthem</td>
</tr>
<tr>
<td>Health Savings Plan (PPO)</td>
<td></td>
</tr>
<tr>
<td>Core PPO</td>
<td></td>
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</tbody>
</table>
UC HMO Behavioral Health Providers

- Behavioral Health insurance for HMO medical plans
- Manages a network of clinicians
- Authorizes some types of care
- Pays providers for services
If you remain with UC Blue & Gold HMO for 2019 and your current provider is not in the MHN network

- **Speak with your provider** about joining the MHN network. Providers interested in contracting with MHN should contact MHN Provider Relations at [Professional.Relations@healthnet.com](mailto:Professional.Relations@healthnet.com).
  
  - Complete a Behavioral Health Provider Nomination Form available at [www.healthnet.com/uc](http://www.healthnet.com/uc) and click on Behavioral Health – MHN.

- **Find a new counselor**, psychologist or psychiatrist by calling MHN at 800-663-9355, Monday–Friday, 8:00 a.m.–8:00 p.m. (PT), or by searching online at [www.healthnet.com/uc](http://www.healthnet.com/uc).

- **Request continuity of care**—you may be eligible to continue seeing your current provider for a period of time, or MHN can help facilitate your transition to an in-network provider. After January 1, 2019, call MHN at 800-663-9355 to request continuity of care.
How do I get started with behavioral health?

1. UC Blue & Gold HMO
   - Select **MHN** clinician
   - **MHN** directory on website
   - Call **MHN** member services
   - Spanish speaking clinicians

2. Call clinician for an appointment
   - No prior authorization is required

*You **DO NOT** need a referral from your HMO primary care physician*
How do I get started with behavioral health?

1. Kaiser HMO
   - Select **Optum or Kaiser** clinician
   - **Optum** directory on website
   - Call **Optum** member services
   - Spanish speaking clinicians

2. Call clinician for an appointment
   - No prior authorization is required

*You **DO NOT** need a referral from your HMO primary care physician*
Help making appointments

**MHN** Member Services will help find providers and help schedule appointments

Call **MHN** at *(800)-663-9355* and get personalized referrals for your needs including transition of care.

**Optum** Member Services will help find providers and help schedule appointments

Call **Optum** at *(888) 440-8225* and get personalized referrals for your needs
Teleadoc Health

Formerly MDLIVE

Access to U.S. board-certified doctors and behavioral health professionals, 24/7, through telephone or a video consult on your mobile device or computer

$0 copay
Live and Work Well

Liveandworkwell.com

Connect with a therapist from anywhere & any time through http://d2c.1docway.com/
Want a larger choice of clinicians?

- Enroll in a PPO medical plan

Administered by [Anthem](https://www.anthem.com)

You may select:

- In-network **Anthem** clinicians
- Out-of-network clinicians

- [UC Care](https://www.uc.edu)
- [UC Health Saving Plan](https://www.uc.edu)
- **Core**
How do I get started with behavioral health?

1. UC Care PPO, Core, Health Savings Plan
   - Select **Anthem** clinician
   - Anthem directory on website
   - Call Anthem member services
   - Spanish speaking clinicians
   OR
   - Select a **non-Anthem** clinician
     - You will pay more for services
     - You may be asked to pay in full and submit claims for reimbursement

2. Call clinician for an appointment
   - No prior authorization is required

*You **DO NOT** need a referral from your physician

[www.ucppopplans.com](http://www.ucppopplans.com)
LiveHealth

- Private video visit with a therapist from home, at work or on the go
- Evenings and weekend appointment
- Must be 18 years old and a U.S. resident to set up an account.
- Children age 10-17 can be seen through a parent’s/guardians account.

LiveHealthOnline.com
# How much does care cost?

<table>
<thead>
<tr>
<th>HMO Medical Plan</th>
<th>OPTUM Network</th>
<th>Out of Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UC Blue &amp; Gold - MHN</strong></td>
<td>Visits 1–3 no copay</td>
<td>Emergency only</td>
</tr>
<tr>
<td></td>
<td>Visits 4+  $20</td>
<td></td>
</tr>
<tr>
<td><em><em>Kaiser - Kaiser</em> &amp; Optum</em>*</td>
<td>$250 inpatient hospitalization</td>
<td>Emergency only</td>
</tr>
<tr>
<td><em>See plan documents for Kaiser provider rates</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How much does care cost?

<table>
<thead>
<tr>
<th>Plan</th>
<th>UC Select</th>
<th>Anthem</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>UC Care</td>
<td>Visit 1 – 3 No charge; $20 copay per visit</td>
<td></td>
<td>• Deductible</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Plan- 50% of allowed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• You- balance of bill</td>
</tr>
<tr>
<td>Health Savings Plan</td>
<td>Deductible 20% allowed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Deductible</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Plan- 60% of allowed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• You- balance of bill</td>
</tr>
<tr>
<td>Core</td>
<td>Deductible 20% allowed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Deductible</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Plan- 80% of allowed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• You – balance of bill</td>
</tr>
</tbody>
</table>
PPO Deductibles for Behavioral Health

- The amount **you** pay before the plan shares the cost with you
- May include medical, behavioral health and drug expenses

<table>
<thead>
<tr>
<th>Plan</th>
<th>UC Select</th>
<th>Anthem Preferred</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>UC Care</td>
<td>None</td>
<td>$500 individual</td>
<td>$1,500 family (3 or more)</td>
</tr>
<tr>
<td>Health Savings Plan</td>
<td>$1,350 single $2,700 full family*</td>
<td>$2,550 single $5,100 full family</td>
<td></td>
</tr>
<tr>
<td>Core</td>
<td></td>
<td>$3000 per individual</td>
<td></td>
</tr>
</tbody>
</table>

*Health Savings Plan - Full family deductible must be met before plan shares cost*
Academic & Staff Assistance Program

ASAP counselors promote the emotional health and well-being of:

- Academic Personnel
- Faculty
- Staff
- Eligible Family Members*

*18 years+

We assist individuals and departments in managing situations by providing:

- Consultation
- Counseling
- Psychological Wellness Training
- Threat Assessment & Management

CONFIDENTIAL

COST-FREE
ASAP Core Services

- **Consultation:**
  - Typically with a manager, supervisor, dean or faculty member
  - Regarding a work-related concern such as a specific employee or department-level matter
  - Provided on the phone and/or in person

- **Counseling:**
  - Available for any faculty or staff member
  - Regarding a personal and/or work-related concern
  - Provided on a short-term basis (3-5 sessions)
  - Includes treatment recommendations, resources, and referrals

- **Threat Assessment & Management:**
  - Coordinating resources and assisting individuals, supervisors, and administrators
  - Responses that reduce risk, prevent violence, resolve conflict, and reduce the occurrence of disruptive conduct

- **Psychological Wellness Training**
  - Promote workplace well-being for work groups, teams, and departments
  - Tailored to the contemporary needs of the area
ASAP Staff

ASAP is located in the Human Resources Office
3rd floor of Student Affairs & Administrative Services Building (SAASB)

We can be reached at 805-893-3318 or
Submit the “Contact Us” form on the website:
http://www.hr.ucsb.edu/academic-staff-assistance-program

Brian Beasley
Practicum Trainee

Pati Montojo, Ph.D.
ASAP Counselor

Kirsten Olson, Ph.D.
ASAP Manager

Administrative Assistant

Vacant
Wellness
ALL health plans have wellness programs
Preventive Care Quiz

1. What is a preventive health visit?

2. What types of services are covered by your preventive health benefits?
   - Medical plan
   - Dental plan
   - Vision plan

3. Why is it important to have preventive health care?
Preventive “Well” Medical Care

- Annual well exam
- Annual well woman exam
- Screenings include:
  - Cholesterol, blood pressure
  - Mammogram
  - Colonoscopy
  - Prostate
- Immunizations

Lists of preventive care services are on the medical plan websites.
Medical plans have similar wellness programs.

Log on to your plan website to participate in programs.
Libraries on plan websites

- Articles
- Videos
- Classes
- Quizes
- Assessments
- Tracking tools
- Q & A
24 Hour Nurse Advice Line

Accessible 24/7, the nurse line provides access to licensed nurses via phone or chat for questions about injuries, illnesses, chronic conditions, and preventive care.
Chronic Condition Management Programs

- Talk with nurse on the phone
- Educational materials
- Online and print tools

- Help you reach your health goals
- Understand your medication
- Keep your doctor updated

Mail and email notifications to remind you about these programs

Diabetes
Heart Disease
Asthma
COPD
Surgical Support
Pregnancy Programs

BabyLine
Speak to a maternity nurse 24/7 on a toll-free phone line.

High Risk Care Management
Nurse care manager
Calls twice a month

Free app makes it even easier for you to get critical health and safety information!
Tobacco / Smoking Cessation Programs

- All medical plans offer online tools, programs and/or phone coaching to help you kick the habit for good.
Online Healthy Lifestyle Programs

- Online, interactive support to help you address and improve risk factors, such as:
  - exercise
  - weight management
  - managing emotions
  - nutrition
  - stress management
  - women’s health
Programs available to all UC Employees

- Kaiser – programs available to ALL UC Employees
  - Provides many wellness resources, videos, and podcasts

- Optum - programs available to ALL UC Employees
  - Behavioral Health Wellness Resources including Family Support Program and Substance Use Treatment Helpline
Optum Wellness Resources – available to all!

liveandworkwell.com - access code 11280 or register

- LiveWell - Life, family and relationships
- BeWell - Health and wellbeing
- WorkWell – Education, work and career
- “Screeners” – assessment tools
- Self-help programs
- Health estimators and calculators
Your well-being is what matters most.

If this is an emergency or you think you may harm yourself, please call 911.

The first step to suicide prevention is awareness. Learn the warning signs, how to talk with someone who may be at risk, where to get help, and how to cope if you’re a suicide survivor.

The Suicide Prevention Hotline is 1-800-273-TALK. There is hope.

Powerful health resources, personalized support services. Live and Work Well is here to help you and those you care about find the balance, support and care you need to live the healthiest life possible.
Annual Preventive Care

- Annual exam
- Two cleanings
- X-rays
Delta Dental PPO Cost Estimator Example

I need...
- a filling
- a dental checkup
- wisdom teeth removed
- a tooth removed
- a root canal
- a deep gum cleaning
- gum surgery
- a crown
- braces
- a bridge
- dentures
- an implant

Explore typical dental visits in your area. Info

On October 29, 2018
For Rebecca Preza Delta Dental PPO
**Delta Dental PPO Cost Estimator Example**

I need a root canal

How much will a typical root canal on a molar cost?

1. Which type of tooth needs treatment?
   - [ ] Molar
   - [ ] Incisor
   - [ ] Premolar

2. Will this work be done at your dentist’s office?
   - [ ] Yes
   - [ ] No

Network savings: When you choose a network dentist, the fee he or she charges is usually lower than the fee of a non-network dentist, since network dentists agree to charge set fees. The network savings is the difference between the typical submitted fee and the total amount paid by you and your plan.

**Typical cost of a root canal at your dentist**

- Jose Terraza
  - General Dentist - PPO
  - 1504 Saviors St Ste B, Canard, CA 93033
  - $138.60 out-of-pocket
  - [Explain cost details](#)

**Typical cost of a root canal at nearby dentists in your network**

- Rajeev Arhi
  - General Dentist - PPO
  - 1331 SVictoria Ave, Canard, CA 93033
  - $138.60 out-of-pocket
  - [Explain cost details](#)

- Armand Begian
  - General Dentist - PPO
  - Armand Begian DDS Inc
  - 480 S Victoria Ave Ste D, Canard, CA 93030-5663
  - $138.60 out-of-pocket
  - [Explain cost details](#)

**Current Benefits**

- Calendar Individual Maximum $1501.00 of $1700.00 available
- [Details](#)

- Lifetime Individual Maximum $750.00 of $1500.00 available
- [Details](#)

- Lifetime Individual Maximum $500.00 of $500.00 available
- [Details](#)

- Calendar Individual Deductible $50.00 of $50.00 met
- [Details](#)

**About This Visit**

Includes a typical root canal on a molar. Consult your dentist for actual treatment and diagnosis.

- [Details](#)
Routine Eye Exams

Glasses or Contact Lenses
VSP Member Benefits

### WELLVISION® EXAM

<table>
<thead>
<tr>
<th>Eligibility:</th>
<th>YOU WILL BE ELIGIBLE ON 01/01/2019.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency:</td>
<td>Every year beginning in January.</td>
</tr>
<tr>
<td>Copay:</td>
<td>$10.00</td>
</tr>
<tr>
<td>Coverage:</td>
<td>Covered after copay.</td>
</tr>
<tr>
<td>Description:</td>
<td>Only VSP offers a WellVision Exam, focused on your eyes and overall wellness. Your VSP doctor can see if you have vision problems and signs of other health conditions too. Check with your retail chain provider before your exam to confirm they are a participating provider. Coverage not available at Costco.com.</td>
</tr>
</tbody>
</table>

### CONTACT LENS EXAM

<table>
<thead>
<tr>
<th>Eligibility:</th>
<th>YOU WILL BE ELIGIBLE ON 01/01/2019.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency:</td>
<td>Every year beginning in January.</td>
</tr>
<tr>
<td>Copay:</td>
<td>$0</td>
</tr>
<tr>
<td>Coverage:</td>
<td>$110.00™ allowance for your contact lens exam and contacts. (See Contacts section below.)</td>
</tr>
<tr>
<td>Description:</td>
<td>During your contact lens exam, your VSP doctor ensures your contacts fit properly and tests your vision. This exam is in addition to your WellVision Exam.</td>
</tr>
<tr>
<td>Extra Savings:</td>
<td>15% off your contact lens exam.</td>
</tr>
</tbody>
</table>

### RETINAL SCREENING

<table>
<thead>
<tr>
<th>Eligibility:</th>
<th>YOU ARE ELIGIBLE.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency:</td>
<td>As needed</td>
</tr>
<tr>
<td>Copay:</td>
<td>Up to $35.00</td>
</tr>
</tbody>
</table>
Eye Health Articles on VSP.com

- Common eye problems
- Eye diseases
- Health Conditions
- Nutrition and fitness
- Eye protection
- Care for adults and seniors
- Care for babies, children and teens
- Fashion and beauty