

Health Plan Information

(ID Cards, Labs, Co-pays, Rx's & Other Tips)

FLORIDA BLUE: PPO 3359 Gold and PPO 5774 Silver www.floridablue.com / 1-800-FLA-BLUE (352-2583)

ID Cards - Once you enroll, your medical ID card will be mailed to you.

Lab work – Members should use **Quest Labs** for in-network benefits.

Prescriptions – You may use any pharmacy to fill prescriptions, **except** pharmacies owned by CVS (Target). For prescription co-pays, please refer to the FCSRMC Benefits Comparison. Save time & money and use PrimeMail, Florida Blue's online mail order pharmacy and get a 90-day supply of prescription medication for 2x retail co-pay (versus 3x your copay at the pharmacy).

Medical Visit Co-pays PPO 3359 Gold~Primary Care>\$50; Specialist>\$70; Preventative Care>No Charge
PPO 5774 Silver~Primary Care>\$70; Specialist>\$100; Preventative Care>No Charge

TelaDoc - 1-855-221-0370 Access 24/7/365 to Teladoc's nationwide network of board-certified physicians is available via phone, video or mobile app for general health consultations-\$0 General Medicine, \$10 Dermatology, \$0 Behavioral

Nurse Advice Hotline – 1-877-789-2583 – ask an RN questions about health concerns

Register and log-in to your portal for additional information.

FLORIDA HEALTH CARE PLAN: HMO TS3 Gold and TS4 Silver www.fhcp.com / 386-615-4022 or

ID Cards - If you enroll, your medical ID card will be mailed to you.

Lab work – Members need to use **FHCP labs or Quest Labs** for all lab work.

Prescriptions – Members use an **FHCP Pharmacy** for prescription medications. For prescription co-pays, please refer to the FCSRMC Benefits Comparison. Generic \$3, Non-Preferred Gen (FHCP) \$10, Brand \$30, Non-Preferred \$55, RX Specialty \$250.

Medical Visit Co-pays – HMO TS3 Gold~Primary>\$30; Specialist>\$50; Preventative Care>No Charge
HMO TS4 Silver~Primary>\$40; Specialist>\$65; Preventative Care>No Charge

Doctor on Demand - www.doctorondemand.com/FHCP network of board-certified physicians is available via mobile app for general health consultation- General Medicine>\$0; Behavioral>\$30.

Workforce Wellness Centers – available for non-emergency doctor visits when unable to see Primary Care Physician; \$10. Various locations, Mon-Fri 7am-7pm. Appointments available by calling 386-676-7198.

Nurse Advice Hotline – 1-866-548-0727 –Ask an RN questions about health concerns.

Register and log-in to your portal for additional information.

VSP Vision Care: www.vsp.com / 1-800-877-7195

Membership cards are **not** provided. You may register online and print out a membership card. You should consult with your provider prior to an appointment and let them know you have VSP Vision insurance. If they are a VSP provider, they will verify your eligibility & coverage; no claim form is needed. If they are an out-of-network provider, you will need to submit a claim form (online or through the mail). Remember to register and log in to your portal.

DELTA DENTAL: Options: 1-PPO, 2-PPO,"Premier" or, 3-HMO "DeltaCare" www.deltadentalins.com

PPO & Premier Plans (Options # 1 & #2) – 1-800-521-2651 DeltaCare Plan (HMO – Option #3) – 1-800-422-4234

Membership cards are provided to new enrollees. You may also register online and then print out a membership card. You should consult with your provider prior to an appointment and let them know you have Delta Dental insurance. You may change your provider at any time by simply calling the customer service numbers. Use the "Find a Dentist" on their website to locate a Delta Dental provider (Note: changes should be made prior to the 20th of the month in order to be effective the 1st of the following month).

PPO & Premier Plans: If your dentist is a Delta Dental provider, they will verify your eligibility & coverage; no claim form is needed. If they are an out-of-network provider, you will need to submit a claim form (online or through the mail).

HMO Plan: You have already selected a provider/facility from the network during Open Enrollment. If you want to change providers, you MUST stay within the DeltaCare listing of approved providers/facilities. Go to the website to search for an HMO provider and then call customer service to change. See Schedule 48N for set prices for services.

Register and log-in to your portal for additional information.

HEALTH EQUITY – FLEXIBLE SPENDING ACCT/DEBIT CARDS www.healthequity.com 1-877-582-8753

A membership welcome packet will be mailed to all FSA participants that will include information on direct deposit for reimbursements, debit cards, claim forms and ways to check your balance. You should call the customer service number with any questions you have regarding your account. **Retirees are not eligible for this benefit.**

Learn more at <https://www.healthequity.com/learn/videos>

Mental Health – Help is Around the Corner

FLORIDA BLUE: 03359 GOLD & 05774 SILVER (PPO) www.floridablue.com / 1-800-FLA-BLUE (352-2583)

TELADOC - 800-TELADOC (835-2362) Access 24/7/365 to TELADOC's nationwide network of board-certified physicians is available via phone, video, or mobile app for mental health or general medical consultations with a co-pay.



Download the app from the APP Store on your smartphone or tablet today!

Visit the Employee Benefits site: https://www.daytonastate.edu/employee_benefits/insurance.html to view the summary of Benefits and Coverages for your medical plan or contact FL Blue.

 **Call:** 888-476-2227 with benefit questions or for advice

 **Click:** floridablue.com and log in to your member account

 **Download:** our mobile app at apps.floridablue.com

 **Visit:** a Florida Blue Center! Find one near you at floridablue.com/centers

FLORIDA HEALTH CARE PLAN: TS3 GOLD and TS4 SILVER (HMO) www.fhcp.com / 386-615-4022 or 1-877-615-4022

Doctor on Demand -Text "FHCP" to 68398 or download the app from the APP Store on your smartphone or tablet today!
www.doctorondemand.com/FHCP - online consultations regarding general medical and psychological issues with a co-pay.

 on demand WWW.DOCTORONDEMAND.COM/FHCP

Download the app from the APP Store on your smartphone or tablet today!

Visit the Employee Benefits site: https://www.daytonastate.edu/employee_benefits/insurance.html to view the summary of Benefits and Coverages for your medical plan or contact FHCP.

 **Call:** 877-615-4022 With benefit questions or for advice

 **Click:** fhcp.com and log in to your member account

 **Download:** the mobile app myFHCP & Dr on Demand


 **Visit:** Primary care physician or FHCP's Extended Hours Care Center or Dr. on Demand


The Standard – HealthAdvocate: Employee Assistance Program (EAP) 888-293-6948 For TTY services dial 711


At some point, we all need help coping or making difficult decisions. The EAP makes it easy to access support, guidance, and resources. HealthAdvocate provides our EAP services. The service is confidential. Their professionals can help with referrals to support groups, a network counselor, community resources or your health plan. If necessary, their professionals can connect you to emergency services.


EAP Services are available to you, your spouse, your domestic partner, married or unmarried dependent children up to age 26, and all other household members.

It offers confidential, short term counseling from Licensed Professional Counselors for a full range of personal issues and achieving a healthy work/life balance across the life span. In a crisis, emergency help is available 24/7.

 **Call:** 888-293-6948 24 hours a day, 7 days a Week.

 **Visit** www.HealthAdvocate.com/Standard3 To explore a wealth of information.

 **Download:** the mobile App HealthAdvocate Member Login= The Standard-EAP 3 visits

 **Email:** Answers@HealthAdvocate.com

National Suicide & Crisis Lifeline - Call or text 988 or call 800-273-TALK (8255) - 24 hours/7 days a week

If you or someone you know is experiencing warning signs, it's important to get help right away. The first step is to talk to a counselor. Contact HealthAdvocate for confidential support and resources. You can also contact the National Suicide Prevention Lifeline.

Warning Signs:

Talking or writing about suicide – Hints like "You'll be better off without me"

- Withdrawal from friends or family – saying or feeling like "They just don't understand me"
- Expressing hopelessness – Ongoing sadness, rage, desire for revenge, or feeling trapped, worthless, or guilty
- Painful life events – such as loss of relationship
- Changes in behavior – including disinterest in pleasurable activities, or giving away prized possessions
- Taking action – seeking access to a weapon, pills or other means to harm oneself