



health net™

2025 University of California Open Enrollment

October 31 – November 22, 2024

Why Health Net?

CHOOSE UC BLUE & GOLD FOR 2025!



Affordable premiums, \$0 deductible/fixed or predictable copays



Broad choice of providers - including all UC medical centers and physician groups



Dedicated Health Benefit Navigators – personalized navigation for high-touch service



Teladoc Telehealth appointments available 24/7 for \$0 copay



Eat Right Now© - Mindful Eating, Weight Loss and Diabetes Prevention

What's new for 2025? - UC Blue & Gold Benefits

What's Changing



Health Net Doula Program
Available January 1, 2025



Office Visit and Urgent Care Copay \$30



Pharmacy
\$10/\$30/\$50 – 30-day supply
\$20/\$60/\$100 – 90-day supply

Specialty Drugs
30% coinsurance up to \$150 maximum per drug

2025 Coverage Overview

Covered Services	You Pay
Preventive Care (screenings and immunizations)	\$0
Doctor and Specialist Office Visits (see below for behavioral health office visits)	\$30 copay
Hospitalization (medical and behavioral health)	\$250 copay per admission
Outpatient Behavioral Health/Substance Abuse Visits	Visits 1-3: \$0 Visits 4+: \$30 copay
24/7 Virtual Care – Telehealth visits through Teladoc (including behavioral health)	\$0
Urgent Care	\$30 copay
Emergency care (medical and behavioral health)	\$125 copay (waived if admitted)
X-ray and Lab Procedures	\$0
MinuteClinic	\$30 copay (if preventive: \$0)
Chiropractic/Acupuncture	\$20 copay (24 visits combined max per calendar year)
Infertility Services and drugs (IVF, ZIFT, GIFT)	50%, limited to a combined 2 treatment cycles per lifetime

2025 Coverage Overview (cont.)

Covered Services	You Pay
Maternity Care	\$0 for all services except hospital stays for which the hospital copay applies
Outpatient Surgery	\$100 copay
Ambulance Emergency Transport (medical and behavioral health)	\$0
Prescription Drugs* <ul style="list-style-type: none"> • Retail (30-day supply) • Mail order or walk-up services available at UC Medical Centers and CVS Pharmacies (90-day supply) • Specialty drugs (up to a 30-day supply) 	\$10 generic; \$30 brand formulary when a generic is not available; \$50 non-formulary \$20 generic; \$60 brand formulary; \$100 non-formulary 30% up to \$150 maximum per prescription
Other Behavioral Health Outpatient Services <ul style="list-style-type: none"> • Psychological testing, outpatient electroconvulsive therapy, extended-length therapy sessions, biofeedback, Applied Behavior Analysis (ABA), methadone maintenance • Structured/intensive outpatient program treatment • Partial hospitalized/day treatment 	\$0

* Without prior authorization from Health Net, there is no coverage for brand name drugs when a generic equivalent is available. If it is medically necessary for a member to take a brand name medication when a generic equivalent is available, the copay will be covered at Tier 3 (\$40 for a 30-day supply, \$80 for a 90-day supply).

Health Net Doula Program

Doulas support the all-around needs of pregnant and postpartum persons

Available January 1, 2025

Doula Program Coverage

- One visit with a doula to get to know each other.
- Up to eight more visits that can happen during the pregnancy and postpartum.
- Support during labor and birth.
- Up to two, three-hour postpartum visits after the end of a pregnancy.

How you can find a Doula

- Visit healthnet.com/uc > *Find a Provider*.
- Enter a location (street address, city, county, or state).
- Further narrow your search by Plan Name.
- Select the type of provider ('Other Facilities') and then filter facilities by 'Doula Services'.



Find a Provider—Fast!

Health Net's ProviderSearch

Find the most up-to-date listings of qualified in-network doctors, urgent care centers, hospitals, and other types of health care providers near your home or work.

1. Visit **healthnet.com/uc** and click on Find a Provider.
2. Enter a location (street address, city, county, or state).
3. Further narrow your search by Provider Name/ID/License Number or by Plan/Network (**Blue & Gold HMO**).
4. Select a type of provider (Doctor, Hospital, Medical Group, etc.) to get your results.

Tip: For Behavioral Health providers, select *Doctors*, then filter by *Specialty*.

- *Marriage/Family Counseling*
- *Family Therapist*
- *Psychology*
- *Social Worker Clinical*
- *Child/Adolescent Psychiatry*
- *Psychiatry*
- *Qualified Autism Provider*



Questions? Your dedicated Health Benefit Navigator team is just a phone call away at **800-539-4072**, 8 a.m. to 8 p.m. Pacific time.



Copay Cards



Manufacturer copay cards lower out-of-pocket costs for expensive medications












Acaria Specialty Pharmacy will assist members with copay cards



Most are valid for 12 months and automatically renew

Top Specialty Drugs with Copay Cards

 <p>HUMIRA adalimumab</p> <p>As little as \$5 per month¹</p>	 <p>Stelara[®] (ustekinumab)</p> <p>\$5 for each dose¹</p>	 <p>Descovy[®]</p> <p>\$0 Cost With Co-Pay Card¹</p>	 <p>Enbrel</p> <p>As little as \$0 per month¹</p>	 <p>BIKTARVY[®] bictegravir 50mg/emtricitabine 200mg/ tonnfvuir alafanamido 75mm tablette</p> <p>Up to \$7,200 in cost-sharing assistance per calendar year with no monthly limit¹</p>
 <p>DUPIXENT[®] (dupilumab)</p> <p>As little as \$0 copay per fill¹</p>	 <p>Cosentyx[®] secukinumab</p> <p>\$0 Co-Pay Program¹</p>	 <p>Skyrizi[™] risankizumab-rzaa 75mg/0.83mL Injection</p> <p>As little as \$5 per treatment¹</p>	 <p>trikafta (elexacaftor/tezacaftor/ivacaftor and ivacaftor) 100 mg/50 mg/75 mg and 150 mg tablets 50 mg/25 mg/57.5 mg and 75 mg tablets 100 mg/50 mg/75 mg and 75 mg oral granules 80 mg/40 mg/60 mg and 59.5 mg oral granules Understanding how TRIKAFTA[®] works</p> <p>As little as \$0 per fill¹</p>	

¹ Automatic annual renewal

Teladoc – Telehealth Services



ENJOY ACCESS TO TELEDOC VIRTUAL VISITS AT NO COPAY!

Download the app today to securely talk to a doctor
Visit www.teladoc.com
Call 800-TELADOC (835-2362)

Teladoc Health Features:

- ✓ 24/7 on-demand and scheduled general medicine visits for all ages
- ✓ Scheduled behavioral health visits as noted below
- ✓ Psychiatry visits (18 years and older)
- ✓ Telephonic & Video visits
- ✓ Web-based visit option
- ✓ Smartphone/tablet app
- ✓ Out-of-state care while traveling or away at college
- ✓ Prescriptions

Eat Right Now[®] by Sharecare Digital Weight Loss and Diabetes Prevention Program

Eat Right Now program offers digital therapeutic tracks for weight loss and diabetes prevention that combine mindful awareness with a science-based, step-by-step approach.

- 12-month program with CDC Diabetes Prevention curriculum
- Multi-channel coaching with certified weight loss coaches
- Wireless scale and activity tracker*
- Science-based tools to manage cravings and build skills
- Available in English and Spanish
- For members 18+ years old

* Scale offered at no cost for members who qualify for and enroll in the program. Member must input mailing address and complete order to receive the scale. Promo code for no-cost activity tracker may be earned after member completes 10+ **individual days** of program engagement OR achieves 2.5% weight loss at least 30 days after enrollment.



Chiropractic and Acupuncture Program

QUALITY, AFFORDABLE COVERAGE WITHOUT NEEDING A REFERRAL

Acupuncture Care

\$20 per visit, up to 24* visits per calendar year

Initial examination, subsequent office visits, re-examination

Musculoskeletal and related conditions

Pain, including low back pain, post-operative pain

Carpal tunnel syndrome, headaches, tennis elbow



Chiropractic Care

\$20 per visit, up to 24* visits per calendar year

\$50 annual chiro appliance allowance

Sprain/strain injuries to the spine and extremities

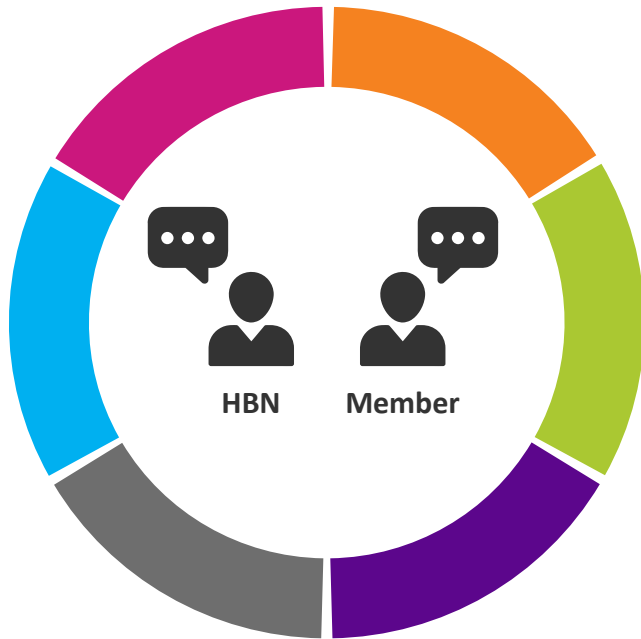
Musculoskeletal and related conditions

Inflammatory disorders, low pain syndromes

* visit maximums are combined for acupuncture and chiropractic services

Dedicated Health Benefit Navigators

PERSONALIZED NAVIGATION FOR HIGH-TOUCH SERVICE



Local Knowledge

Dedicated teams based in SoCal & NorCal



Experience

Expertise in UC benefits, ensure a high level of support



Education & Empowerment

Motivating members to engage with their health outcomes



Holistic View of Member

Integration of medical, behavioral health and pharmacy



Member Advocate

Provides end-to-end support and service



Personalized Support

Addresses next best actions

MinuteClinic

GET CARE ON YOUR SCHEDULE



Located inside CVS/pharmacy stores

Schedule an appointment online



Staffed by nurse practitioners and physician assistants

Over 900 locations nationwide



No authorization/PCP referral needed

Present Health Net ID card at the time of service



Convenient healthcare services

Wellness and preventive care, minor illnesses/injuries, vaccinations



Low or no copayment

Preventive care \$0, all other services \$30

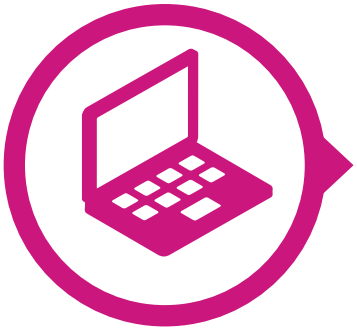
Active & Fit Direct Fitness Discount Program



- ✓ Members receive simultaneous access to all fitness center facilities within the national network; **12,700+ major fitness centers**
- ✓ **12,000+** guided workout video in the comfort of your home
- ✓ **Just \$28/month** fee, plus \$28 enrollment fee + taxes (member funded)
- ✓ Find out more at <https://uc.healthnetcalifornia.com> (under Wellness Program)
- ✓ Online directory maps
- ✓ **Free Guest Pass** to try-out clubs (available at most centers)
- ✓ Option to switch fitness centers at any time
- ✓ Online fitness tracking from a variety of popular wearable devices, apps, and exercise equipment

Get More Done Online at HealthNet.com/uc

As a registered member of the website, you'll have 24/7 access to the user-friendly tools and health information you need most. Here's just a sample of all you can do:



What you can do online

Get your benefit details and copayments, *Evidence of Coverage (EOC)* or *Summary of Benefits and Coverage (SBC)*.

Find a doctor, get ID cards and forms, manage your account details, and view medical treatment policies.

Get valuable discounts on health-related services and products.

Wellness and Value-Added Programs: Complete the RealAge® Test, participate in online health programs, track your health, and access online services 24 hours a day.

Contact Page

OUR FOCUS IS YOUR HEALTH



Health Benefit Navigators:

1-800-539-4072, Monday through Friday
8:00 a.m. to 8:00 p.m. PT



Behavioral Health Customer Service Team:

1-800-663-9355, Monday through Friday
8:00 a.m. to 8:00 p.m. PT



Email:

askblue&gold@healthnet.com for a response within 24-48 hours, Mon-Fri



Facebook:

facebook@HealthNetForUC



A website just for UC Blue & Gold members!

www.healthnet.com/uc

THANK YOU!
