

Eligible Plans: PPO25, PPO40, PPO60, PPO250, PPO Select					
Benefit	For what	Website	Who to Call	Copay	Incentive
Transcarent	Platform to MCSIG benefits	Experience.Transcarent.ai/MCSIG	(855) 586-2744	\$0	Transcarent's app is your one stop to access all of your MCSIG benefits and includes a health guide ready to help 24/7
Acupuncture	Acupuncture Care	blueshieldca.com	(800) 287-1442	\$0	\$2,000 per year coverage, per person
Altas Everside Health	Primary Care & Behavioral Health Services	members.eversidehealth.com	(866) 808-6005	Plan copay	Virtual & in-person appointments, pediatrics, access to care team 24/7, same/next day appointments, behavioral health for adults & children <small>NOTE: this is an in-network provider and normal plan design charges apply</small>
Blue Shield	Search for providers, access virtual ID card	blueshieldca.com	(800) 287-1442	\$0	View or print your member ID card instantly, check year-to-date totals, view claims, search for providers, quick access to all Teladoc benefits
Brightline	Behavioral Health Benefit for Families	hellobrightline.com/MCSIG-join	(888) 224-7332	Plan copay	Behavioral health care for kids and teens (18 months to 17 years old), and support for parents and caregivers
Chiropractic Health Plan of Ca.	Chiropractic Care	chpc.com	(800) 995-2442	\$10	Low co-pay for each visit
Express Scripts	Prescription Home Delivery	Express-Scripts.com	(800) 698-3757	\$0 Generic	Generic prescription drugs for free up to 90 day supply.
Health Education Class Subsidies	Discounted rates on health educational classes	mcsig.com	(831) 755-0161	Varies	50% of health education classes are paid by MCSIG with at least 80% participation. Visit mcsig.com for a complete list of classes
MetLife (EAP)	Employee Assistance Program (EAP)	metlifegc.lifeworks.com	(888) 319-7819	\$0	Up to 5 sessions with a therapist. Resources for end-of-life issues, help after the death of a loved one, funeral assistance, legal and financial consultations
Wellness Coaching Services	Personalized wellness coaching			\$0	Goal-setting consultation and personalized program with follow-up calls with your coach
Financial Counseling	Financial services			\$0	Unlimited consultations with financial counselors, at no cost
Legal Consultation	Legal services			30 min. consult	One free 30-min office or telephone consultation per separate legal matter with an attorney. If retained, you may receive 25% off normal hourly rate.
Childcare and Eldercare	Finding the right care for your child or aging loved one			\$0	Speak to childcare and eldercare experts on your situation and needs
Daily Living	Resources for your daily chore needs			\$0	Receive 3 to 5 referrals with complete contact information by an expert consultant
Identity Theft Recovery	Identity theft services			\$0	Certified consumer credit counselor will assess and create an action plan
Online Legal Tools	Downloadable legal forms			\$0	Free
MetLife (Life Insurance)	Life Insurance & AD&D		(831) 755-0161	N/A	Active Members: \$25,000 Life insurance coverage & Accidental Death and Dismemberment insurance with all MCSIG medical plans. Retirees: \$5,000. See your Benefit Representative to change beneficiary selections.
Mood with Salinas Valley Health	Online mental health clinic	Mood Health	(619) 639-9738	Plan copay	Therapy, psychiatry, and medication management. Ages 18+
MSJ+Today	Orthopedic Urgent Care	MSJ.Today	(831) 648-7265	Plan copay	Orthopedic Urgent Care Mon-Fri 9 am to 8 pm & Sat-Sun 10 am to 7 pm. Note: this is an in-network provider and normal plan design charges apply
Teladoc Benefits	Talk to a board certified doctor 24/7	teladoc.com	(800)-TELADOC	\$0	Convenience and no-copay
General Medical	Talk or video with a doctor, 24/7	or by logging into		\$0	24/7 virtual doctor visits, and prescriptions when medically necessary (RX copay applies)
Dermatology	Receive treatment plan within 2 days	blueshieldca.com		\$0	Dermatology services and communication takes place through the message center
Transcarent	Single sign-on platform to MCSIG benefits	Experience.Transcarent.ai/MCSIG	(855) 586-2744	\$0	Transcarent's app is your one stop to access all of your MCSIG benefits and includes a Health Guide ready to help 24/7
Telehealth	Chat, talk or video with a doctor in under a minute, 24/7			\$0	24/7 virtual doctor visits, and prescriptions when medically necessary (RX copay applies)
Surgery Care	Planned surgeries: Bariatric, Cardiac, General, Orthopedic, Spine, Women's Health			\$0	Care Allowance \$500 to \$4,500 for out of Monterey county surgeries. Care Coordinators guide you through the surgery process from beginning to end. Note: PPO60, no cost after deductible is met
Health Guides	Certified coaches, wellness educators and advocates			\$0	Benefit guidance, personalized coaching, stress management, or booking of appointments with in-network doctors
Virtual Physical Care	Physical therapy for chronic back, neck or joint pain			\$0	Recover at home with a virtual program supported by a personal physical therapist.
Expert Medical Guidance	Expert second medical and surgical opinions			\$0	Talk to top doctors to get the right diagnosis and treatment options for your needs.
TruHearing	Hearing aid discounts	truhearing.com/vsp	(877) 396-7194	\$45	Save up to 60% on a pair of hearing aids, dependents and extended family members are eligible too.
Wellvolution	Innovative digital health network	wellvolution.com	(866) 671-9644	\$0	Programs with accessible apps based on the latest in science and lifestyle medicine to help members improve their health
Disease Prevention Program	Lose weight and lower risk of Type 2 diabetes			\$0	Free customized tools and health coaching with the following providers: Weight Watchers, Pulse, restore health, betr, habitnu (no monthly charges)
Behavioral Health	Video therapy & psychiatry sessions, including coaching			Plan copay	Video therapy and psychiatry sessions are available within days for a copay—real-time behavioral health coaching at no cost.
Condition-specific Program	Treat diabetes, hypertension, obesity and heart disease			\$0	Use vetted methods to help control Type 2 diabetes and limit risk of chronic disease. Programs: betr, vira and monj
Tobacco Cessation	Quit smoking			\$0	Break the habit with tested strategies that help beat nicotine cravings and addiction. Program: Clickotine (no monthly charges)
COMPLETECARE REIMBURSEMENT PROGRAM & KAISER PERMANENTE:					
Benefit	For what	Website	Who to Call	Copay	Incentive
MetLife (EAP)	Employee Assistance Program (EAP)	metlifegc.lifeworks.com	(888) 319-7819	\$0	Up to 5 in-person or telephonic sessions with a licensed LifeWorks counselor. Resources for end-of-life issues, help after the death of a loved one, funeral assistance, legal and financial consultations
MetLife (Life Insurance)	Life Insurance & AD&D		(831) 755-0161	N/A	\$25,000 Life insurance coverage & Accidental Death and Dismemberment insurance with all MCSIG medical plans. Change forms to update beneficiary can be downloaded from mcsig.com ; provide to your Benefit Representative.