

Your Checklist for 2019

During and after open enrollment, you'll have decisions to make and actions to take. This checklist can help guide your attention to key choices and tasks to keep in mind during this time.

During Open Enrollment

October 25—November 20, 2018

- ✓ You'll want to consider all your health coverage options. If you're not already a UC Blue & Gold HMO member, you may want to confirm that your primary care physician and behavioral health provider are in the network. Please be sure to select your primary care physician at your time of enrollment. Here are some tips to make sure you're prepared:
 - Visit www.healthnet.com/uc and click on *Find a Doctor* to find an in-network medical provider near your home or work, or call your dedicated Health Benefit Navigator team toll-free at **1-800-539-4072**, Monday through Friday, 8:00 a.m. to 8:00 p.m. PT. We'll be happy to help you find a provider to meet your needs.
 - To access the MHN online behavioral health ProviderSearch, visit www.healthnet.com/uc and click on *Behavioral Health – MHN*. If you need to change your doctor, work with your current doctor or behavioral health provider to transfer your medical records to your new doctor.
 - Get enough refills of any ongoing medications to last through early 2019.
- ✓ If your current behavioral health provider is not part of the MHN network for 2019, you can request continuity of care from MHN, which may allow you to continue seeing your current provider for a period of time, or facilitate your transition to an MHN in-network provider if continuity of care is not possible. Call our Customer Service team at **1-800-663-9355**, Monday through Friday, 8:00 a.m. to 8:00 p.m. PT.
- ✓ Add or drop dependents from coverage through AYSO or UCPath, if needed.

Before December 31, 2018

- ✓ Watch for new ID cards in the mail. You and each covered dependent will get a separate ID card in the mail. Your card will display your medical, behavioral health and prescription drug coverage, as well as your selected primary care physician. Remember to replace your old card with your new one.

On/After January 1, 2019

- ✓ Explore www.healthnet.com/uc, which gives you 24/7 access to the user-friendly tools, functions and health information you need most, including:
 - Personalized wellness, specialty and condition management programs.
 - Teladoc, our telehealth program — perfect for when you're on the go and can't always make it to a doctor's office.
 - Benefit details and copayments, *Evidence of Coverage* (EOC) and prior authorization list.
 - And too much more to list here — go check it out!
- ✓ If you are changing providers, make an appointment with your new primary care physician or behavioral health provider to establish yourself as a new patient and get new prescriptions as soon as possible.
- ✓ Show your new ID card to your doctor and pharmacy at your next visit.
- ✓ Set up your new Teladoc account.
 - Call **1-800-835-2362** (also printed on your ID card).
 - Visit www.teladoc.com/uc and click on *Set up your account*.