



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

Prime Therapeutics: myprime.com

Southland: southlandbenefit.com

Blue365: blue365deals.com/BCBSAL

HEALTH PROGRAMS

Type 2 Diabetes & Prediabetes Management:

Virta Health

Weight Management: Wondr Health

Exercise Therapy Program: Hinge Health

Virtual Healthcare Provider: Doctor on Demand

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 (if offered through their former employer) with Blue Cross and Blue Shield of Alabama.

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



Prime Therapeutics

Prime Therapeutics is the pharmacy benefit manager for active employees and non-Medicare retirees enrolled in the LGHIP. Members may visit MyPrime.com to find a pharmacy, compare pricing, review drug interactions, view claims history, review plan information, and more.

myprime.com | 800-321-4391
Specialty Pharmacy: Accredo



Blue365

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

- Gym memberships
- Fitness gear
- Fitness equipment
- Healthy eating options
- Personal care
- Family & pets
- Hearing & vision

blue365deals.com/BCBSAL



Southland

Active employees and non-Medicare retirees enrolled in the Plan have Southland for their vision, dental, and cancer 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



LOCAL GOV

health + wellness

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



1-866-950-6558



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