



April 2014 Benefits Newsletter



CalSTRS members, "Thinking about retirement"? Set counseling appointment (562) 922-6838.

**Upcoming Events**

- Effective April 1, 2014 SISC III new Pharmacy Benefit – Navitus Health Solutions
- Annual Health & Benefit Fair – April 24, 2014
- SISC Members April 24, 2014 Health Screening schedule appointments at <http://sischelath.com>

**Things you should know**

- Dependent children can remain under a parent’s benefit plan up to turning age 26
- Eligibility updates must be received within 30 days of a qualifying event. Be sure to notify Human Resources.

**Friendly Reminder:** Review/update your employee, payroll and benefit information annually to ensure that beneficiary, address and phone numbers are current.



**IMPORTANT INFORMATION!**

Your Benefit Providers are:

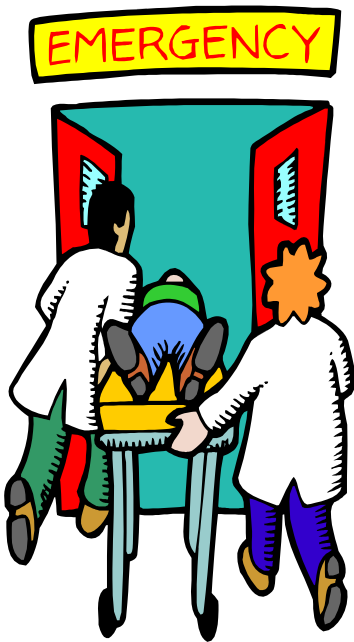
California Valued Trust (CVT)-PPO Blue Cross & Kaiser (Faculty Employees & Retirees)

- Phone: 800-288-9870 Website: [www.cvtrust.org](http://www.cvtrust.org)
- MDLIVE: Physicians & Therapists at your fingertips 24/7 \$5 Copay –Non emergency medical conditions call 1-888-632-2738 or [www.mdlive.com/cvt](http://www.mdlive.com/cvt)
- CVS/Caremark: <http://infor.caremark.com/mobile>
- Free Preventive Services to help keep you Healthy: [www.healthcare.gov/prevention](http://www.healthcare.gov/prevention)
- Valued Options Employee Assistance Program (EAP) 877-397-1032 or <https://www.achievesolutions.net/cvt>
- PPO(CVT) - ER Copay \$75 for each visit to the Emergency Room (Copay waived if admitted as in-patient)
- Kaiser Plans – ER Copay \$35 (Copay waived if admitted as in-patient)

Self-Insured Schools of California (SISC III) PPO Blue Shield of California & Kaiser (Administrators, CMS and Classified Employees and Retirees)

- Phone 800-642-6155 or Website [blueshieldca.com/sisc](http://blueshieldca.com/sisc)
- Find a network provider: [blueshieldca.com/sisc](http://blueshieldca.com/sisc)
- Pharmacy Navitus Customer Care: 866-333-2757, TTY(toll-free)711 or [www.navitus.com](http://www.navitus.com)
- COSTCO Pharmacy: Save money on generic prescriptions \$0 Copay (with SISC PPO member ID card)
- MDLIVE: Physicians & Therapists at your fingertips 24/7 \$5 Copay –Non emergency medical conditions call 1-888-632-2738 or [www.mdlive.com/sisc](http://www.mdlive.com/sisc)

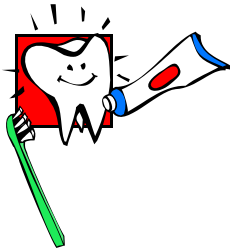
**NOTE:** You can find the newsletter and additional information on benefits on the Human Resources benefits web page. Bookmark this link [www.avc.edu](http://www.avc.edu)



Members can save themselves and the plan money if they choose an urgent care or visit their physician instead of the ER.

**Suggested options instead of ER:**

- Kaiser 24 hour advice nurse or to schedule same or next-day appt. 1-888-515-3500, after hours 1-888-576-6225
- PPO Plan members can call Anthem's 24/7 Nurse-line (number on back of medical card)
- CVS/Pharmacy Nurse line's toll-free number at 866-827-3992
- High Desert Medical Urgent Care, 43839 N. 15<sup>th</sup> St. W., Lancaster, 661-945-5984, Open 24/7.
- Sierra Medical Urgent Care, 39115 Trade Center Drive, Palmdale, 661-273-9550, M-Sun 8 a.m. - 9 p.m. or, 44469 10<sup>th</sup> St. W., Lancaster, 661-945-9411, M - F 8 a.m. - 8 p.m., Sat-Sun 9 a.m. - 5 p.m.



**DENTAL PROVIDER**

- Delta Dental
- Customer Service: 866-499-3001 or [www.deltadentalins.com](http://www.deltadentalins.com)
- For a list of Delta dentists: [www.deltadentalca.org](http://www.deltadentalca.org)

**VISION PROVIDER**

- MES – Medical Eye Service
- Customer Service: 800-877-6372 or [www.MESVision.com](http://www.MESVision.com)
- Order Contact Lenses online go to [www.MESVision.com/Optics](http://www.MESVision.com/Optics)
- Participating Provider near you go to [www.MESVision.com](http://www.MESVision.com)



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