



All benefits summaries can be found at epcschools.org under the Health and Benefits tab, search and click on your district.



ANTHEM MEDICAL INSURANCE:

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 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.

PHARMACY / PRESCRIPTIONS:

www.Caremark.com Member service 1-888-202-1654

- **CVS/Caremark mobile app** available to refill or renew 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.
- **Performance Drug List – Standard Control**
 - http://www.caremark.com/portal/asset/caremark_recaprxclaimsdruglist.pdf
- **Advanced Control Specialty Formulary (ACSF)**
 - http://www.caremark.com/portal/asset/Advanced_Control_Specialty_PREFERRED_Drug_List.pdf

CLAIM ISSUES:

Email Benefits@epcschools.org with any questions or concerns on any carrier claim issues.

DENTAL INSURANCE:

www.deltadentaloh.com Member service 1-800-524-0149

- **Delta Dental mobile app** is available to find a dentist, cost estimator, check your coverages and view claims.

VISION INSURANCE:

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:

Email Benefits@epcschools.org for any questions or concerns.

MEDICARE/RETIREMENT BENEFITS:

www.retiremed.com/epc or Call 1-877-291-4110

Before retirement, Medicare options, insurance benefit comparisons

EPC WELLNESS PROGRAMS

HELLO HEART:

www.join.helloheart.com/EPC3 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.

HINGE HEALTH:

<https://www.hingehealth.com/for/epcschools/> Member service 1-855-902-2777

- Hinge Health is for anyone living with joint or muscle pain. Unlimited access to personalized exercises and stretches developed by physical therapists in the Hinge Health app. Get help to overcome pain, recover from an injury, prepare for surgery, and more. Hinge Health program is offered at no cost to you.

STARLING MINDS:

<https://epc.member.starlingminds.com>

- Starling Minds is a digital program to help you better manage stress, anxiety, burnout, depression, and more. Take simple steps to help you lead a healthier, happier life.

WELLNESS FOR CONDITION MANAGEMENT & COACHING PROGRAMS:

Anthem members ONLY – LARK 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 – REAL APPEAL <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.

BENEFITS - CHANGES TO ENROLLMENT

Open Enrollment or Mid-Year Changes can be made through our online portal:

<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.