## Important Websites for Insurance

**www.vvuhsd.org** Go to Departments. Go to Business Services. Go to District Health Benefit Information and Resources.

https://www.benefitbridge.com/vvuhsd Benefit Bridge is used by the district. It gives you a summary of your benefits only. ALL EMPLOYEES MUST REGISTER OR REREGISTER EVERY YEAR. Why? If the district chooses to change their insurance company this is where you need to sign back up for optional death and disability insurance.

- Change your optional benefits
- Change your beneficiaries
- Add or remove dependents
- Update Info
- Done yearly
- If you have a major life event (Birth, Marriage, etc...) you MUST contact Kathleen Hardy 10205 within 30 days or you will have to wait until open enrollment.

### Blue Shield <a href="https://www.blueshieldca.com">https://www.blueshieldca.com</a>

- If you don't know your username and password you will need your subscriber ID and last four of Social (You can find this on your card) If you don't have your card call **1-855-256-9404.**
- You can go paperless and download all statements online, but you have to enroll online.
- Main page shows all your important info, your medical group, primary care doctor, and who is covered under your plan etc...
- If you have a major life event (Birth, Marriage, etc...) you MUST contact Kathleen Hardy 10205 within 30 days or you will have to wait until open enrollment.

# Kaiser <a href="https://www.kp.org">https://www.kp.org</a> or <a href="https://healthy.kaiserpermanente.org/html/kaiser/index.sht">https://healthy.kaiserpermanente.org/html/kaiser/index.sht</a> ml

- Locate a facility
- Find a Doctor
- If you have a major life event (Birth, Marriage, etc...) you MUST contact Kathleen Hardy 10205 within 30 days or you will have to wait until open enrollment.

# Important Websites for Insurance

# **MES (Medical Eye Service)**

https://mesvision.com Phone: 1-800-877-6372

No Insurance Card is issued - Under Subscriber Social Security Number

#### **DELTA https://deltadentalins.com** Phone: 1-866-499-3001

No Insurance Card is issued - Under Subscriber Social Security Number

#### EXTRA SERVICES

# TELEDOC <a href="https://www.teladoc.com/">https://www.teladoc.com/</a> BLUE SHIELD MEMBERS ONLY 1-800-Teladoc (1-800-835-2362)

Speak with a Dr. 24/7. Can prescribe medication and give advice. After you set up an account online you can download the app on both android and iphones. Cost per phone call is \$10.00, not covered by Blue Shield. This is a voluntary service.

- When you sign up they will ask for your referring party, type in Blue Shield of California. You will need your Insurance ID number (Find this on your insurance card)
- You will have to pay the \$10.00 before your consultation.
- They will ask your patient history, this takes a few minutes.

#### Best Doctors members.bestdoctors.com 866-904-0910 (Blue

**Shield and Kaiser)** Second opinion service. They will take a look at your case and provide a confirmation or recommend a change. **Confidential and Cost free.** Available via phone and internet.

#### If you have a problem, what to do

- 1. Did you speak to your doctor?
- 2. Did you contact your insurance company through the 800 number?
- 3. If you, not your doctor's office, have already spoken with your insurance company and you have a problem you cannot resolve, email Kathleen Hardy at <a href="mailto:khardy@vvuhsd.org">khardy@vvuhsd.org</a> with the following
  - A. All pertinent documentation
  - B. The names of the person or persons you spoke with
  - C. A brief accounting of the problem