

Fall 2020

Valueline

For more than 35 years, CVT has focused on providing responsive service and a variety of options at competitive prices. Today, we are working as hard as ever to remain the right choice for our districts, chapters and members. Valueline is prepared by CVT for the leadership of our member districts, chapters and labor representatives. Your members'/employees' comments or suggestions for the content are appreciated. Please send them to memberservices@cvtrust.org.



How Can District Administrators Help Their Employees?

Now, more than ever, employers are looking for effective resources to help their valued employees manage the challenges, uncertainties and stresses that seem to be coming from all directions. At CVT, we want to help our participating districts provide these needed resources to employees and their families to help support their emotional wellbeing. Simply, emotional wellbeing is the ability to successfully manage life's stresses and curve balls and successfully adapt to life's challenges. To assist you, CVT has created this [Emotional Wellbeing Toolkit](#) full of helpful resources for district administrators.



Beacon Health Options: Beacon Health Options is your Employee Assistance Program (EAP) offered through CVT. EAP is a great starting point for emotional wellbeing services. Beacon provides employees access to confidential support for work and life, as well as a broad set of training topics for managers and employees. While Beacon offers administrators the helpful resources listed below, you can always call Beacon Health Options at **(877) 397-1032**.

- **EAP 101 Administrators and Managers** (video): Learn what an Employee Assistance Program is, how it can help you and your employees and how to use it.
- **How EAP Consultants Can Help Administrators and Managers** (multiple resources).
- **Seminar Training Catalog:** Topics include stress management, team building, finance management, workplace effectiveness and more.
- **Training Request Form:** Administrators wanting to request trainings must complete this form.
- **Critical Incident Response (CIR):** These are urgent requests for counseling services at the school district based on an event such as a death, wildfire related distress or other time sensitive need. Please call **(877) 397-1032**.
- **EAP Management Referral Process:** Learn about the steps needed to refer your employee to EAP.



Blue Shield of California:

- Your Health and Wellbeing (PPO) and Achieve your goals with Wellvolution (HMO)



Anthem Blue Cross (PPO/HMO):

- The Emotional Health Kit



Sutter Health | Aetna (EPO):

- Wellbeing Toolkit and Your Good Health Starts Here



Kaiser Permanente:

- Self-Care Tips, Tools and Activities

These services are available at no cost to CVT members and their school districts. If you need additional information or have questions about where to start, contact Health Program Manager, Robin Wood at robinw@cvtrust.org or call your Account Manager at **(800) 288-9870**.

Getting a Flu Shot Is More Important Than Ever

As our communities prepare for the upcoming flu season and continue to deal with COVID-19, we must continue to raise public awareness about the importance of getting a flu shot.

We are urging everyone to get vaccinated because the influenza vaccine remains the most effective prevention against contracting the disease and its complications,” Dr. David E. Bronstein, a pediatric infectious disease specialist with Kaiser Permanente Antelope Valley, said in a prepared statement. “Catching the flu will compromise your immune system and potentially make you more vulnerable to contracting COVID-19 and other infectious diseases, which would result in dire consequences to your health. The flu is preventable, and the flu shot is our best defense against it.”

In addition to encouraging your employees to wash their hands thoroughly and often, keep their distance from others especially if someone is sick and wear a mask, getting the flu shot is one of the best ways they can protect themselves.



**Be Safe.
Stay Healthy.
Wear a Mask.**

An Important Message
from CVT

ConsumerMedical Provides Free, Expert Guidance

CVT has partnered with ConsumerMedical to offer you best-in-class support for your medical care. ConsumerMedical's expert team of doctors, nurses and researchers offer personalized, one-on-one support to help you make medical decisions with confidence. CVT is pleased to offer this free benefit to all active and non-Medicare retiree members and their eligible dependents who have coverage through their PPO plan.



Member Testimonial

Vicki* was diagnosed with Degenerative Disc Disease in her early forties. Her lower back ached as her spinal discs were slowly breaking down. She tried to manage the pain with medication and rest, but it was getting worse. In early 2019, her back hurt daily and she eventually started feeling pain down her leg. She knew it was time to make a change.

Having just received a promotional email from ConsumerMedical, Vicki decided to call. She was interested in learning about different available treatment plans because her doctor had mentioned surgery as an option. ConsumerMedical provided extensive information on her low back pain, different treatment options and a list of questions she could ask her doctors. The team also sent her lists of orthopedic spine and pain medicine specialists she could call for a second opinion.

Vicki visited a physician recommended by ConsumerMedical and decided to change to the new doctor and hospital. She opted for steroid injections instead of surgery. "The information [from ConsumerMedical] was super helpful in explaining the different options and giving me physician recommendations," said Vicki. "It has been great to have a nurse and support to help throughout this process."

*Name and identifying details have been changed for privacy reasons.

In addition to helping you and your family get the best care possible, ConsumerMedical also provides resources to help navigate the stresses and impacts of illness or injury. Visit cvtrust.org/consumermedical for details or contact ConsumerMedical at **(888) 361-3944** Monday - Friday, 5:30 AM - 8:00 PM to get free, expert guidance for any medical condition.

New Partnership Promises Enhanced Services for Blue Shield of California PPO Members

California's Valued Trust is pleased to announce that as of January 1, 2021, it will be entering into a new administrative arrangement with Blue Shield of California (BSC). In an effort to simplify and enhance the overall member experience, CVT will transition administrative operations from HealthComp to BSC.

What Does This Mean to CVT Members?

Members will receive new ID cards and access to BSC's Connect Concierge Program, which features an upgraded customer care experience, including extended service hours Monday–Friday, 5 AM–8 PM.

In addition, BSC PPO members will gain access to tools and apps within Wellvolution, a lifestyle program that offers members a personalized approach to a variety of wellness topics that may be of interest to them.

BSC PPO members should expect to receive their benefit guides in early December and their new ID cards in mid-December. It will be very important for members to share their new ID cards with any medical and/or pharmacy providers.

To learn more about this enhanced service arrangement, subscribers should call our **Member Services Team** at **(800) 288-9870**.



Pay \$0 for Specialty Medications with the PrudentRx Copay Program

We all know that the cost of prescription medications is rising. This is especially true of specialty medications. CVT's priority is to make sure your employees can continue to access the medications they need at an affordable cost, while also managing costs for the plan.

It's because of this that we are excited to share important changes to the prescription benefit plan through CVS/Caremark that will start January 1, 2021. CVT will be working with PrudentRx to offer a program that can save your employees money and reduce their out-of-pocket cost for certain specialty medications to \$0.

As part of this prescription plan, The PrudentRx Copay Program allows members to get all of their specialty medications at no cost to them. That means if they are enrolled in the PrudentRx Copay Program, their out-of-pocket cost for specialty medications will be \$0 when filled at CVS Specialty. If they do not enroll in the PrudentRx Copay Program, they will be subject to a 30% coinsurance for specialty medications. The PrudentRx Copay Program is applicable to CVT pharmacy plans A, B, C, D, V and Bronze. SilverScript pharmacy plans will not include the PrudentRx Copay Program.

Contact **CVT Member Services** at **(800) 288-9870** for additional information or questions.

CVT Welcomes New Members!

California's Valued Trust is pleased to announce the following districts have joined hundreds of other districts and chapters in offering their employees more options and choices with quality healthcare through CVT's robust plans.

School District	Employee Units
Alpine County Office of Education	Classified
Alpine Unified School District	Classified
Gonzales Unified School District	Management/Confidential
Mendocino-Lake Community College	Certified, Classified, Management/Confidential, Trustees
Palo Verde College	Administration
Siskiyou County Office of Education	Classified
Spreckles Union School District	Classified, Management/Confidential
Upper Lake Unified School District	Certified, Classified, Management/Confidential, Trustees
Washington Union School District (Salinas)	Classified, Management/Confidential
Yreka Union High School District	Certified, Classified, Management/Confidential, Trustees



Meet the Team Behind the Scenes

CVT welcomes Ron Ballecer as our new Marketing Communications Manager. Ron brings extensive marketing experience to our team, specializing in data-driven marketing strategies and purposeful corporate communications. His industry experience includes healthcare and not-for-profit organizations, among others, making Ron a perfect match for California's Valued Trust.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (800) 288 9870.

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