

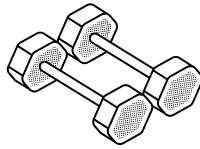
Uncover the Benefits!

Did you know your health plans have PERKS available for their enrolled members? Click below each section below to find out more.

Gift Cards!



Gym Memberships



Discounts

BEST DEAL

Virtual Consultations & Tele Med Appointments



Wellness Tools & Programs



Offers, discounts and memberships are provided and managed by the health insurance carrier directly. Terms and conditions may be subject to change. For specific plan information please contact your member services phone number located on your CalPERS medical insurance card.



GIFT CARDS

Your health plan may have gift cards waiting for you! Contact your health plan to complete an online health assessment program and receive a gift card. Amounts may vary.*

Anthem Blue Cross Members

Earn between \$25 and \$100 gift cards for completing health assessments and/or surgery planning/consultations.



Visit: <https://www.anthem.com/ca/calpers>



HMO members: 855-839-4524
PPO members: 877-737-7776
PORAC members: 800-288-6928

Health Net Members

Earn between \$25 and \$100 gift card for completing completing a health assessment with a primary care physician - smoking cessation - health coaching - surgery consultations



Visit: <https://calpers.healthnetcalifornia.com>



Members: 888-926-4921

Sharp Members

Annual wellness incentive up to \$200 in redeemable select gift cards.



Visit: <https://calpers.sharphealthplan.com>



Members: 855-995-5004

UnitedHealthCare Members

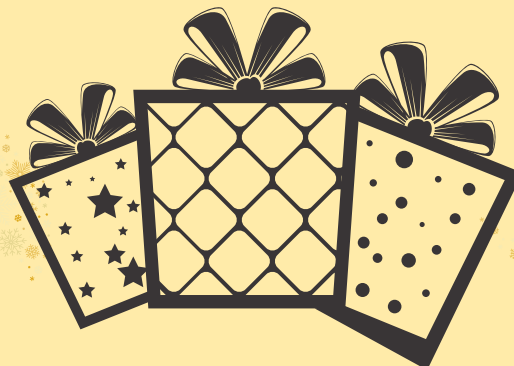
Earn gift cards and rewards by completing health programs & activities. Amounts may vary.



Visit: <https://www.whyuhc.com/calpers>



Members: 888-867-5581



*Restrictions may apply. Please visit website for more details or contact member services.



SUPER DUPER DISCOUNTS!

As an enrolled member of a CalPERS plan, you may qualify for discounts on products, services and special offers. Login to your health plan and search for discounts today!*

Anthem Blue Cross Members

- Vision - Up to 30% off routine eye exams, frames/lenses, and more
- NationsHearing - Receive free hearing exams and discounts up to 25% off Amplifon
- Lasik - Up to 40% off Lasik eye surgery with TruVision

Blue Shield Members

- Vision - Up to 20% on vision services and materials at participating providers like MESVision Optics
- Lasik - Discounts with QualSight Lasik, NVISION
- Alternative care - 25% off select acupuncture, chiropractic, and therapeutic massage services
- Trio subscribers only - Healthy Savings® membership card for potential savings of up to \$50 each week at 22,000 participating retail stores, at no extra cost

Health Net Members

- ChooseHealthy - 25% discount on fees from network acupuncturists, chiropractors, and massage therapists.
- EyeMed Vision Care - Up to 35% discount on eye exams, frames/lenses at 20,000+ stores (i.e. Target Optical and LensCrafters)
- NationsHearing - Receive free hearing exams and discounts on hearing aids
- Jenny Craig - Receive a \$10 discount per week for 12 weeks (plus cost of food), plus \$120 in food savings (purchase required)

Kaiser Members

- ChooseHealthy Program offers discounts on:
 - Activity trackers (i.e. Fitbit, Garmin, and more)
 - Workout apparel
 - Exercise equipment (i.e. TRX, Gaiam, and more)
- CalPERS member - Combined 20 visits per calendar year for acupuncture and chiropractic visits, \$15 copay per visit at participating providers
- Complimentary care - Through ChooseHealthy, 25% off select acupuncture, chiropractic, and therapeutic massage services at participating providers
- Complimentary online education & webinars

Sharp Members

- ChooseHealthy:
 - Save 25% on acupuncture, chiropractic, therapeutic massage services and more.
 - Save up to 55% on a variety of popular health and fitness brands. Free shipping and handling are available on most orders.
- Access to acupuncture and chiropractic benefits at a \$15 copay for 20 combined visits per calendar year.

United Healthcare Members

- Combined 20 visits per calendar year for acupuncture and chiropractic visits, covered services have \$15 copay per visit at participating providers



*Please visit website or contact member services for more details on discounts offered and other discounts your plan may offer that is not listed above.



GYM MEMBERSHIPS



Your CalPERS health plans work with thousands of health plans statewide offering discounted gym memberships to you and your family. Register online with your health plan and join a gym today!



Anthem Blue Cross Members

Access to 11,000+ fitness centers for \$25 a month.*
Silver Sneakers Program** - up to 14,000 available gyms.

Blue Shield Members

Access to 10,000+ fitness centers for as low as \$19 a month* through Fitness Your Way.**
Silver Sneakers Program** - up to 17,000+ available gyms.

Health Net Members

Access to 11,000+ fitness centers for \$25 a month offered by Active&Fit Direct network.*

Kaiser Members

Access to 11,000+ fitness centers for \$25 a month offered by Active&Fit Direct network.*
ClassPass partners with 30,000+ gyms & studios around the world at a discounted rate. ClassPass offers free unlimited on-demand video workouts, at no extra cost.

Sharp Members

Access to 10,000+ fitness centers for \$25 a month* offered by Active&Fit Direct network.

United Healthcare Members

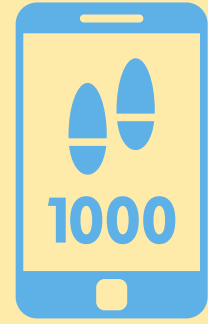
Access to a large, nationwide network of gyms and fitness centers through Rally® starting at \$25 a month.*

*Enrollment and applicable tax fees may apply. Please visit website for more details or contact member services.
**Eligibility required. Please visit website for more details or contact member services.
***Please call member services for more details and eligibility.





WELLNESS TOOLS & PROGRAMS



These plans recommend Apps, have weight loss programs, online fitness classes, and discounts on tools to keep you active.

Anthem Blue Cross Members

- Health Assistant - Online tool to help make positive changes
- MyHealthAdvantage - Using MyHealth Note to receive key reminders through the mail or AnthemBCAnywhere App
- My Advocate App - Free program for help during pregnancy

Blue Shield Members

- Wellvolution - On-demand custom programs
- LifeReferrals 24/7 - Speak with a specialist ready to assist you with your personal needs
- Care Management Program - Get a dedicated care manager and health team, at no extra cost

Health Net Members

- Weight Watchers - Digital weight loss program and wellness workshops

Kaiser Members

- Recommends the following Apps:
 - Calm - for meditation, mental resilience, and sleep
 - myStrength - improve awareness and adapt to life
- Healthy lifestyle programs

Sharp Members

- Best Health Wellness Program - Comprehensive wellness program at no extra cost.
- Build your own video workout routine
- ChooseHealthy Program - Access a health resource library
- Studio SWEAT onDemand - 50% off standard rates for unlimited access to onDemand and live streaming workouts
- ChooseHealthy - Save 15-50% on wellness products

United Healthcare Members

- Rally® - Personalized digital experience to help you make small changes that may help improve your health and earn Rally Coins for a chance to win rewards
- Real Appeal® Program - Personalized 1-on-1 coaching weight loss program*
- SimplyEngaged® Program - Fun and simple digital experience that connects you to personalized health recommendations, content, and resources*



*Eligibility required. Please visit website for more details or contact member services.



VIRTUAL CONSULTATIONS & TELE MED APPOINTMENTS



Register with your health plan today and get access to virtual doctor appointments, wellness and weight loss coaching, affordable fertility treatment programs, chiropractic, acupuncture and physical therapy.*

Anthem Blue Cross Members

- 24/7 NurseLine - Speak to a registered nurse about general health issues
- LiveHealth® Online - Talk to a doctor online, 24/7

Blue Shield Members

- Teledoc - Board-certified, licensed doctor available 24/7 to treat non-emergency medical issues
- NurseHelp 24/7 - Speak to a registered nurse about treating minor illnesses and injuries

Kaiser Members

- Wellness Coaching by phone at no cost

Health Net Members

- Health Coaching Programs - 1-on-1 personalized support to improve your health
- Virtual therapy - Confidential counseling with private video sessions to treat conditions like mental health disorders, depression, and more

Sharp Members

- Coaching and support - Free personalized one-on-one in a six-week, phone based program

United Healthcare Members

- Virtual Visits - Chat with a doctor 24/7 to diagnose a wide range of non-emergency medical conditions, through a Designated Virtual Network Provider, \$15 office copay applies



*Fees may apply for virtual consultations/tele-med appointments. Call member services for more information.