Healthy together
Care and coverage that fits your life
Commonwealth of Virginia employees

MAKE THE BEST CHOICE FOR A HEALTHY TOMORROW.

Whether you're already a Kaiser Permanente member or are considering us for the first time, get all the information at

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  60717810 MAS 10/1/17-12/31/17
2101 E. Jefferson St., Rockville, MD 20852

MEMBERS, visit us online at kp.org to:
■ Email your doctor’s office
■ Order most prescription refills
■ Make, change, and cancel appointments
■ See most lab test results
■ Get immunization records
■ Set up reminders for screenings
And much more

All available when you receive care and services at Kaiser Permanente facilities

CHECK OUT YOUR WEBSITE TO LEARN ABOUT:
■ Your budget-friendly plans
■ What you want to know about Urgent Care, hospitals, and more
■ How to get care
■ Frequently asked questions
■ Locations where you can receive care

https://my.kp.org/commonwealthofvirginia/

Optima Health is proud to serve the Commonwealth of Virginia (COVA). Our plan provides comprehensive coverage and access to a quality network of doctors, specialists, and hospitals in the Hampton Roads region at an affordable price. It is one of the lowest cost plans offered to COVA employees.1

Access to Care when and where you need it:
■ Out-of-area coverage for dependent children
■ Emergency room assistance for all members
■ Virtual office visits available 24/7/365 by video or phone to board-certified physicians through MDLIVE
■ Employee Assistance Program

Access to care for Kaiser Permanente Virginia employees

Questions. More information about COVA’s Optima Health Plan:
Website: optimahealth.com/COVA
Call 1-866-846-2682, 8:00 a.m. to 6:00 p.m., Monday to Friday.
Email: members@optimahealth.com

State Health Benefits Program

This booklet provides highlights of available plans to help you make your Open Enrollment health plan election. For details, see plan brochures available at www.dhrm.virginia.gov/healthcoverage/open-enrollment, or your Spotlight Open Enrollment newsletter.
Here’s what you can count on from Anthem:

- Same Anthem network with 100% of hospitals and 97% of providers in Virginia — the largest PPO network in the state.
- Same annual deductible of only $300 per person; same out-of-pocket max of $1,500 per person, $3,000 per family.
- FREE face-to-face doctor visits from your smartphone or computer through LiveHealth Online. See the doctor from the comfort of your home, night or day.
- Diagnostic and preventive dental benefits administered by Delta Dental, and a routine eye exam, are included in your basic plan with optional expanded dental benefits.

For more information, go to anthem.com/cova — your dedicated website for COVA Care.

COVA Care
All the things you’ve counted on, and a few new features to make health care easier

COVA HealthAware can work for you!

You’ll learn all about COVA HealthAware, how the HRA works, and see how the plan is a great option for different types of members.

The COVA HealthAware benefit plan includes:
- Medical, behavioral health, vision, hearing, and EAP benefits administered by Aetna
- An HSA with a debit card administered by PayFlex
- Prescription drug benefits through ERx
- Pharmacy delivery by Ingenix
- Dental benefits administered by Delta Dental
- Coverage for in-network preventive care at 100%
- Annual contribution to your HRA with opportunities to earn additional funds by completing incentives called “Do Rights”
- Coverage for in-network benefits through a large national network
- Coverage for out-of-network benefits through AmeriChoice
- A single medical, behavioral health and pharmacy deductible
- Convenient member tools to help you monitor your health and your plan

COVA HDHP
High Deductible Health Plan

This plan gives you the opportunity to be more involved in managing your health care dollars. You may set up a Health Savings Account (HSA) at a financial institution and use the tax-deductible funds in your HSA to help pay for medical expenses. Your HSA goes wherever you go and you’re not required to “use it or lose it.”

New plan year, new Anthem programs:
- Your Anthem Health Guide. Get ready for a new and improved customer service experience by phone or live chat. You’ll have access to a personal health guide who is specially trained to answer your health plan questions and lead you to the right care programs and support for your unique needs. Expect a whole new level of service to help make health care easier.
- Anthem Pharmacy delivered by Ingenix. Enjoy new features like an online “medicines cabinet” and a “price your medication” tool to compare prices at area pharmacies, plus home delivery pricing. Your new pharmacy team will be there – 24/7/365.
- Anthem Health & Wellness. You’ll have a host of free and confidential programs to help you manage chronic conditions like asthma, diabetes and COPD, get help from a nurse during pregnancy, receive staying healthy reminders about important checkups and care gaps, and much more.

You can count on:
- Extensive Anthem network with 100% of hospitals and 97% of providers in Virginia — the largest PPO network in the state
- Face-to-face access to a doctor using your smartphone or computer through LiveHealth Online. See the doctor from the comfort of your home or anywhere else, night or day.
- Diagnostic and preventive dental benefits administered by Delta Dental, and routine eye exams, are included in your basic plan with optional expanded dental benefits.

For more information, go to anthem.com/cova — your dedicated website for COVA HDHP.

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