

# Palomar Community College District OPEN ENROLLMENT PRESENTATION

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INTERPRETING/CAPTIONING SERVICES REQUIRE 5 DAYS ADVANCE NOTICE. For all other accommodation contact <u>benefits@palomar.edu</u> or (760)744-1150 x-2889

# **Added Wellness Benefits through SISC**

These wellness benefits are for people enrolled in one of the district medical plans

Kaiser Member Benefits	Anthem Member Benefits
Kaiser <u>Your Care Your Way</u>	Anthem Membership Discounts (HMO & PPO)
Kaiser Wellness Coaching	MD Live virtual care med/behavioral (HMO & PPO)
Kaiser Total Health Assessment	Vida Health Coaching (HMO & PPO)
Kaiser <u>Telehealth</u>	Anthem Active & Fit
Kaiser Active & Fit	MyStrength through the EAP (HMO & PPO)
MyStrength through the EAP	<u>Teledoc</u> Expert Second Opinion/Advice (HMO&PPO)
Teledoc Expert Second Opinion/Advice	Hinge Health (PPO only)
	Maven Maternity Benefit (PPO only)
	Cancer Diagnosis Benefit (PPO only)

# **Presentation Table of Contents**

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# Overview



### ! PLEASE NOTE! Do you carry a 40% assignment across multiple California Community Colleges?

If you carry a 40% teaching assignment, load, across multiple California Community College Districts you are eligible for Palomar College medical benefits!

Gather the hourly assignment notice(s) for the current semester from each district for upload. Complete the form at the link below and upload each notice into the form.

California Community College PT Faculty Assignment Form

### Medical – 100% District paid premiums (Requires 40% FTE Load)

Anthem HMO for the Employee and Eligible Dependents

Anthem PPO 80E for the Employee and Eligible Dependents

Kaiser HMO for the Employee and Eligible Dependents

Kaiser HDHP/Wex HSA District contributions of \$1,650.03 single / \$3,300.01 2-party & family

Wex HSA funds are deposited in April for spring semester, and October for the fall semester.\*

Anthem & VOYA Employee Assistance Programs for ALL employees and any members of their household

### Medical, Dental, Vision plans – Employee Contributions Required (see page 6 of this document)

Anthem PPO 100A plan for the Employee and Eligible Dependents (Requires 40% Load)

DeltaCare USA dental plan for the Employee and Eligible Dependents (No load requirements)

EyeMed vision plan for the Employee and Eligible Dependents (No load requirements)

<sup>\*</sup> Per the IRS HDHP/HSA Deductible & Out-of-Pocket maximum will reset on January 1st regardless of benefit plan year

# What is New in 2024?



### All current medical, dental, and vision participants must re-enroll with the forms on pg. 29

### "Learn to Live" EAP benefit is available for all district employees (Anthem EAP)

Customized online programs based on Cognitive Behavioral Therapy principles

Program is confidential, accessible anywhere, and employees learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues

Program is divided into eight online lessons, each describing new tools to help participants develop new healthy habits

### New Anthem PPO Benefits (both 80E and 100A)

"No Surprises Act" — Out-of-Network balance billing for emergency services, non-emergency items and services provided by in-network facilities, post-stabilization care at out-of-network facilities until a patient can be transferred to an in-network facility, and out-of-network air ambulance healthcare is no longer permitted under this law.

<u>Maven Maternity Care</u> – Offers 24/7 virtual access to one-on-one maternity and postpartum support. Members are matched with a Care Advocate who connects them to resources. 80E PPO is now 100% employer paid with no employee contribution required.

### **New Kaiser Benefits**

Calm Meditation and Mindfulness smart phone application (kp.org/selfcareapps)

# 2023-2024 Employee Contributions



3 equal payments pay for 6 months of coverage Spring semester payments are March, April, and May for coverage period April – September Fall semester payments are October, November, and December for coverage period October - March

Insurance Coverage	Payment Amount	
Anthem Traditional PPO 100A	Single \$398.00 (paid in Oct/Nov/Dec) 2-Party \$784.00 (paid in Oct/Nov/Dec) Family \$1,100.00 (paid in Oct/Nov/Dec)	
DeltaCare USA DHMO	Single \$36.48 (paid in Oct/Nov/Dec)  2-Party \$65.94 (paid in Oct/Nov/Dec)  Family \$97.38 (paid in Oct/Nov/Dec)	
EyeMed Vision Plan	Single \$21.66 (paid in Oct/Nov/Dec) Employee + Spouse \$41.14 (paid in Oct/Nov/Dec) Employee + Child(ren) \$43.30 (paid in Oct/Nov/Dec) Family \$63.66 (paid in Oct/Nov/Dec)	

The District contributes 100% of the premiums for Kaiser HMO & Kaiser HDHP with HSA, Anthem HMO & Anthem PPO 80E.

# **Medical Plan Options**

## 2023-2024 Plan Year

(Effective October 1, 2023)



Medical
(through SISC III JPA)

- Anthem Blue Cross PPO 100A
- Anthem Blue Cross PPO 80E
- Kaiser Permanente HMO
- Kaiser Permanente HDHP with H.S.A.

# The HMO Plans

# **Key features**

- Primary Care Provider and medical group provide standard medical care
- Service costs are predictable
- Your out-of-pocket costs are usually lower when you get care

# Things to consider

- This plan only covers services from doctors in the health maintenance organization (HMO) plan, for an emergency out-of-network providers are covered as in-network
- Your plan requires you to select a primary care physician (PCP) and medical group (you can change your PCP and medical group on a monthly basis, but you need to contact Anthem or Kaiser before you seek services from the new PCP or medical group otherwise services will not be covered)
- If you need a specialist, you'll have to go through your primary care doctor to get a referral. In most cases, you will be sent to a specialist within the medical group

# **HMO – Care Away From Home**

### Do you have dependents who reside outside of California?

You and your dependents are covered for emergency services anywhere in the US and the world.

### Anthem:

If so, they may be able to enroll for HMO coverage with a partner Anthem Blue Cross plan under their Guest Membership program. The HMO Away From Home Care program gives you Guest Membership if they will be temporarily outside of your service area for at least 90 days in one location.

Memberships are available if there is a participating Plan in your location. If it happens that the area you will be in does not have a participating Plan, the Guest Membership program would not be an option.

### **Kaiser Permanente:**

There are Kaiser Permanente locations in California, Colorado, Georgia, Hawaii, Maryland, Oregon, Virginia, Washington, and Washington D.C. You can get most of the same services you would get in your home area when living temporarily in another Kaiser Permanente service area. Find Kaiser facilities at kp.org/locations.

If you're outside our service area or studying abroad, don't worry — you're still covered for emergency care anywhere in the world. However, you're not covered for routine services received from non-Plan providers — like checkups, preventive screenings, and flu shots.

carrier to
carrier to
discuss the
details before
your dependent
leaves the
services area.

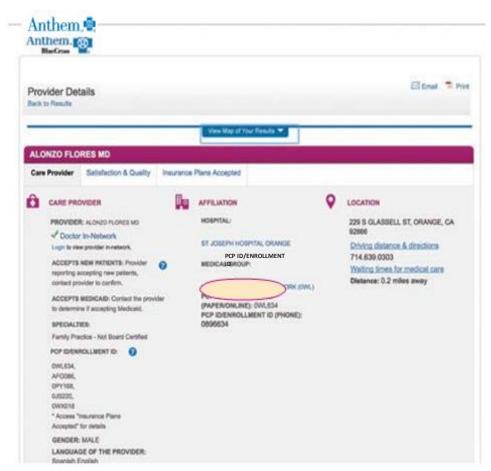
# HMO – How to Find a Primary Care Physician and Medical Group

### Find a network provider

The Anthem HMO network is one of the largest in California, with more than 110,000 physicians and 387 hospitals

It's easy to find a provider online:

- Go to <u>anthem.com/ca/sisc</u>
- Find Care in the menu selection
- Choose the network you are enrolled in; <u>HMO Full</u> Network (California Care)
- You will then be directed to the Anthem website where you can search by specific provider type or location
- If you're looking for a primary care doctor, select the check boxes that say Accepting New Patients and Able to serve as Primary Care Physician (PCP).
- To find your doctor's provider and medical group/IPA number (needed when you enroll in the HMO plan for the first time), select the doctor's name and look for the online enrollment ID.



# **The PPO Plans**

# **Key features**

- Access to many in-network doctors
- You don't need a referral to see specialists
- Out of pocket cost can vary based on the provider's fee for service
- Limited coverage for out-ofnetwork providers

# Things to consider

- The plan covers most services from almost any doctor or hospital, but you pay less when using a doctor from the preferred provider organization (PPO) plan.
- We recommend you visit a contracted/in-network provider for best savings
- Contact Anthem to confirm if services are covered before you visit provider such as labs/urgent care, etc.

# High Deductible Health Plan (HDHP)



Out-of-Pocket Maximum

**Coinsurance** 

**Deductible** 

**Preventive Care** 

Per the IRS - the outof-pocket maximum and deductibles will re-set as of January 1<sup>st</sup> regardless of when the District benefit plan start date is.

Per the IRS code, if you are over the age of 65 and have Medicare part A, B and/or D, you are not qualified for HSA contributions.

# **HDHP – Preventative Care**



Preventive care 100% covered with in-network providers, includes but not limited to:

- Annual exams, routine prenatal and well-child care, and child and adult immunizations
- Preventive (non-diagnostic) screening services
- Eligible preventive medications

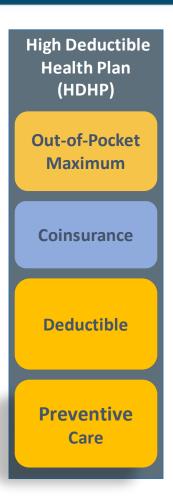
# **HDHP** – Deductible



A specified amount of money that the member must pay before an insurance company will pay a claim:

- The plan summary will note which services are subject to the deductible
- Fee for service information can be obtained from your service provider
- The pharmacy deductible is a part of the medical service deductible

# **HDHP – Coinsurance**



Coinsurance is the percentage of costs a member pays for medical expenses – such as a hospital stay, office visit, medical device, or prescription drug:

- The plan summary will note which services are subject to the coinsurance
- The member will be subject to coinsurance until they have reached their plans out-of-pocket maximum

# **HDHP – Out-of-Pocket Maximum**



This is the maximum amount for medical expenses that the member will be expected to pay out-of-pocket each calendar year:

- The plan summary will note the out-of-pocket maximum
- The out-of-pocket maximum only applies to in-network medical services
- The district plan year runs October through September and the plan out-of-pocket maximum resets every calendar year (a member could possibly be subject to two calendar year out-of-pocket maximums)

# Anthem Medical Plans – High-Level Summary

This is only a brief summary of benefits that reflects In-Network benefits only. Please review the benefit summaries or plan booklets for details, limitations, and exclusions. Plan Booklets will take precedents over this brief summary. Benefits may be subject to change due to mid-year legislative changes.

Benefit Information (amounts listed are for in-network services)	Anthem PPO 100A	Anthem PPO 80E	Anthem HMO Full Network
CALENDAR YEAR DEDUCTIBLE AND OUT-OF-POCKET MAXIMUM (OOPM)			
Individual/Family Deductible Individual/Family Out-of-Pocket Maximums (includes deductible, coinsurance, and co-pays)	\$0 \$1,000/\$3,000	\$300/\$600 \$1,000/\$3,000	\$0 \$2,000/\$4,000
PROFESSIONAL SERVICES			
Preventative Care Services (includes physical exams & non-diagnostic screening) Office Visit/Urgent Care co-pay Specialist/Consultants co-pay Prenatal/Postnatal Office Visit co-pay Scans: CT, CAT, MRI, PET etc. Diagnostic X-ray & Laboratory Procedures	\$0 deduct. waived \$10 \$10 \$10 \$10 \$0 \$0	0% ded. waived \$20 \$20 \$20 \$20 20% 20%	\$0 \$20 \$40 \$20 \$100 per test No charge
HOSPITAL & SKILLED NURSING FACILITY SERVICES			
Emergency Room Visit (co-pay waived if admitted to the hospital) Inpatient Hospital co-pay (preauthorization required) Surgery, outpatient – performed in an Ambulatory Surgery Center (hospital outpatient surgery limitations apply)	\$100 per visit \$0 \$0	\$100/visit + 20% 20% 20%	\$100 per visit \$250/admission \$125
MENTAL HEALTH SERVICES & SUBSTANCE TREATMENT			
Inpatient Care: Facility based care (preauthorization required) Outpatient Care: Physician office visits	\$0 \$10	20% \$20	\$250 /admission \$20
OTHER SERVICES			
Acupuncture & Chiropractic (limits apply) Hearing Aids	\$0 10%(\$700/24 mo)	20% 20%(\$700/24mo)	\$10/30 visits 50%/36 mo
PRESCRIPTION DRUG PLANS			
Pharmacy Out-of-Pocket Maximum Generic co-pay/days supply Brand co-pay/days supply & Specialty Drugs (most specialty items) Mail Order 90 day supply (Generic/Brand co-pay)	\$1500 \$/\$2500 F \$5/\$0 @ Costco \$20 up to 30 days \$0/\$50	\$9/\$0 @Costco \$35 30 days \$35 30 days \$0/\$90	\$9/\$0 @Costco \$35 30 days \$35 30 days \$0/\$90

# Kaiser Medical Plans - High-Level Summary

This is only a brief summary of benefits that reflects In-Network benefits only. Please review the benefit summaries or plan booklets for details, limitations, and exclusions. Plan Booklets will take precedents over this brief summary. Benefits may be subject to change due to mid-year legislative changes.

Per IRS guidelines – Kaiser HDHP/HSA deductible & out-of-pocket maximum will reset to zero as of January 1st regardless of the District benefit plan year.

Benefit Information (amounts listed are for in-network services)	Kaiser HMO Plan	Kaiser HDHP/F INDIVIDUAL	ISA HMO Plan 2+ COVERED	
Employer Annual Health Savings Account (HSA) Contribution [Employer HSA contribution is funded 10/31)	\$0	\$1,650.03	\$3,300.01	
CALENDAR YEAR DEDUCTIBLE AND OUT-OF-POCKET MAXI	МИМ (ООРМ)			
Individual/Family Deductible Individual/Family Out-of-Pocket Maximums (includes deductible, coinsurance, and co-pays)	\$0 \$1,500/\$3,000	\$1500 (\$1700 1/24) \$3000 (\$3400 1/24)	\$3000 (\$3400 1/24) \$6000 (\$6800 1/24)	
PROFESSIONAL SERVICES				
Preventative Care Services (includes physical exams & non-diagnostic screening) Office Visit/Urgent Care co-pay Specialist/Consultants co-pay Prenatal/Postnatal Office Visit co-pay Scans: CT, CAT, MRI, PET etc. Diagnostic X-ray & Laboratory Procedures	\$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0	0% deductil 10' 10' 10' 10' 10'	% % %	
HOSPITAL & SKILLED NURSING FACILITY SERVIO	CES			
Emergency Room Visit (co-pay waived if admitted to the hospital) Inpatient Hospital co-pay (preauthorization required) Surgery, outpatient – performed in an Ambulatory Surgery Center (hospital outpatient surgery limitations apply)	\$100 per visit \$0 \$0	10 <sup>1</sup> 10 <sup>1</sup> 10 <sup>1</sup>	%	
MENTAL HEALTH SERVICES & SUBSTANCE TREATMENT				
Inpatient Care: Facility based care (preauthorization required) Outpatient Care: Physician office visits	\$0 \$0	10 <sup>0</sup>		
OTHER SERVICES				
Acupuncture & Chiropractic (30 visits combined) Durable Medical Equipment (DME)	\$10 \$0	10% Acupuncture 109		
PRESCRIPTION DRUG PLANS				
Generic co-pay/days supply Brand co-pay/days supply Specialty Drugs/days supply Mail Order/day supply (Generic/Brand co-pay)	\$5 up to 100 days \$5 up to 100 days \$5 up to 30 days \$5	\$10/30 days after \$30/30 d \$30/30 d \$20 gen/\$60 brai	days AD days AD	



# DeltaCare USA Dental Plan — High-Level

### Summary

### DeltaCare USA dental plan is an HMO plan.

### How does it work?

- You will need to pick a dentist, or someone will be randomly selected
- You can find a participating primary dentist at <u>www.deltadental.com</u>; Member, Find a Dentist .
- You will receive an ID card with your dentist name. If the dentist name does not match the card, please make sure you contact DeltaCare as soon as possible to make the change before you see the dentist
- You will need to request a referral from your primary dentist for any dental services
- Your and your family members can have different dentists
- Employee will pay a specific copay amount for services (see DeltaCare description of benefits & copayment schedule on the District intranet site

# DeltaCare USA does not have an annual plan maximum

Dental Plan Type/Benefits	Delta Dental DHMO	
	In-Network Only	
Annual Deductible (Individual / Family)	\$0	
Waived for Preventive	N/A	
Annual Plan Maximum	N/A	
Covered Services		
Diagnostic and Preventive Services	Copays vary	
Basic Services	Copays vary	
Major Services	Copays vary	
Crowns and Cast Restorations	Copays vary	
Prosthodontics	Copays vary	
Orthodontia Services		
Orthodontia Maximum	Limited ortho (under 19) Limited ortho (adult) Comprehensive ortho (under 19) Comprehensive ortho (adult)	\$950 copay \$1,150 copay \$1,300 copay \$1,600 copay

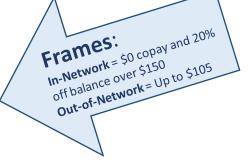
This is only a brief summary of benefits. Please review the benefit summaries or plan booklets for details, limitations and exclusions. Plan Booklets will take precedents over this brief summary. Benefits may be subject to change due to mid-year legislative changes.

# **EyeMed Vision Plan –**

# **High-Level Summary**

This is only a brief summary of benefits. Please review the benefit summaries or plan booklets for details, limitations and exclusions. Plan Booklets will take precedents over this brief summary. Benefits may be subject to change due to mid-year legislative changes.

	EyeMed Vision		
Vision Plan Type/Benefit	In-Network	Out-of-Network Member Reimbursement up to:	
Exam Copay	\$10	Up to \$40	
Frequency:			
Eye Exam	Once every 12 months	Once every 12 months	
Lenses	Once every 12 months	Once every 12 months	
Frames	Once every 12 months	Once every 12 months	
Contacts	Once every 12 months (in lieu of lenses/frames)	Once every 12 months (in lieu of lenses/frames)	
Lenses:			
Single Vision	\$25	Up to \$30	
Bifocal	\$25	Up to \$50	
Trifocal	\$25	Up to \$70	
Lenticular	\$25	Up to \$70	
Standard Progressive	\$80	Up to \$50	
Premium Progressive Tier 1	\$110	Up to \$50	
Premium Progressive Tier 2	\$120	Up to \$50	
Premium Progressive Tier 3	\$135	Up to \$50	
Premium Progressive Tier 4	\$200	Up to \$50	
Contact Lenses:			
Conventional	\$0 copay; \$150 Allowance, 15% off balance over \$150	Up \$150	
Disposable	\$0 copay; \$150 Allowance,	Up \$150	
Medically Necessary	\$0 copay, Paid in Full	Up to \$210	



# **Employee Assistance Programs (EAP)**

### EAP program will be offered through Anthem Blue Cross

- This program will be offered to all employees regardless if you are on Anthem, Kaiser or waived coverage
- It is also available to all employee family members living at home
- All calls and services are 100% confidential

### This program will offer:

- Telephonic, online or in-person counseling
- Counselors address: marital difficulties, alcohol and drug abuse, family/parenting issues, stress management, grief and loss, depression, and other issues. Referrals are provided for long-term counseling or specialized care
- Web-based tools and resources
- Legal and financial counseling

### Contact Anthem EAP

Website: <u>www.anthemEAP.com</u>, enter company code "SISC"

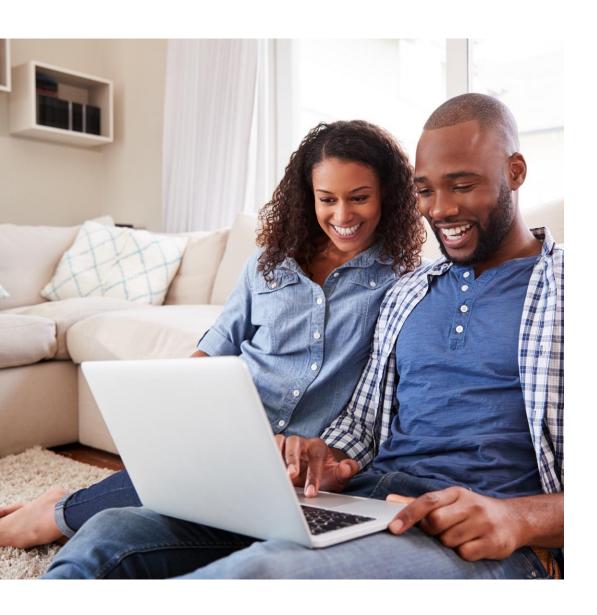
Phone: 800-999-7222

# An additional basic EAP program is offered through Voya/ComPsych at no additional cost to employees or family members living at home

Contact Voya EAP

Website: Online: guidanceresources.com

App: GuidanceResources® Now Web ID: My5848i



# Get help with expenses health insurance doesn't cover

### Product features

- · Individual policies are guaranteed renewable.
- Benefits on individual policies are paid directly to policyholders, unless otherwise assigned.
- · Coverage is portable.
- · Historical rate stability.





### **Accident**

Accidents happen. When a covered accident happens to you, our accident insurance policy pays you cash benefits (unless assigned) to help with the unexpected medical and everyday expenses that can begin to add up almost immediately.



### **Critical illness**

Serious illnesses such as a heart attack or stroke can have an impact on your financial health. Aflac's Lump Sum Critical Illness insurance can help provide peace of mind if you experience a covered health event.



## **Hospital Indemnity**

Even a quick trip to the emergency room can result in costly medical bills that health insurance may not cover leaving you with out-of-pocket expenses. That's where Aflac can help.



Coverage when you really need it. Our Cancer Protection Assurance insurance policies help cover innovative treatments with benefits that care for you as a whole person. Learn how Aflac benefits can help.

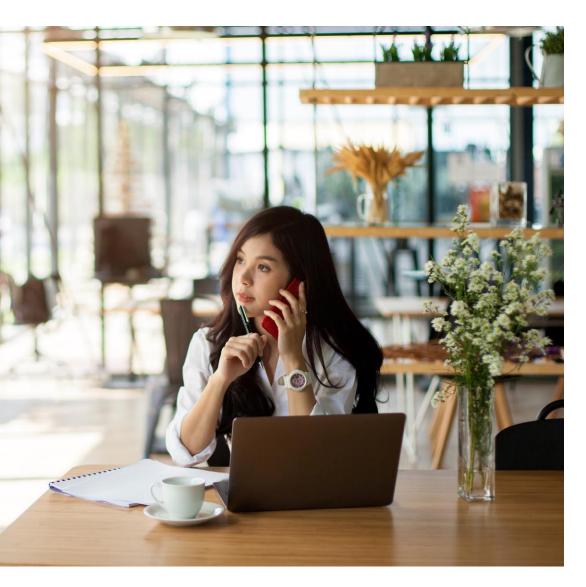


# **Short-term disability**

Illnesses or injuries that keep you from working make it difficult to pay your bills. If you experience a covered disability, Aflac's short-term disability coverage helps provide you with a source of income that can allow you to focus on getting better, instead of on your finances.







# Ready to take the next step to protect your future?

Aflac uses Everwell™ to accept applications over the phone & online. Please schedule a 1 on 1 session with your agent after today's meeting.

Your agent will be available by phone or virtual appointment to answer questions & help you complete the steps to apply for the Aflac insurance policies you choose.





# Getting paid is as easy as 1-2-3 with Aflac

- Visit <u>aflac.com/myaflac</u> or download the **MyAflac mobile app** to register and log in to your account. If you choose not to register, you can file a claim as a guest.
- Enroll in claims direct deposit and file an online claim to get paid quickly.
- File your claim online at <u>aflac.com/myaflac</u> or on the MyAflac mobile app. You may file up to 20 claims within a 24-hour period, and submit claims as far back as 10 years.

Track the status of your claim in the My Claims section on the **MyAflac**<sup>sM</sup> **mobile app** or at **aflac.com/myaflac.** 

Not sure what you need to file your claim? Go to aflac.com/myresources to find out.







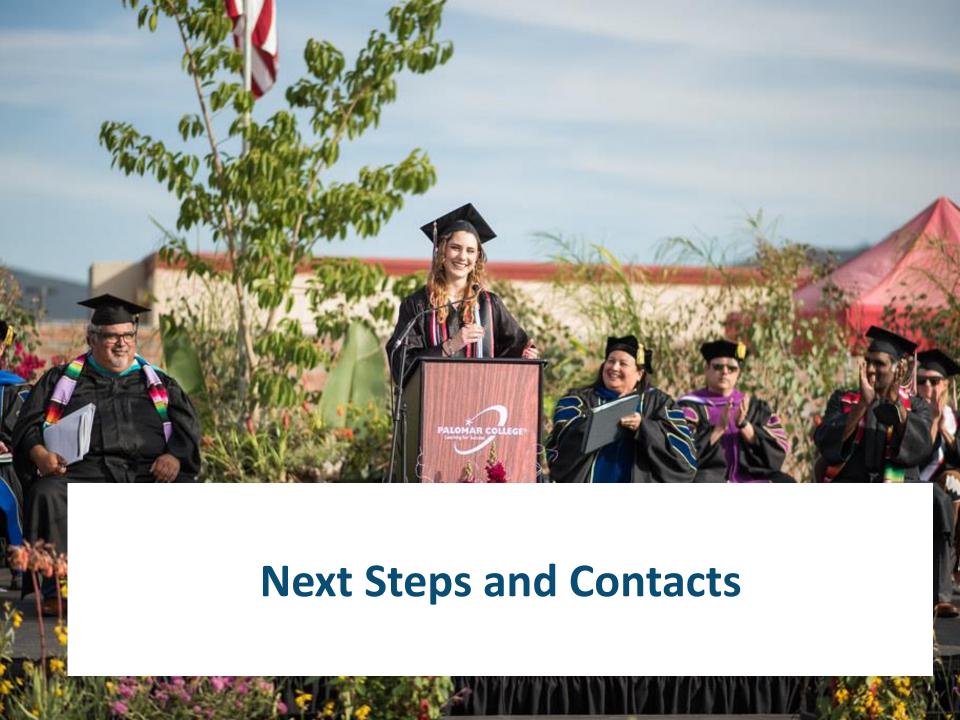
# Need help filling claims?



# Thank you

Jill Krenkler
760-473-8023
jill\_krenkler@us.aflac.com





# Open Enrollment Next Steps

### You must make benefit elections during the published open enrollment period, watch your email!

### REQUIRED: Covered Dependent Proof of Eligibility must be provided to <a href="mailto:benefits@palomar.edu">benefits@palomar.edu</a>

- Marriage: Marriage Certificate AND front page of most recent joint tax filing
- **Domestic Partnership**: State Domestic Partnership Certificate
- Dependent Child/Step-Child (under 26): Birth Certificate, Adoption Certificate, Legal Guardianship documentation
- Overage Disabled Child: Birth Certificate AND most recent tax filing showing the disabled child claimed as a dependent

### Digital Medical Enrollment Forms: (Plan Summaries & Provider Search Tools)

- Kaiser HMO
- <u>Kaiser HDHP</u> (High Deductible) with Employer Funded Wex HSA
- Anthem HMO (must list Anthem HMO provider on the enrollment form, search)
- Anthem PPO 80E
- Anthem PPO 100A (only medical plan that requires employee contribution)

### **Dental and Vision Enrollment Forms:**

- <u>DeltaCare USA DHMO</u> (must list a DeltaCare USA provider on the enrollment form, <u>search</u>)
- <u>EyeMed Vision</u>

### ! IMPORTANT!

Current medical, dental, and vision participants must re-enroll to maintain their insurance coverage.

# Open Enrollment Next Steps (continued)

### ! PLEASE NOTE! Do you carry a 40% assignment across multiple California Community Colleges?

If you carry a 40% teaching assignment, load, across multiple California Community College Districts you may be eligible for Palomar College medical benefits!

Gather the Fall 2023 hourly assignment notice from each district for upload. Complete the form at the link below and upload each notice into the form.

California Community College PT Faculty Assignment Form

### What Will Happen if I Don't Enroll in Benefits

### If you do not re-enroll in the medical/dental/vision plans:

• Coverage(s) will terminate effective April 1st for spring semester and October 1st for fall semester

### **Additional Information**

### Open Office Hours:

Wednesday 2/21/2024, 9am – 4pm (LRC-308)

Wednesday 3/6/2024, 9am-4pm (LRC-208)

Emails will be sent to employees with open enrollment information, links, and vendor information.

Update your address by completing the <u>digital address/name change form</u>

Review materials and resources on the Palomar College Part-time Faculty webpage (<u>links also provided in emails</u>)

# Questions? Please direct questions regarding employee benefits to:

benefits@palomar.edu

## Resources

### Palomar Community College District Benefit Department

Wendy Corbin (760) 744.1150 x-2889 email: wcorbin@palomar.edu Veronica Sadowski (760) 744.1150 x-3053 email vsadowski@palomar.edu

### Anthem Blue Cross of California

 HMO Customer Service
 (800) 227.3771

 PPO Customer Service
 (800) 288.2539

 Costco Mail Order
 (800) 607.6861

Specialty Pharmacy - Navitus (855) 847.3553

www.anthem.com/ca www.navitus.com

### Kaiser California

Customer Service (800) 464.4000 Mail Order Pharmacy (866) 523.6059

www.kp.org

### **EyeMed Vision**

Customer Service (866) 939.3633

www.eyemed.com

### **DeltaCare Dental HMO**

Customer Service (800) 422.4234

www.deltadentalins.com

### **Employee Assistance Program**

Customer Service (800) 999.7222

www.anthemeap.com