Accordant®
Health Management Program

Accordant®, a CVS Caremark™ company, is a care management program designed to support our PPO members and dependents with complex chronic conditions including:

- Amyotrophic Lateral Sclerosis (ALS)
- Chronic Inflammatory Demyelinating Polyradiculoneuropathy (CIDP)
- Crohn’s Disease
- Cystic Fibrosis
- Dermatomyositis
- Gaucher Disease
- Hemophilia
- HIV
- Lupus
- Multiple Sclerosis (MS)
- Myasthenia Gravis
- Parkinson’s disease (PD)
- Polymyositis
- Rheumatoid Arthritis RA
- Seizure Disorders
- Scleroderma
- Sickle Cell Anemia
- Ulcerative Colitis

Visit www.accordant.com for more information or call (800) 948-2497 to confirm eligibility and enroll today.

A member, spouse or domestic partner may be eligible for reduced pharmacy co-payments for certain condition-related prescriptions when enrolled or engaged with a nurse in an approved Accordant® health management program or the Anthem Condition Care Program. Does not apply to members enrolled in Medicare/SilverScript.

Beacon Health Options
Employee Assistance Program

The Employee Assistance Program (EAP) through Beacon Health Options is provided free of charge to all subscribers with CVT PPO or HMO medical coverage. The EAP provides confidential assistance to help with personal and professional goals, manage daily stresses and develop fulfilling relationships.

Services include confidential face-to-face, online video or phone counseling sessions with an experienced, licensed counselor. Also available are legal, financial and work/life services. To access EAP benefits, go to www.achievesolutions.net/cvt or call (877) 397-1032. Each member must call Beacon Health Options for authorization and referral before receiving services. Claims will not be paid without an authorization.

Questions? Contact your District office or call CVT Member Services at (800) 288-9870.

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Credible Mind

While California’s Valued Trust provides a robust set of resources aimed at our members’ physical health, we also recognize that mental health, emotional well-being and spiritual growth as all just as important. Because of this, CVT has partnered with CredibleMind, which is a safe, evidence-based first stop where our members can find solutions to a wide range of issues. It’s an upstream prevention tool that meets members where and how they like to learn.

Through the CredibleMind platform, you can:
- Search for resources in more than 100 topics, such as anxiety, depression, stress, sleep, meditation, and meaning and purpose.
- Find the kinds of resources that fit your learning style (apps, podcasts, videos, articles, books, and much more).
- Find evidence-based approaches that are known to help with various mental health and spiritual growth issues – for example, to reduce anxiety good exercise and sleep hygiene, as well as creative activities like music and painting can help reduce symptoms.
- Take assessments to learn more about yourself.

MDLIVE®

As a PPO or HDHP plan subscriber or eligible dependent, you can use MDLIVE® for around-the-clock on-demand access to a national network of board-certified doctors who can diagnose, recommend treatment, and prescribe medication, if appropriate. With MDLIVE®, you can speak to a doctor anytime, anywhere through secure video or phone.

You can turn to MDLIVE® if you are considering the emergency room or urgent care for non-emergency issues when your primary care physician is not available. MDLIVE® can help you when you’re at home, at work, or on-the-go.

While MDLIVE is not intended to replace your primary care doctor, a virtual doctor’s appointment can often be a faster, more affordable, and more convenient alternative to a trip to a doctor’s office, urgent care, or the emergency room.

There is a $0 copay for PPO members and a $40 per consultation fee for HDHP members, which is subject to your deductible/coinsurance.

MDLIVE® Dermatology Services

MDLIVE services include MDLIVE virtual dermatology services. This service gives members access to the largest national network of leading board-certified dermatologists who at the phones and treat more than 3,000 skin, hair and nail conditions online including rashes, acne, Eczema, suspicious spots and moles, warts and other abnormal bumps, Rosacea, Psoriasis, Alopecia, insect bites, cold sores and more. Save time and money by using MDLIVE with mobile app, video or phone – day or night. Call (888) 632-2738 or register at mdlive.com/cvt. The MDLIVE App is now available at www.mdlive.com/getapp for iPhone and Android OS.

MDLIVE® Behavioral Services

MDLIVE offers (non-Medicare) PPO and HDHP members virtual behavioral health services to give you access to caring, compassionate counselors, and psychiatrists by appointment via secure video. They provide affordable, confidential virtual treatment for a variety of behavioral health needs such as depression, anxiety, trauma and loss, substance use and more. In most cases, consultation fees are the same as your physician office visit.

SolerA4Me

SolerA4Me is a preventive healthcare benefit for Anthem Blue and Shield of California PPO and HMO subscribers. It is a lifestyle change program that can help you lose weight, adopt healthy habits and reduce your risk of developing diabetes. The program is 16 weeks and is available at no charge to members who qualify.

Visit solera4me.com/cvt and take the 1-minute quiz to see if you qualify.

Activate Your MDLIVE Account Today!

Start today by calling (888) 632-2738 or registering at www.mdlive.com/cvt. The MDLIVE App is now available at www.mdlive.com/getapp for iPhone and Android OS.

We’re Here for You

Outstanding and responsive member service is a top priority for California’s Valued Trust (CVT). There are many ways to connect to us because we’re here to answer your questions and help you navigate your healthcare plan and options. This brochure is one of many in CVT’s Know Your Benefits series created to provide information and resources to help you make more informed decisions. The complete series of Know Your Benefits brochures are available at CVTrust.org/resources.

Additional resources available on CVTrust.org include:
- Medical and Pharmacy Benefit Calculator – Compare the benefits and out-of-pocket expenses between plans
- Summary of Benefits and Coverage – Outline of your plan’s coverage and benefits
- Glossary of Terms – List of helpful healthcare terms and definitions
- Videos – Visit our YouTube channel at Youtube.com/CVTrust for fun and informative videos about healthcare, benefits, and services that CVT offers

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**Fit for Life Well-Being Program**

“Fit for Life” is a CVT initiative designed to help districts and members leverage healthy lifestyle opportunities. Promoting well-being and health education continue to be at the forefront of our program offerings in providing quality health benefits to our districts and members.

CVT, in partnership with our vendors, provide health and well-being services including district-wide, on-site biometric health screenings, flu shot clinics and seminars on various topics ranging from stress management to financial strategies. These events provide members with valuable medical information, promote healthy lifestyles, work-life balance and provide preventive education to members who want to continue improving their health.

Take advantage of these valuable health events when they become available during the year at your school district.

Visit www.cvtrust.org/fit-for-life for program information or contact CVT Member Services at (800) 288-9870 for details about activities available at your district during the year.

**MDLIVE®**

California’s Valued Trust offers the TruHearing Select Program for all members and their eligible dependents with 24/7/365 access to U.S. board-certified doctors and pediatricians by phone or online video. There is a $0 copay for Blue Shield of California HMO members. Get started by setting up your account at teladoc.com/bsc or call (800) 835-2362.

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**Teladoc**

Teladoc offers the Teladoc Select Program for all members with PPO and HMO medical coverage. While hearing aids normally cost $2,000 to $3,000 per aid, members will have coverage on brand name hearing aids through Teladoc for as little as $699 per aid.

All exams and hearing aid purchases must be made through TruHearing. To learn more or set up an appointment with a provider near you, contact a TruHearing Hearing Consultant at (844) 300-0134 or go to TruHearing.com/Select.

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