

# SHARP Health Plan

## Important contacts



### Sharp Health Plan Customer Care

1-833-346-4322, TTY/TDD: 711  
7 a.m. to 8 p.m., 7 days a week



### After-Hours Nurse Advice

1-833-346-4322, TTY/TDD: 711

5 p.m. to 8 a.m. on weekdays, 24 hours on weekends  
Select the option to speak with a nurse through  
Sharp Nurse Connection® for medical advice.



### Emergency Travel Services

1-800-872-1414, 1-609-986-1234 (outside the U.S.)

When 100+ miles away from home or in another country for  
less than 90 days, our global emergency services partner  
Assist America® is available 24/7.



### Pharmacy and prescription drugs

1-855-222-3183, TTY: 711

Our Medicare prescription helpline is available 24/7,  
supported by our partner CVS Caremark®.



### Free fitness resources

1-877-427-4788, TTY: 711

Get free gym access through Silver&Fit® or get  
at-home exercise programs mailed to you.



### Dental care

1-800-390-3368

Dental Advantage by Delta Dental of California is an optional  
benefit to CalPERS Public Agency retirees only.



### Behavioral health support

1-877-257-7273, TTY: 711

Make an appointment with our behavioral health partner,  
Mindpath Health (formerly Psychiatric Centers at San Diego).  
No referral is needed from your primary care physician to  
access outpatient therapy from an in-network provider.



### Hearing aid coverage

HearUSA: 1-855-203-5911  
San Diego Hearing Center: 1-858-279-3277

Contact your primary care physician first for prior  
authorization to use your allowance every 36 months toward  
medically necessary hearing aids from San Diego Hearing  
Center and HearUSA.



### Chiropractic and acupuncture care

1-800-678-9133

Use your supplemental chiropractic and acupuncture benefit  
through American Specialty Health for up to 20 visits a year.  
No referral is needed from your primary care physician.  
Services are subject to medical necessity review.



### Vision care

1-800-877-7195

Find a Vision Service Plan Choice provider near you to get an  
annual routine eye exam and to use your allowance for glasses  
or contacts every 24 months.