Be Well

Outstanding Benefits are among the many rewards of working for UCSB

Make the most of them!
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
Today’s Topics

Emotional / 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 issues or concerns

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

- Help you see things more clearly
- It is objective, helps you see your “blind spots”
- Gives you a place to vent or unload your feelings
- Helps you change patterns
- 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>2018 Behavioral Health Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Net Blue &amp; Gold HMO</td>
<td>Optum</td>
</tr>
<tr>
<td>Kaiser HMO</td>
<td>Optum or Kaiser</td>
</tr>
<tr>
<td>UC Care PPO</td>
<td></td>
</tr>
<tr>
<td>Health Savings Plan (PPO)</td>
<td>Anthem</td>
</tr>
<tr>
<td>Core PPO</td>
<td></td>
</tr>
</tbody>
</table>
- Behavioral Health insurance for HMO medical plans
- Manages a network of clinicians
- Authorizes some types of care
- Pays providers for services
How to get started with Optum?

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

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

2. Call clinician for an appointment
   - No prior authorization is required
Optum
Help making appointments

- Optum Member Services will find providers for you
- Optum will call providers and make appointments for you
- Call Optum at (888) 440-8225 and get personalized referrals for your needs
Optum
Family Support Program

Help caring for a child with substance abuse problems

- **Phone access** to licensed clinicians with special expertise
- No additional charge
- **Educate** you about alcohol and drug addiction and resources
- **Guide** you through treatment options
- **Support** you in communicating with your child and taking care of yourself
Optum
Tele-Mental Health

- Connect with a therapist from anywhere & any time

- 1DocWay portal allows quick, simple access from liveandworkwell.com
Want a larger choice of clinicians?

- Enroll in a PPO medical plan
- Administered by Anthem

You may select:
- In-network Anthem clinicians
- Out-of-network clinicians
  - UC Care
  - UC Health Saving Plan
  - Core
How to get started with **Anthem**?

You may select an Anthem clinician or a non-Anthem clinician

1. Select an **Anthem** clinician
   - Anthem directory on website
   - Call Anthem member services
   **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
 Anthem
Find a Doctor

Anthem.com/ca/uc
Anthem
Tele-Mental Health

- Private video visit with a therapist from home, at work or on the go
- Evenings and weekend appointment
- **LiveHealth Online** – logon to Anthem.com/ca/uc and choose **Resources**
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>Health Net Blue &amp; Gold</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>Kaiser (Kaiser* &amp; Optum Providers)</td>
<td>$250 inpatient hospitalization</td>
<td>Emergency only</td>
</tr>
<tr>
<td>*See plan documents for Kaiser provider rates</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>NA</td>
<td>Deductible 20% allowed</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>NA</td>
<td>Deductible 20% allowed</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>

**LiveHealth Online** – Tele-mental health. See plan documents for cost.
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></td>
<td>$500 individual</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$1,500 family (3 or more)</td>
</tr>
<tr>
<td>Health Savings Plan</td>
<td>NA</td>
<td>$1,350 single $2,700 full family*</td>
<td>$2,550 single $5,100 full family*</td>
</tr>
<tr>
<td>Core</td>
<td>NA</td>
<td>$3000 per individual</td>
<td></td>
</tr>
</tbody>
</table>

*Health Savings Plan - Full family deductible must be met before plan shares cost
Wellness

Physical
Financial
Environmental
Intellectual
Occupational
Social

Healthy
Ways
Exercise
Emotional
Health

Resolutions
to stay
make

Relax
Better
Day
Resume
take

Tips
Napping
Sleep
Spiritual

Balance
Earth
Others
Writing
Lifestyle

Nutrition
practices

Restores
Keep

DIY
Learn
Services
Veganism

Writing
Ways
Interview
UC

Interview
Cover
Things
Tradition

Healthy
San
Formatting
Vegetarianism

Relationship
Sleeping
Summer

Programs
Barriers
Young
Steps

Learning
Helpful
Board

Women's
Research
Planning
Pattern
Spiritually
Financially

Safety
Good
Offered

Women's
Research
Planning
Pattern
Spiritually
Financially

Easy
April
Management

Maintaining
Friendship
Alertness
Month

Food
Diet
Well

Earth
Top
March
22nd

Going
Green

Check
Mood
Letter
Cope

Letter
Mood
Going
Green

Check
Mood
Letter
Cope

Letter
Mood
Going
Green

Check
Mood
Letter
Cope
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

Logon to your plan website to participate in programs
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

Postcards or mailings to remind you about these programs

Diabetes
Heart Disease
Asthma
COPD
Surgical Support
Support & Prevention Programs

**Welvie** - Surgery Decision Program
A six-step online surgery decision-support program helping you work with your doctor to understand your surgical and nonsurgical treatment options.  
Health Net, Anthem

**Omada** – Diabetes and Heart Disease Prevention
A weight loss and management program designed to help you improve your health and avoid diabetes and heart disease. Take a one-minute test to find out if you're eligible for the 16-week online program – a $700 value offered free to eligible Blue & Gold HMO members.  
Health Net
Pregnancy Programs

Free app makes it even easier for you to get critical health and safety information!

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
Tobacco / Smoking Cessation Programs

- All medical plans offer online tools, programs and/or phone coaching to help you kick the habit for good.
## Kaiser Health Risk Questionnaire

- **Wellness Score**
- **Medical Risk**
- **Lifestyle Risk**
- **Disease Risk**
- **Other issues**

### Lifestyle Risk Factors

<table>
<thead>
<tr>
<th>Health Category</th>
<th>Your Risk Level</th>
<th>Why This Is Important</th>
<th>What's Next</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity</td>
<td>Low, Moderate, High</td>
<td>Being physically active reduces your risk of developing high blood pressure, heart disease, obesity and even certain cancers. It can also help you reduce your stress level.</td>
<td>Learn More</td>
</tr>
<tr>
<td>Fruit/Vegetable Intake</td>
<td>Low, Moderate, High</td>
<td>Healthy diets high in fruits and vegetables may reduce the risk of developing certain diseases. Fruits and vegetables are low in calories and high in fiber so they keep you full without contributing to weight gain.</td>
<td>Learn More</td>
</tr>
<tr>
<td>Dietary Fat</td>
<td>Low, Moderate, High</td>
<td>Diets high in fat -- especially saturated and trans-fats -- are linked to increased risks of diabetes, heart disease and certain cancers. To limit your fat intake choose low-fat dairy products, lean meats and avoid fried foods.</td>
<td>Learn More</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Low, Moderate, High</td>
<td>Tobacco use is one of the leading causes of preventable death in the US. Smoking is related to cancer deaths and is a known cause of heart disease and stroke. Stopping at any age will improve your health risks.</td>
<td>Learn More</td>
</tr>
</tbody>
</table>
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

- Kaiser – programs available to ALL UC Employees
  - provides many wellness resources, videos, and podcasts
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.
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
Guest Access
If you know your Access Code, enter it here and access anonymously.

Access Code: 11280

Enter as Guest

If you do not know your access code, click here for assistance.
Annual Preventive Care

- One exam
- Second exam, if at risk
- Two cleanings
- x-rays
The SmileWay Challenge

Take the challenge by doing any of the following activities to improve your oral health.

- Interactive Quizzes
- Articles
- Grin! e-Magazine
- Oral Health Assessment
- Videos
- Facebook
- Twitter
Dentistry Decoded: Cleanings
Time: 01:13
What happens during a dental cleaning?

Adventures of Ratoncito Pérez
Time: 08:29
Ratoncito Pérez teaches kids how to floss, brush and more in this educational video!

Dentistry Decoded: Exams
Time: 01:10
What happens during a dental exam?

Dentistry Decoded: Teething Troubles
Time: 01:13
Got a teething baby? Here's what to do and what not to do.
Grin! e-Magazines & Activity Books for Kids
Online Dental Risk Quizzes

Gum Disease Risk Quiz
The leading cause of tooth loss for people in the U.S. is not old age, as commonly thought. It's periodontal disease (also known as gum disease).

In fact, nearly 80 percent of adults have periodontal disease during their lifetime.

To find out if you are at risk for periodontal disease, take this 5-minute quiz.

Start Now!

Children's Cavity Risk Quiz
Hi kids. Did you know that tooth decay (also called cavities) is one of the most common diseases in the United States? Take this 5-minute quiz to learn more about how to prevent tooth decay.

Cuestionario sobre el riesgo de tener caries
Hola niños, ¿sabían que las caries son una de las enfermedades más comunes en el mundo? Se originan por las bacterias o los microbios de la boca que crecen en los dientes y destruyen su esmalte. Las caries producen pequeños agujeros en la superficie de los dientes. Averigua si estás haciendo todo lo correcto para prevenir las caries con este corto cuestionario. Será útil que lo hagas con tus padres.

¡Comienza ahora!
Routine Eye Exams

Glasses or Contact Lenses
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
Make a Wellness Plan

What will you do to take charge of your health?

- Learn something new
- Try something new
- Make an appointment for an overdue medical or dental exam

be happy