

### **ABOUT US**

The Local Government Health Insurance Plan (Plan) has been providing exceptional and affordable health insurance benefits for local government entities in Alabama since 1993.

### **AFFILIATED WEBSITES**

Local Gov: www.lghip.org

Blue Cross and Blue Shield of Alabama:

www.bcbsal.org

OptumRx: www.optumrx.com Southland: southlandbenefit.com Blue365: blue365deals.com/BCBSAL

### **HEALTH PROGRAMS**

Type 2 Diabetes Management: Virta Health Weight Management: Wondr Health Exercise Therapy Program: Hinge Health

# **%**

### Blue365

Employees with our insurance coverage through Blue Cross Blue Shield have access to a variety of discounts.

- Fitbit
- Garmin
- Skechers
- Echelon Fitness
- Les Mills
- Obe Fitness
- + discounted gym memberships

blue365deals.com/BCBSAL

## Local Gov Health & Wellness

Benefits for Active Employees and Non-Medicare Retirees BCBS Group 30000



### Blue Cross and Blue Shield of Alabama

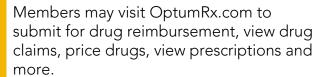
Active employees and non- Medicare retirees enrolled in the Plan have their health and dental coverage with Blue Cross and Blue Shield of Alabama.

www.bcbsal.org | 1-800-321-4391



### **OptumRX**

Active employees and non-Medicare retirees enrolled in the Plan have OptumRx as their pharmacy benefit manager.



optumrx.com | 1-844-785-1603 Optum Specialty: 1-855-427-4682 specialty.optumrx.com





Active employees and non-Medicare retirees enrolled in the Plan have Southland for their vision and dental coverage. The voluntary vision and dental plans can be purchased individually or together, with or without medical coverage.

Southland subscribers also have access to a hearing discount through TruHearing.

southlandbenefit.com | 866-327-6674









# MEDICARE RETIREE BENEFITS

Our program offers a custom UnitedHealthcare Group Medicare Advantage (PPO) plan for all eligible retirees and their Medicare-eligible dependents. This plan has been exclusively designed for the Plan's retirees.

Dental coverage, if offered through their former employer, is with Blue Cross and Blue Shield of Alabama.

### **AFFILIATED WEBSITES**

UnitedHealthcare: https://retiree.uhc.com/lghib

### **HEALTH PROGRAMS**

Fitness Program: Renew Active Weight Management: Real Appeal Virtual Wellness Coaching: Rally Coach Health Rewards: UHC Rewards



## Local Gov Health & Wellness

Benefits for Medicare Retirees UnitedHealthcare Group 15504



### Healthy at Home

With UnitedHealthcare Healthy at Home, you are eligible for the following benefits up to 30 days following all inpatient and skilled nursing facility discharges:

- 28 home-delivered meals
- 12 one-way rides to medically related appointments and to the pharmacy
- 6 hours of non-medical personal care



### **HouseCalls**

The HouseCalls program provides you with a yearly in-home check up to help stay on top of your health between regular doctors' visits. This program is free of cost.

With a HouseCalls visit, a licensed health care provider will perform a head-to-toe exam, health screenings, review your health history and current medications, help identify health risks, and provide health education.



#### **Virtual Visits**

With Virtual Visits, you're able to video chat with a doctor or behavioral health specialist from your computer, tablet, or smartphone anytime, day or night. You can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy. Virtual visits are good for:

- · Cough/Cold
- Fever
- Pink eye
- Rash
- Seasonal flu
- Sinus problems
- Sore throat



