



LOCAL GOV

health + wellness

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

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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.

Members may visit OptumRx.com to submit for drug reimbursement, view drug claims, price drugs, view prescriptions and more.

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



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



Southland

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



P.O. Box 304901
Montgomery, AL 36130



(334) 851-6802
1-866-836-9137



www.lghip.org
LGHIBAnnouncements@lghip.org



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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



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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



1-866-950-6558



<https://retiree.uhc.com/lghib>