



## CARRIER INFORMATION

### ANTHEM MEDICAL INSURANCE:

- [www.Anthem.com](http://www.Anthem.com) Member service 1- 833-578-4441
- **Sydney Health mobile app** available to find a doctor, urgent care, hospitals, emergency room & access your id card.

### UHC MEDICAL INSURANCE:

- [www.myuhc.com](http://www.myuhc.com) Member service 1-866-633-2446 & Care24 – 1-888-887-4114
- **myUHC mobile app** available to locate physicians, or facilities near you, manage your prescriptions, ID cards, estimate your health care and drug costs, check status of deductible and out of pocket spending, view claims, compare prices and find lower cost options.

### PRESCRIPTIONS:

- [www.Caremark.com](http://www.Caremark.com) Member service 1-888-202-1654
- **CVS/Caremark mobile app** available to refill/renew service prescriptions, check order status and view history, check drug coverage and costs under your plan, find local pharmacies in your plan's network, check for potential drug interactions among medications.

### HELLO HEART:

- <https://join.helloheart.com/> Member service 1-800-767-3471
- Hello Heart is an easy-to-use program that helps you track, understand, and manage your heart health from the privacy of your own phone. The Hello Heart program is offered at no cost to you and includes a free blood pressure monitor that connects to an app on your smartphone.

### DENTAL INSURANCE:

- [www.deltadentaloh.com](http://www.deltadentaloh.com) Member service 1-800-524-0149
- **Delta Dental mobile app** available to find a dentist, cost estimator, check your coverages and view claims.

## VISION INSURANCE:

- [www.vsp.com](http://www.vsp.com) Member service 1-800-877-7195
- **VSP Vision Care on the Go mobile app** available to find a doctor, check your claims and benefits, rebates and special offers glasses, contacts and Lasik, eye care information and your member vision card.

## EPC BASIC / VOLUNTARY LIFE INSURANCE:

- Contact your District HR or Treasurer's office

## WELLNESS FOR CONDITION MANAGEMENT & COACHING PROGRAMS:

- Anthem members ONLY – [www.lark.com](http://www.lark.com) You will need your ID card or call 1-866-962-1071
  - Digital diabetes prevention coaching. You can participate in this program at no extra cost. It is flexible and convenient to help you make small changes to improve your health and decrease your risk.
- UHC members ONLY – <https://realappeal.com/> You will need your ID card or call 1-800-478-1057
  - Online weight management program. You can participate in this program at no extra cost. A supportive program to help create a healthy lifestyle and boost your well-being.

## EMPLOYEE ASSISTANCE PROGRAM (EAP):

- [www.anthemeap.com](http://www.anthemeap.com) – Enter Company code: SWOH EPC Or call 1-800-865-1044
- Available 24/7, 365 days a year for 3 FREE visits of Counseling services, Legal & Financial consultations, ID recovery, Dependent care & daily living resources, Crisis consultation and other anthemeap.com resources.

## BENELOGIC:

- <https://epc-online.benelogic.com/>
- Employee login (first name initial last name with last 4 of SSN) = jsmith1234
- If you have a qualifying status change, submit a change request to change your enrollments, view your change request history, upload documents, and view your current benefits.

## MEDICARE/RETIREMENT BENEFITS:

- [www.retiremed.com/epc](http://www.retiremed.com/epc) or Call 1-877-291-4110

Before retirement, Medicare options, insurance benefit comparisons