



2022 Member Resource Kit

Exclusively for CalPERS Members

Effective Jan. 1, 2022



Sharp Health Plan is more than just great health coverage

At Sharp Health Plan, we make CalPERS members a priority. We're passionate about making a positive difference in each and every interaction you have with us — that's what it means to be a part of The Sharp Experience®.



Highest member-rated health plan

We're proud to say we are the highest member-rated health plan in California. Sharp Health Plan has the highest member rating for health care, personal doctor and specialist among reporting California health plans.¹



Quick and easy access to care

We're here to make sure you can safely receive the care you need, when you need it. We offer a number of options for care, including video and phone visits, after-hours nurse advice, MinuteClinic® and more. Flip to pages 10 – 11 for details.



Health care, simplified

We make it easy to manage your plan, find great care, view your benefits and more, all online and available whenever you need. Turn to pages 20 – 21 to see how we're simplifying health care for you.



Local and not-for-profit

We've been connecting San Diegans to health insurance since 1992. We're a locally based, not-for-profit health plan and we're honored to serve you.

* Voted 'Best Insurance Provider' in the 2021 San Diego Union Tribune SD Best Readers Poll.

¹ The source for this data is Quality Compass® 2019 and is used with the permission of the National Committee for Quality Assurance (NCQA). Quality Compass® 2019 includes certain CAHPS® data. Any data display, analysis, interpretation or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation or conclusion. Quality Compass® is a registered trademark of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality (AHRQ). Sharp Health Plan achieved the following summary ratings (9+10): 57.30 for Rating of the Health Plan compared to the California all LOBs average (excluding PPOs & EPOs) of 47.23; 65.25 for Rating of Health Care compared to the California all LOBs average (excluding PPOs & EPOs) of 51.87; 74.47 for Rating of Personal Doctor compared to the California all LOBs average (excluding PPOs & EPOs) of 65.60; and 75.68 for Rating of Specialist compared to the California all LOBs average (excluding PPOs & EPOs) of 63.50.

What's inside

Get the most out of your coverage	2
Elite-rated health care	3
Your care team explained	4
Prescription drug information	8
Get the care you need, as soon as you need it	10
Preventive care at no additional cost	12
Best Health® wellness program	18
We're just a click away	20
Important plan information	22



Get the most out of your coverage

As a member, there are a few simple things you can do to make sure you are getting the most out of your health benefits.



Your member ID card is your key to accessing care. You will need it whenever you seek medical services, like visiting your doctor or specialist. Make sure the information on your member ID card is accurate and up to date, and be sure to carry it with you wherever you go.



Knowing who is part of your care team is an important first step to understanding how your health plan works. Learn more on page 4 of this kit.



Schedule your annual no-cost wellness exam with your primary care physician. You'll find additional information throughout this kit to help you prepare for the visit and to learn more about the benefits of no-cost preventive care.



Follow us on social for news, wellness tips and other resources. Visit facebook.com/sharphealthplan and instagram.com/sharphealthplan today!

Sharp Health Plan is your connection to The Sharp Experience®, from card to care.



Elite-rated health care

Sharp Health Plan has a family of health care providers close to where you live and work. In addition to our other regional partners, we offer affordable access to Sharp's award-winning medical groups, Sharp Rees-Stealy Medical Group and Sharp Community Medical Group, both awarded "Elite" status, the highest possible rating for Standards of Excellence.¹ Providers are located throughout San Diego County, so no matter where you are, from Chula Vista to El Cajon to Del Mar, we've got you covered.



1,700+ Doctors²



40+ Urgent care centers²



13 Hospitals²



Expanded behavioral health network



7 Plan medical groups²



MinuteClinic[®] locations nationwide

Your care team

Your care team includes your network, your plan medical group (PMG) and your primary care physician (PCP). These can be found on your member ID card. It's important to know who is on your care team, as this will determine where and how you access care.

Your Member ID card



¹ Recipients of "Elite" status in the 2020 national Standards of Excellence™ survey by America's Physician Groups.

² The data shown here reflects the Performance Network as of 7/1/2021. Coverage area includes but is not limited to the locations in this document. Service area does not include all San Diego County ZIP codes. Location of employer group headquarters must be within the Performance Network licensed service area.

Your care team explained

Your care team — including your network, PMG and PCP — is determined during and right after enrollment. Every Sharp-affiliated doctor associates with one of our medical groups. This means that your PMG is set based on who you choose as your PCP.¹



Your network

A network is a group of doctors, hospitals and other medical service providers associated with your unique plan. CalPERS members have access to the Performance Network, with more options for people living in the North County area of San Diego.



Your plan medical group

A PMG is a group of doctors and hospitals associated with your network. You have access to hospitals, specialty care and urgent care centers affiliated with your PMG. Referrals and prior authorizations do not transfer between PMGs. You have access to only one PMG at a time.

Care within your PMG

The following services must be obtained within your PMG. In most cases, a referral from your PCP is required.

- Dialysis
- Durable Medical Equipment (DME)
- Home Health
- Hospital
- Infusion
- Lab
- Maternity
- Outpatient Surgery & Procedures
- Physical Therapy / Occupational Therapy / Speech Therapy
- Radiology
- Skilled Nursing Facility (SNF)
- Specialist
- Urgent Care²

Care outside of your PMG

You can access certain services outside of your PMG without a prior authorization or referral.

All members can receive these services:	Service must be provided by:
Emergency Room Services	Nearest Hospital
Mental Health / Substance Use Disorder	Contracted Provider
You can receive these services if they are in your plan:	Service must be provided by:
Acupuncture / Chiropractic	American Specialty Health (ASH)
Outpatient Prescription Drugs	OptumRx



Your primary care physician

Your PCP is who you will see if you need a checkup or routine care, want advice about a health problem, or get sick or hurt. They provide care as soon as you need it, listen carefully and explain things in a way that is easy to understand. Your PCP will also coordinate the care you receive from other providers, including specialists. When you choose or change your PCP, you are choosing to receive care exclusively from hospitals, specialists, urgent care centers, and other providers or locations that are associated with your PCP's PMG.

Tips to partner with your PCP

Call your PCP first for all of your health care needs. If you are a new patient, ask your previous doctor to forward a copy of your medical records to your PCP before your first appointment.

Tell your PCP about your health history, current treatments, medical conditions, medications (including prescription, nonprescription and supplements) you are taking and any other doctors who are treating you.

Call your PCP's office to arrange your annual no-cost wellness exam.³ Be sure to bring the results of your Best Health® Wellness Assessment (see page 18 to learn more). If you have never been seen by your PCP, make an appointment for an initial visit.

If you have a nonemergency situation that cannot wait until the next business day, you can contact your PCP's office 24 hours a day. If your PCP is not available, or if it is after their regular business hours, leave your name and phone number with their answering service to receive a call back from a physician or qualified health care professional within 30 minutes.

Choose or change your PCP in 3 easy steps

It is a good idea to stay with a PCP so they can get to know your health needs and history. However, you can change to a different PCP in your plan network for any reason, at any time. In most cases, the change will be effective the first day of the following month. If you choose a PCP in a new PMG, remember to ask your new PCP for new referrals for specialty care, medical supplies or other services you may need. Visit calpers.sharphealthplan.com/findadoctor to learn more.

- 1 Click** Finding a new PCP is only a click away. Visit calpers.sharphealthplan.com/findadoctor for a full listing of doctors in your plan network.
- 2 Search** You can search for a PCP by plan network (as listed on your member ID card), language preference, gender, location, name or specialty. PCPs specialize in family medicine, general practice, internal medicine or pediatrics.
- 3 Choose** Log in to your Sharp Connect account at calpers.sharphealthplan.com/login to make the change. You can also contact Customer Care via email at customer.service@sharp.com or by calling 1-855-995-5004.

¹ Sharp Health Plan only covers care you receive from doctors and facilities in your PMG, except in emergencies. Your network, PMG and PCP are listed on the front of your Sharp Health Plan member ID card.

² Members can access out-of-network urgent care centers outside of San Diego and Riverside counties. Referral / authorization is not required. However, if you access an urgent care in San Diego or Riverside counties it must be a facility within your PMG.

³ Not all providers will conduct a wellness exam on the initial visit. When establishing care with a new PCP, please ask your provider about their policies on preventive care visits.

Your care team, continued



Your specialist access

In most cases, when you need a specialist, your PCP will refer you to one within your PMG. OB-GYN care may be obtained without a referral.

► calpers.sharphealthplan.com/findadoctor



Your expanded behavioral health network

We believe your mental health is just as important as your physical health. With no referral necessary, and over 250 behavioral health providers in our network, you'll receive the support and resources you need to live your best life.¹ Visit calpers.sharphealthplan.com/bh to learn more.

Choose the resource that works best for you.

Psychiatric Centers at San Diego (PCSD)	LifeStance Health (formerly PsyCare)	Independent providers
PCSD provides personalized care in all clinical settings, for services tailored to your needs. Available for children, adolescents, adults and geriatric adults seeking psychiatry, psychotherapy or autism services. 1-877-257-7273	LifeStance Health is a comprehensive outpatient behavioral health group, treating a broad range of individual, couple and family issues and psychiatric disorders. 1-858-279-1223	We offer our members an entire network of independent providers in a number of different specialties, including child, adult and geriatric psychiatry; autism services; marriage and family therapy; and addiction psychiatry. 1-800-359-2002

Video visits are available at most in-network providers.

Here's what's covered in your plan:

- Behavioral health care services for all ages
- Inpatient hospital services
- Outpatient hospital services
- Outpatient therapy
- Autism services
- Video visits²

¹ Only services offered through plan providers are covered. Autism services require a referral.

² Select doctors offer this service.



What to ask your care team

Every time you talk to a health care provider — a PCP, a specialist, a nurse or another person on your care team — we recommend asking these three basic questions:

- 1 **What is my main problem?**
- 2 **What do I need to do?**
- 3 **Why is it important for me to do this?**

If you have more questions

When can I ask questions?

Anytime! For example, you can ask your PCP questions during your visit or before or after your physical exam or medical test. You can ask your nurse when you are having your vital signs taken. You can also call the Sharp Health Plan Customer Care at 1-800-359-2002.

What if I ask and still don't understand?

Let your PCP, nurse or provider know if you still don't understand. You could say, "This is new to me. Will you please explain that to me one more time?"

I'm nervous asking questions. What should I do?

Know that you aren't alone, and it's okay to feel nervous — everyone wants help when it comes to understanding health information. When you see your doctor, specialist or nurse, take your time in asking questions. You should never feel rushed or embarrassed if you don't understand something. It's okay to ask your provider as many times as you need to.

Prescription drug information

All CalPERS members' outpatient prescription drug benefits are covered and administered by OptumRx. Please review the OptumRx Outpatient Prescription Drug Plan Evidence of Coverage booklet at optumrx.com/CalPERS for details or contact OptumRx's Customer Care at 1-855-505-8110 (TTY/TDD: 711).



Please refer to the back of your member ID card for quick access to important phone numbers and information about your pharmacy benefits.

Pharmacy and prescription tips

Please review the important information below about prescription drugs to ensure you are getting the most from your pharmacy coverage.

Tips to Save Time and Money on Your Prescription Drugs

Ask for a generic drug. A generic drug is the same as its brand-name equivalent in dosage, safety, strength, how it is taken, quality, performance and intended use.

Buy in bulk when you can. If you have a constant health problem, you may qualify for a 3-month medicine supply. Using a mail-order service can also reduce your pharmacy trips.

Call ahead to ensure your prescription is ready for pickup. Avoid busy times — noon to 2 p.m. and 5 to 7 p.m. — when pharmacies have the most pickups.

Set a reminder on your calendar. Pharmacies often tell you how many days ahead of schedule you can order a refill.

Need to safely dispose of expired, unused or unwanted medications?

For disposal information, visit sharphealthplan.com/drugtakeback to find a location near you.

New prescription from your doctor? Here's what to ask:

What is prior authorization?

Some medications require a prior authorization before you can pick them up from a pharmacy. A prior authorization is a requirement that the member or member's prescribing provider obtains approval for a prescription drug before it will be covered. Prior authorizations will be granted when it is medically necessary for the member to receive the drug.

Are there any special instructions for taking this medicine?

Sometimes you'll need to take a certain medicine in the morning or at night, with a meal or on an empty stomach. And some drugs shouldn't be taken with certain foods. Be sure you understand how to take your medicine before you leave the pharmacy.

Should I be aware of any drug interactions?

Some medications shouldn't be taken together or should only be used with other medicines with close monitoring by your doctor. Be aware of what doesn't mix with your prescription. If you're not sure, ask your doctor or pharmacist. Also, be sure to tell your doctor if you've had adverse reactions to any medications in the past.

What should I do if I miss a dose?

Do your very best to take your medication as prescribed. Just in case you do miss a dose, consult your pharmacist beforehand so you'll know exactly what to do.

Are there any storage requirements?

Ask your pharmacist if there is anything you should keep in mind. For example, some medications need to be refrigerated or kept in a cool place.

How do I get a refill before a trip?

If you have travel plans, make sure you have enough of your medication to last through your trip. Early refills require prior authorization, so it's a good idea to get in touch with your prescribing doctor sooner than later.



Get the care you need, as soon as you need it

Whether you're looking for care after hours, with a specialist or outside of San Diego, we offer several options for you. Visit calpers.sharphealthplan.com/getcare for more information on when and where to get care. To access the latest information regarding getting the care you need while staying safe, we invite you to visit calpers.sharphealthplan.com/covid19, our dedicated COVID-19 resource center.



Video and phone visits

Get the care you need from wherever you are with a video or phone visit, also known as telehealth. Call your PCP's office for the latest telehealth service information.¹

▶ Call your PCP or visit calpers.sharphealthplan.com/telehealth



Specialist care

In most cases, when you need specialty care your PCP will refer you to a specialist in your PMG. You can access OB-GYN care within your PMG without a referral from your PCP.

▶ calpers.sharphealthplan.com/findadoctor



Urgent care

If you need medical attention right away and your life is not in danger, you can most likely be treated at an urgent care center within your PMG. You may need prior authorization from your PCP, and be sure to use an urgent care within your PMG unless you are traveling outside San Diego or southern Riverside counties.

▶ calpers.sharphealthplan.com/urgentcare



Emergency room

If your life is in danger or you are at risk of being permanently disabled, it is an emergency. Call 911 or go to the nearest emergency room right away.

▶ calpers.sharphealthplan.com/hospitals



MinuteClinic®

MinuteClinic is the medical clinic located in select CVS Pharmacy® stores. MinuteClinic provides convenient access to basic care, to help you stay healthy on your schedule.²

▶ calpers.sharphealthplan.com/minuteclinic



After-hours nurse advice

Registered nurses are available through Sharp Nurse Connection® after hours and on weekends. They can talk with you about an illness or injury, help you decide where to seek care and provide advice on any of your health concerns.

▶ Call 1-855-995-5004, 5 p.m. – 8 a.m., Monday to Friday and 24 hours on weekends



Behavioral health support

Behavioral health care services are a covered benefit for members of all ages. Associated costs may vary based on your specific benefit plan. Coverage is obtained through plan providers. Any non-emergent services need to be authorized or you will be responsible for the charges.

▶ calpers.sharphealthplan.com/bh



Emergency travel services

When faced with a medical emergency while traveling 100 miles or more away from home or in another country, we can connect you to doctors, hospitals, pharmacies and other services.

▶ calpers.sharphealthplan.com/travel

¹ Select doctors offer this service.

² Your share of the cost for a MinuteClinic visit is equal to what you pay for a PCP office visit (deductible may apply). There is no copayment for flu vaccinations.

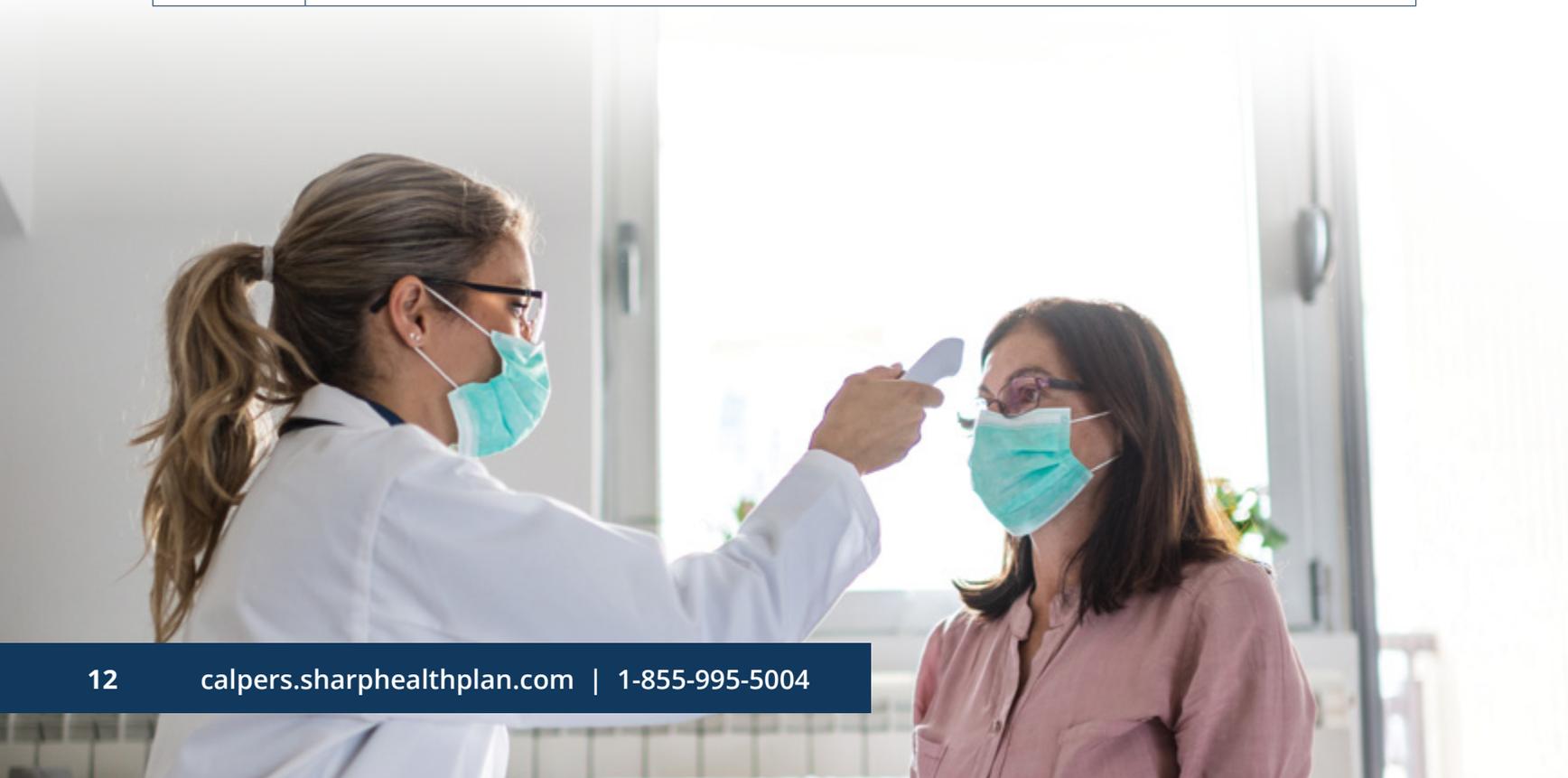
Preventive care at no additional cost

Take advantage of the many preventive care services available to you at no additional charge. Scheduling an annual preventive care wellness visit, even when you are feeling fine, is important for early detection and can help you avoid health problems down the road. Be sure to schedule your visit well in advance to ensure availability. If medical symptoms, concerns or conditions are discussed at a preventive care visit, it could be considered a medical treatment and may require a copayment or deductible. You will need to schedule a separate office visit to address these issues.

No-cost benefits for members

The following are examples of preventive care benefits that are covered and have no copayment or deductible:

Copay	Preventive Care
\$0	Wellness exam of baby and child (up to age 18), immunizations and related screenings
\$0	Wellness exam for adults, immunizations and related screenings
\$0	Routine gynecological exams, immunizations and related screenings
\$0	Screenings: <ul style="list-style-type: none">• Breast cancer• Cervical cancer• Cholesterol• Colorectal cancer• Depression• Diabetes• Hypertension• Obesity• Prostate cancer• Sexually transmitted infections• Tobacco and alcohol use / misuse



Preventive care checklists

Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.¹

Men's preventive care checklist (18 years and older)¹

Exams		
Periodic Well Visit with your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Vaccines		
Flu Shot (every fall)	18 and older	<input type="radio"/>
Human Papillomavirus (HPV) ^{2,3}	26 and younger	<input type="radio"/>
Pneumonia (Pneumococcal and Prevnar) ²	19 – 64 65 and older	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap)(every 10 years)	18 and older	<input type="radio"/>
Shingles (Shingrix: age 50+)	50 and older	<input type="radio"/>
Screenings		
Abdominal Aorta Aneurysm ^{2,4}	65 – 75	<input type="radio"/>
Blood Pressure	45 – 75	<input type="radio"/>
Blood Sugar (Diabetes) ²	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Cholesterol ²	20 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 75	<input type="radio"/>
Depression	18 and older	<input type="radio"/>
Hepatitis B	18 and older	<input type="radio"/>
Hepatitis C	18 – 79	<input type="radio"/>
HIV ²	18 – 65	<input type="radio"/>
Lung Cancer ⁵	50 – 80	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Tuberculosis ²	18 and older	<input type="radio"/>

¹ The information in these checklists includes recommendations adapted from the following sources as of June 2021 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration.

² Based on risk factors, and as advised by your doctor.

³ For ages 27 – 45, shared clinical decision-making between member and PCP.

⁴ One-time screening.

⁵ With a 20 pack year smoking history and currently smoke or have quit within the past 15 years.

Women's preventive care checklist (18 years and older)¹

Exams		
Periodic Well Visit with your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Vaccines		
Flu Shot (every fall)	18 and older	<input type="radio"/>
Human Papillomavirus (HPV) ^{2,3}	26 and younger	<input type="radio"/>
Pneumonia (Pneumococcal and Prevnar)	19 – 64 ² 65 and older	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap) (every 10 years)	18 and older	<input type="radio"/>
Shingles (Shingrix)	50 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (Diabetes) ²	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Breast Cancer (Mammogram) ²	40 – 74	<input type="radio"/>
Cervical Cancer (Pap Smear, HPV Testing)	21 – 65	<input type="radio"/>
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis) ²	18 and older	<input type="radio"/>
Cholesterol ²	20 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 75	<input type="radio"/>
Depression	18+ and pregnant and postpartum women	<input type="radio"/>
Hepatitis B	18+ and pregnant women	<input type="radio"/>
Hepatitis C	18 – 79	<input type="radio"/>
HIV ²	18 – 65	<input type="radio"/>
Intimate Partner Violence	18 and older	<input type="radio"/>
Osteoporosis ²	65 and older and under 64 with risk factors	<input type="radio"/>
Lung Cancer ⁵	50 – 80	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Tuberculosis ²	18 and older	<input type="radio"/>

Diabetes and hypertension preventive care checklist (18 years and older)¹

Exams		
Periodic Well Visit with your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Medication Review (with an RN, pharmacist or your PCP)	18 and older	<input type="radio"/>
Vaccines		
Flu Shot (every fall)	18 and older	<input type="radio"/>
Pneumonia (Pneumococcal and Prevnar)	19 – 64 ² 65 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Cholesterol ²	20 and older	<input type="radio"/>
Depression	18 and older	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Blood Sugar (HbA1c; Diabetes) ²	18 and older	<input type="radio"/>
Visual Foot Inspection (Diabetes)	18 and older	<input type="radio"/>
Dilated Eye Exam (Diabetes) ²	18 and older	<input type="radio"/>
Kidney Function (Diabetes) ²	18 and older	<input type="radio"/>
Program Referral		
Health Coaching Program ²	18 and older	<input type="radio"/>
Disease Management Program ²	18 and older	<input type="radio"/>

¹The information in these checklists includes recommendations adapted from the following sources as of June 2021 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration.

²Based on risk factors, and as advised by your doctor.

³For ages 27 – 45, shared clinical decision-making between member and PCP.

⁴One-time screening.

⁵With a 20 pack year smoking history and currently smoke or have quit within the past 15 years.

Children's preventive care checklist (birth to 10 years)¹

Well Child Exams and Vaccines ²		
Exam and Hepatitis B	1 – 2 weeks	<input type="radio"/>
Exam	1 month	<input type="radio"/>
Exam, Pentacel, Prevnar, Hepatitis B and Rotavirus	2 months	<input type="radio"/>
Exam, Pentacel, Prevnar and Rotavirus	4 months	<input type="radio"/>
Exam, Pentacel, Prevnar, Hepatitis B, Flu Shot and Rotavirus	6 months	<input type="radio"/>
Exam	9 months	<input type="radio"/>
Exam, Anemia Test, Possible TB and Lead Tests, MMR, Varicella and Hepatitis A	12 months	<input type="radio"/>
Exam, Pentacel and Prevnar	15 months	<input type="radio"/>
Exam, Flu Shot and Hepatitis A	18 months	<input type="radio"/>
Exam	24 months	<input type="radio"/>
Exam and Flu Shot	3 years	<input type="radio"/>
Exam, Flu Shot, DTaP, Polio, MMR and Varicella	4 years	<input type="radio"/>
Exam and Flu Shot	5 years	<input type="radio"/>
Exam and Flu Shot	6 – 10 years (every 1 – 2 years)	<input type="radio"/>
Screenings		
Body Mass Index (BMI)	2 years and older	<input type="radio"/>
Dental Caries	Birth – 5 years	<input type="radio"/>
Obesity	6 years and older	<input type="radio"/>
Skin Cancer Behavioral Counseling	6 months – 10 years (with fair skin)	<input type="radio"/>
Vision	3 – 5 years (at least once)	<input type="radio"/>

Key: DTaP (Diphtheria, Tetanus, Pertussis), Hib (Haemophilus Influenzae Type b), MMR (Measles, Mumps and Rubella), Pentacel (DTaP, Polio, Hib), Prevnar (Pneumococcal Conjugate), TB (Tuberculosis), Varicella (Chickenpox)

What's required for school admission?

Vaccines required for elementary school admission include DTaP, Tdap (adolescents), hepatitis B, Hib, MMR, varicella and polio. Other vaccines are not required but are strongly recommended.

Adolescents' preventive care checklist (11 to 17 years)¹

Exams		
Yearly Well Visit with your adolescent's doctor (schedule at least 2 months in advance)	11 - 17	<input type="radio"/>
Vaccines ²		
Flu Shot (every fall)	11 and older	<input type="radio"/>
Human Papillomavirus (HPV) ³	11 - 12	<input type="radio"/>
Meningococcal B ⁴	11 - 12	<input type="radio"/>
Meningococcal Conjugate (MCV4) ³	11 - 12	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Tdap) ³	11 - 12	<input type="radio"/>
Screenings		
Body Mass Index (BMI)	11 and older	<input type="radio"/>
Depression	12 and older	<input type="radio"/>
Hepatitis B	11 and older	<input type="radio"/>
HIV ⁴	15 and older	<input type="radio"/>
Obesity	11 and older	<input type="radio"/>
Sexually Transmitted Disease ⁵	Sexually active females	<input type="radio"/>
Skin Cancer	11 and older	<input type="radio"/>
Tobacco, Drug and Alcohol Use Counseling	11 and older	<input type="radio"/>



¹The information in these checklists includes recommendations adapted from the following sources as of June 2021 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration.

²Timing of vaccines may vary based on PCP's recommendation.

³Catch-up doses can be given after age 12 throughout adolescence.

⁴Based on risk factors, and as advised by your doctor.

⁵Counseling for all sexually active adolescents recommended.

Best Health[®] wellness program

Best Health is a comprehensive wellness program available to all Sharp Health Plan members at no extra cost. Offering robust online wellness tools, interactive learning modules, one-on-one health coaching and more, Best Health provides resources you can use to reach your health goals. Visit CalPERS.yourbesthealth.com or download the Best Health app to learn more.

Earn \$150 through our wellness incentive program

1 Join

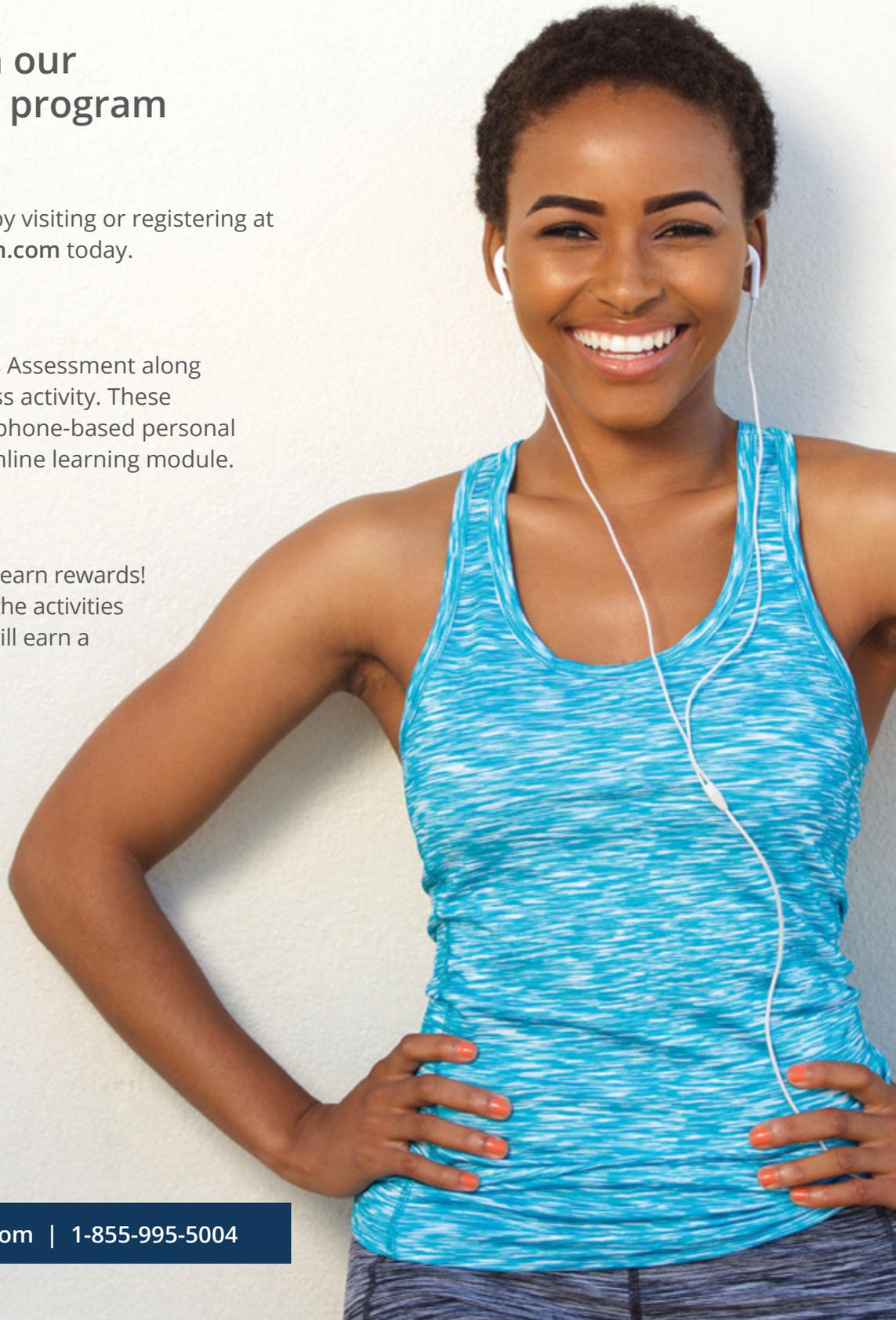
Commit to your health by visiting or registering at CalPERS.yourbesthealth.com today.

2 Participate

Complete your Wellness Assessment along with a qualifying wellness activity. These activities include either phone-based personal health coaching or an online learning module.

3 Earn rewards¹

Make healthy choices to earn rewards! Once you've completed the activities mentioned above, you will earn a \$150 eGift card.





Coaching and support

- Get free, personalized one-on-one coaching in a six-week, phone-based program.
- Make positive changes during weekly 30-minute sessions with our Nationally Board-Certified Health Coaches.
- Define your personal goals and co-create an action plan to eat healthier, increase physical activity, manage stress, quit tobacco use or achieve a healthy weight.
- Connect with our local Best Health team members to support your wellness journey.



Mobile app and portal

- Complete your Wellness Assessment and receive customized recommendations from the Wellness Advisor.
- Build your Wellness To-Do List to promote action and self-accountability.
- Engage in a variety of Learning Modules to increase your health IQ and build skills in healthy eating, sleep, emotional well-being, exercise and more.



Fitness and well-being discounts

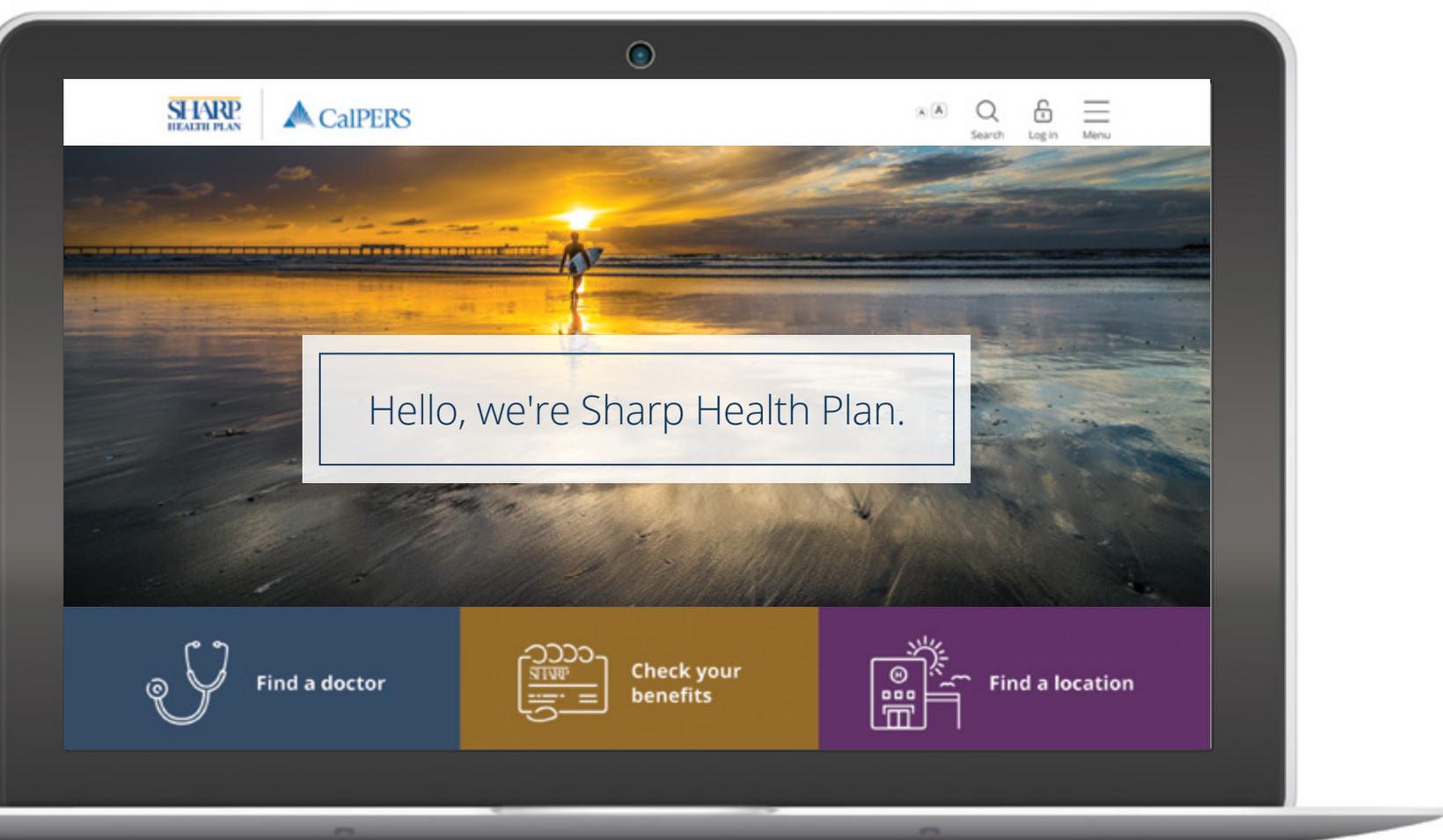
- Save 15 – 50% on wellness products through ChooseHealthy.
- Stream hundreds of fitness classes with Studio SWEAT onDemand® for \$9 per month (50% off the regular subscription fee).
- Access 10,000+ participating fitness centers nationwide for \$25 a month through the Active&Fit Direct™ Program (plus a one-time enrollment fee and applicable taxes).

¹ Only the primary subscriber (i.e., the employee) is eligible for the \$150 wellness incentive. However, all CalPERS members (employees and dependents) enrolled with Sharp Health Plan are able to access the Best Health website and use the wellness tools and resources.

We're just a click away

Health care concerns can arise at any time. We're dedicated to providing updates and important information in a way that is most convenient for you. Our online resources connect you to the information you need, when you need it. From calpers.sharphealthplan.com, you can:

- Find a personal doctor or specialist
- Find an urgent care center or hospital near you
- Use health and wellness resources
- Access health news and articles
- Register for Sharp Connect



Sharp Connect, your member portal

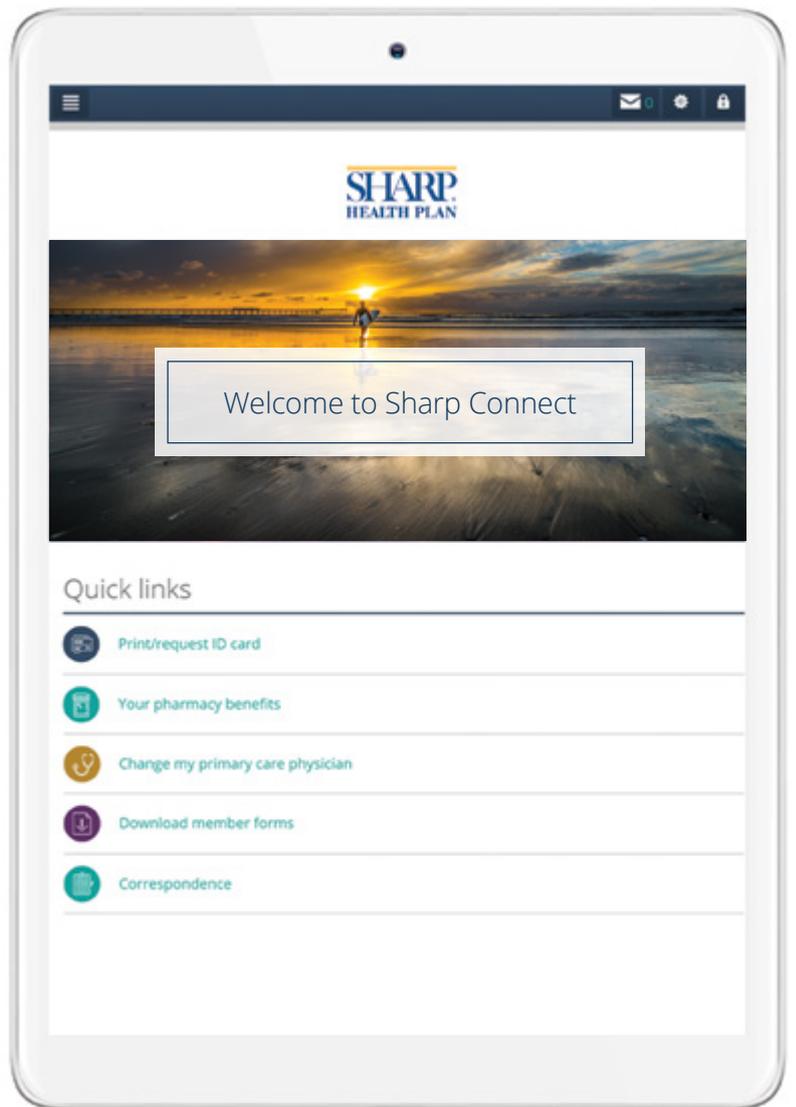
Manage your plan by using our member portal, Sharp Connect. Create an account to securely access your complete health plan information and gain the ability to:

- See details of your coverage
- Check your benefits, eligibility and costs
- Choose or change your PCP
- Update your contact information
- View, print or request your member ID card
- Download member forms

Visit calpers.sharphealthplan.com/login to get started.

Need community resources?

2-1-1 San Diego® is a free, 24-hour, confidential phone and online service that connects you to more than 6,000 resources across San Diego, from COVID-19 and legal assistance to financial and senior services. Learn more at 211sandiego.org or simply dial 211.



Important plan information

We take pride in our role as your trusted health care partner and advocate. Please read this section carefully, as we're committed to providing you with regular updates and important information. If you have any questions about this section, please visit calpers.sharphealthplan.com or contact Customer Care.

Combined Evidence of Coverage and Disclosure Form

Your Combined Evidence of Coverage and Disclosure Form provides information on how to use your Sharp Health Plan benefits, including:

- What services are included or excluded from coverage
- How to find information about Sharp Health Plan providers
- How to access primary, specialty, behavioral health and hospital services
- What to do if you need care before or after regular office hours
- How to access care when you are outside the service area
- What to do if you need emergency services
- How to voice a complaint or file an appeal
- How to request language assistance
- How to submit a claim
- Benefit restrictions that apply to services outside of Sharp Health Plan

All of this information and more can be found online in the Combined Evidence of Coverage and Disclosure Form at calpers.sharphealthplan.com. You will also find additional information about your specific benefit plan, including copayments and other financial responsibilities.

If you have any questions about this information or would like a paper copy of the Combined Evidence of Coverage and Disclosure Form, please email Customer Care at customer.service@sharp.com or call 1-855-995-5004. We are available to assist you 7 a.m. to 8 p.m., seven days a week.

Protected health information

We understand the importance of keeping your personal information confidential, and we follow all privacy laws. The Health Insurance Portability and Accountability Act (HIPAA) is a privacy law that governs the use and release of a member's personal health information, also known as protected health information (PHI). Under HIPAA, we must inform you about how your PHI will be used and give you an opportunity to object to or restrict the use or release of your information. You can find a copy of Sharp Health Plan's Notice of Privacy Practices online at calpers.sharphealthplan.com/privacy or in the Combined Evidence of Coverage and Disclosure Form.

Language translation and interpretation — available at no cost to you

Free language help is available to all Sharp Health Plan members. If you need language help, please call us at 1-855-995-5004. Let us know your preferred language when you call. We can have someone help you read this guide. You may also be able to get marketing materials in your language and an interpreter to help you talk to your doctor or health plan.

La ayuda con el idioma es gratuita y está disponible para todos los miembros de Sharp Health Plan. Si necesita ayuda en su idioma, llámenos al 1-855-995-5004. Díganos cuál es su idioma de preferencia cuando llame. Podemos tener a una persona disponible para ayudarlo a leer esta guía. Usted también puede obtener material promocional en su idioma y la ayuda de un intérprete para hablar con su médico o su plan de salud.

Member rights and responsibilities

As a Sharp Health Plan member, you have certain rights and responsibilities to ensure that you have appropriate access to all covered benefits.

You have the right to:

- Be treated with dignity and respect.
- Have your privacy and confidentiality maintained.
- Review your medical treatment and record with your health care provider.
- Be provided with explanations about tests and medical procedures.
- Have your questions answered about your care.
- Have a candid discussion with your health care provider about appropriate or medically necessary treatment options, regardless of cost or benefit coverage.
- Participate in planning and decision making about your health care with your health care provider.
- Agree to, or refuse, any care or treatment.
- File complaints or appeals about Sharp Health Plan or the services you receive as a Sharp Health Plan member.
- Receive information about Sharp Health Plan, our services and providers, and member rights and responsibilities.
- Make recommendations about member rights and responsibilities.

You have the responsibility to:

- Provide information (to the fullest extent possible) that Sharp Health Plan and your doctors and other providers need to offer you the best care.
- Understand your health problems and participate in developing mutually agreed-upon treatment goals, to the degree possible.
- Ask questions if you do not understand explanations and instructions.
- Respect provider office policies and ask questions if you do not understand them.
- Follow advice and instructions agreed upon with your provider.
- Report any changes in your health to your PCP.
- Keep all appointments and arrive on time. If you are unable to keep an appointment, cancel 24 hours in advance, if possible.
- Notify Sharp Health Plan of any changes in your address or telephone number. Please also notify your employer or Covered California (if applicable).
- Let your health care provider or Sharp Health Plan know if you have any suggestions, compliments or complaints.
- Notify Sharp Health Plan of any changes that affect your eligibility, such as if you are no longer working or living in Sharp Health Plan's service area.

Quality Improvement Program

Your health is our top priority. We strive to raise the standard of health care and to improve The Sharp Experience for you to get the care you need to feel your best.

Our quality improvement program focuses on patient safety, preventive health and clinical practice guidelines, access and availability, and health management programs.

We track the performance of our quality improvement activities through our HEDIS^{®1} and CAHPS[®] progress. HEDIS (Healthcare Effectiveness Data and Information Set) is the measurement tool used by the nation's health plans to evaluate their clinical quality and customer service performance. CAHPS (Consumer Assessment of Healthcare Providers and Systems) standardized surveys measure consumers' satisfaction with their health care experiences.

In 2019 a random sample of 468 Sharp Health Plan members shared their feedback by participating in the CAHPS[®] survey process. Based on survey results, Sharp Health Plan is serving its members well. Sharp Health Plan's performance as the highest-rated health plan in California, among reporting California health plans, places us at the 90th percentile nationally.¹ The following table provides the key member experience areas where Sharp Health Plan was rated highest among reporting California health plans:

% of Members Who Rated 9, 10	Sharp Health Plan Summary Rate	California Average
Rating of Health Plan (a measure of member experience and satisfaction with the health plan)	57.30%	47.23%
Rating of Health Care (a measure of member experience and satisfaction with health care received)	65.25%	51.87%
Rating of Personal Doctor (a measure of member experience and satisfaction with primary care physician [PCP])	74.47%	68.19%

¹ The source for this data is Quality Compass[®] 2019 and is used with the permission of the National Committee for Quality Assurance (NCQA). Quality Compass[®] 2019 includes certain CAHPS[®] data. Any data display, analysis, interpretation or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation or conclusion. Quality Compass[®] is a registered trademark of NCQA. CAHPS[®] is a registered trademark of the Agency for Healthcare Research and Quality (AHRQ). Sharp Health Plan achieved the following summary ratings (9+10): 57.30 for Rating of the Health Plan compared to the California all LOBs average (excluding PPOs & EPOs) of 47.23; 65.25 for Rating of Health Care compared to the California all LOBs average (excluding PPOs & EPOs) of 51.87; 74.47 for Rating of Personal Doctor compared to the California all LOBs average (excluding PPOs & EPOs) of 65.60; and 75.68 for Rating of Specialist compared to the California all LOBs average (excluding PPOs & EPOs) of 63.50.

Utilization Management

At Sharp Health Plan, our licensed medical staff make utilization management decisions based only on appropriateness of care and service after confirming health coverage. Medical practitioners and individuals who conduct utilization reviews are not rewarded for denials of care or service.

- Sharp Health Plan staff are available seven days a week, 7 a.m. to 8 p.m., to answer questions regarding utilization management. Call 1-855-995-5004. Sharp Health Plan also accepts collect calls regarding utilization management. Members have the option of leaving a voicemail for a return call the next business day.
- After business hours and on weekends, members can speak with a nurse at our After-Hours Nurse Advice line by calling 1-855-995-5004 and following the prompts.
- Sharp Health Plan assists members who are deaf, hard of hearing or speech impaired. TDD/TTY services are available to all members by dialing "711" or dialing directly through California Relay Service at 1-800-735-2929 TTY 1-800-855-3000 voz y TTY (teléfono de texto) en español.
- Language assistance is also available for members to discuss utilization management. Call Customer Care at 1-855-995-5004 to be connected.
- Utilization reviews include prior authorization, retrospective post-service reviews and inpatient concurrent reviews. Some medical services may require prior authorization before you can access care. This means a physician must complete a Prior Authorization Request form and submit it with relevant medical information to Sharp Health Plan. Information submitted will be evaluated and a decision will be made based on established clinical criteria.
- Sharp Health Plan is committed to providing members with access to the most up-to-date treatment and state-of-the-art care that is both safe and effective. This commitment requires thoughtful evaluation of emerging technologies on an ongoing basis for inclusion in the Sharp Health Plan benefit package.

Sharp Health Plan's Health Services Management staff monitors evidence-based medicine research sites regularly to assess new medical technologies. These sites include, but are not limited to, the Agency for Health Care Policy and Research, Centers for Medicare & Medicaid Services, American Medical Association, U.S. Preventive Services Task Force and other professional medical association entities.



Timely access to care

Making sure you have timely access to care is extremely important to us. Check out the charts below to plan ahead.

Appointment wait times

Urgent Appointments	Maximum Wait Time
PCP, no prior authorization required	48 hours
Prior authorization required	96 hours

Non-urgent Appointments	Maximum Wait Time
PCP (excludes preventive care appointments)	10 business days
Non-physician mental health care provider (e.g., psychologist or therapist)	10 business days
Specialist (excludes routine follow-up appointments)	15 business days
Ancillary services (e.g., X-rays, lab tests, etc., for the diagnosis and treatment of injury, illness or other health conditions)	15 business days

Exceptions to appointment wait times

Your wait time for an appointment may be extended if your health care provider has determined and noted in your record that the longer wait time will not be detrimental to your health.

Your appointments for preventive and periodic follow-up care services (e.g., standing referrals to specialists for chronic conditions; periodic visits to monitor and treat pregnancy, cardiac or mental health conditions; and laboratory and radiological monitoring for recurrence of disease) may be scheduled in advance, consistent with professionally recognized standards of practice, and may exceed the listed wait times.

Interpreter services

We provide free interpreter services at scheduled appointments. For language interpreter services, please call Customer Care at 1-855-995-5004. The hearing and speech impaired may dial "711" or use California Relay Service's toll-free numbers to contact us:

- 1-800-735-2922 Voice
- 1-800-735-2929 TTY
- 1-800-855-3000 Voz en español y TTY (teléfono de texto)

You must request face-to-face interpreting services at least three (3) days prior to your appointment date. If an interpreter is unavailable for face-to-face interpreting, Customer Care will arrange for telephone interpreting services.

Grievances and appeals

A grievance is an expression of dissatisfaction with Sharp Health Plan or one of our providers. An appeal is filed when a member disagrees with a decision made by Sharp Health Plan or a plan medical group. Grievances and appeals are categorized by quality of care, access, quality of service, billing and financial issues, benefits, quality of practitioner site and other. Sharp Health Plan completes a thorough investigation and follow-up on each case. We also review all cases monthly, quarterly and annually to identify any trends.

If you are having problems with a plan provider or Sharp Health Plan, we'd like to hear from you. Start by calling Customer Care at 1-855-995-5004. A representative will assist you.

If you wish to file a grievance or appeal, Sharp Health Plan's Grievance and Appeal Policy and Procedure can be obtained from your plan provider or by calling Customer Care.

If you prefer to send a written grievance or appeal, please send a detailed letter describing your grievance, or complete the Grievance Form available at calpers.sharphealthplan.com/grievance or from any plan provider or Customer Care. You may also call Customer Care at 1-855-995-5004, and we will help you complete the form. Sharp Health Plan will acknowledge receipt of your grievance or appeal within five days, and will send you a decision letter within 30 days. If the grievance or appeal involves an imminent and serious threat to your health, including, but not limited to, severe pain or potential loss of life, limb or major bodily function, we will provide you with a decision within 72 hours. Grievances and appeals involving cancellation, rescission or nonrenewal of coverage will also be resolved within 72 hours.

The California Department of Managed Health Care (DMHC) is responsible for regulating health care service plans. If you have a grievance against your health plan, you should first telephone your health plan at **1-855-995-5004** and use your health plan's grievance process before contacting the department. Utilizing this grievance procedure does not prohibit any potential legal rights or remedies that may be available to you. If you need help with a grievance involving an emergency, a grievance that has not been satisfactorily resolved by your health plan or a grievance that has remained unresolved for more than 30 days, you may call the department for assistance.

You may also be eligible for an independent medical review (IMR). If you are eligible for an IMR, the IMR process will provide an impartial review of medical decisions made by a health plan related to the medical necessity of a proposed service or treatment, coverage decisions for treatments that are experimental or investigational in nature, and payment disputes for emergency or urgent medical services. The department also has a toll-free telephone number, **1-888-466-2219**, and a TDD line, **1-877-688-9891**, for the hearing and speech impaired. The department's internet website, www.dmhc.ca.gov, has complaint forms, IMR application forms and instructions online.

Join Our Public Policy Advisory Committee

Our Public Policy Advisory Committee provides input on Sharp Health Plan policies. Contact Customer Care at 1-855-995-5004 if you would like to join.

CalPERS Administrative Review, Administrative Hearing and Appeal Beyond Administrative Review, and Administrative Hearing

As a CalPERS member, you have access to additional levels of review by CalPERS, if you remain dissatisfied with the California Department of Managed Health Care's determination or the independent medical review's (IMR) determination. Additional information about the CalPERS Administrative Review and Administrative Hearing process and your rights to appeal beyond the CalPERS Administrative Review and Hearing process can be found at calpers.sharphealthplan.com in your Combined Evidence of Coverage and Disclosure Form.

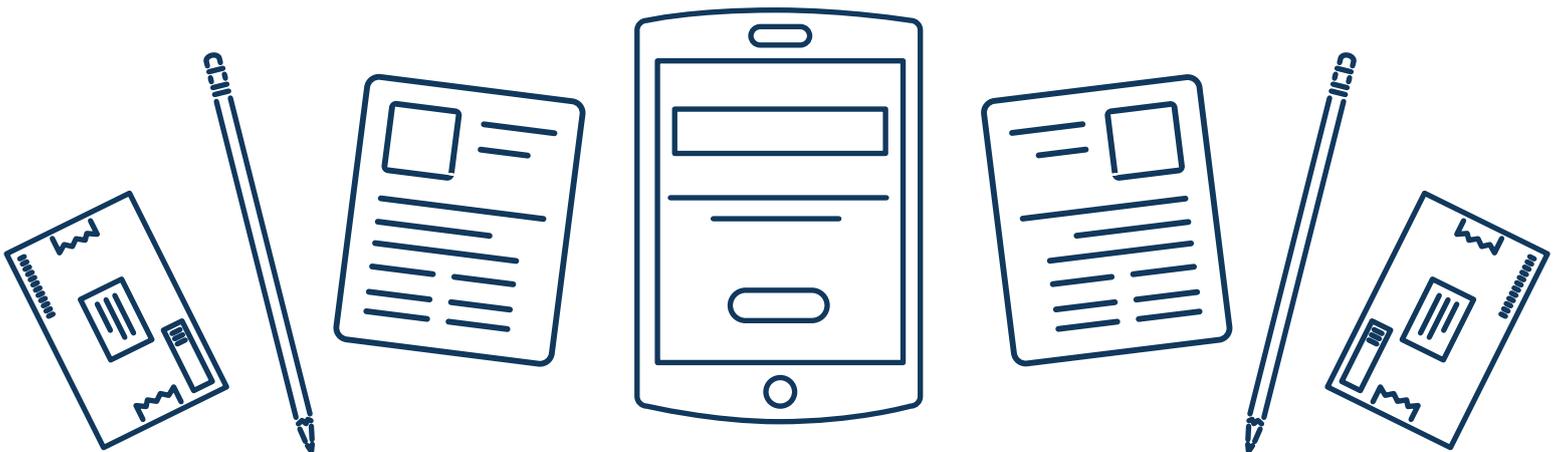
Independent Medical Review

If care that is requested for you is denied, delayed or modified by Sharp Health Plan or a plan medical group, you may be eligible for an independent medical review. If you submit an eligible request for an IMR to the California Department of Managed Health Care (DMHC), your case will be reviewed by an independent medical specialist who will make a decision about your request. IMRs are available in the following situations:

- Denial of emergency or urgent medical services.
- Denial of experimental or investigational treatment for life-threatening or seriously debilitating conditions.
- Denial of a health care service as not medically necessary.

The IMR process is available in addition to any other procedures or remedies that may be available to you. You pay no fees of any kind for an IMR. For non-urgent cases, the independent medical specialist will make a decision within 30 calendar days. For urgent cases involving an imminent and serious threat to your health, the independent medical specialist will usually make a decision within three days.

Additional information about the IMR process can be found in the Sharp Health Plan Member Handbook, which is available when you visit calpers.sharphealthplan.com/login and log in. For assistance or to request an IMR application form, please contact Customer Care at 1-855-995-5004. We are available to assist you 7 a.m. – 8 p.m., seven days a week.



Women's health — what you should know

If you had or are going to have a mastectomy, you may be entitled to certain benefits under the Women's Health and Cancer Rights Act of 1998. Coverage will be provided in a manner determined in consultation with you and your doctor, for:

- All stages of reconstruction of the breast on which the mastectomy was performed
- Surgery and reconstruction of the other breast to produce a symmetrical appearance
- Prostheses
- Treatment of physical complications of the mastectomy, including lymphedema

These benefits will be provided subject to the same deductibles, copayments and coinsurance applicable to other medical and surgical benefits provided under your plan.

Organ donation and end-of-life planning

Right now, more than 23,000 Californians are waiting for an organ transplant. That's 18% of the more than 120,000 people waiting across our country. Tragically, one-third of them will die — waiting. There is something you can do to help. Your generosity can save up to eight lives through organ donation, and enhance another 75 lives through tissue donation.

Almost everyone, despite age, gender, ethnicity or geographical location, can register to become an organ donor, including newborn infants and senior citizens. Only those who are HIV positive or who suffer from active cancer or systemic infection are ineligible to donate. To become an organ or tissue donor, go to donatelifecalifornia.org and register with the Donate Life California Organ and Tissue Donor Registry online. Share your decision with family members and encourage them to consider organ donation.

Consider discussing end-of-life planning with your PCP. You can put your decisions about the type of treatment you would or would not want to receive, if you are unable to speak for yourself, in a legal document called an advance health care directive. Please visit sharp.com/advancedirective for more information.

Nondiscrimination Notice

Sharp Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability. Sharp Health Plan does not exclude people or treat them differently because of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability.

Sharp Health Plan:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Information in other formats (such as large print, audio, accessible electronic formats or other formats) free of charge

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Customer Care at 1-855-995-5004.

If you believe that Sharp Health Plan has failed to provide these services or has discriminated in another way on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability, you can file a grievance with our Civil Rights Coordinator at:

Address:

Sharp Health Plan Appeal/Grievance Department
8520 Tech Way, Suite 200
San Diego, CA 92123-1450

Telephone: 1-855-995-5004 (TTY: 711) / Fax: 1-619-740-8572

You can file a grievance in person, by mail or by fax, or you can complete the online Grievance/Appeal Form on the Plan's website, calpers.sharphealthplan.com. Please call our Customer Care team at 1-855-995-5004 if you need help filing a grievance.

You can also file a discrimination complaint if there is a concern of discrimination based on race, color, national origin, age, disability or sex with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at ocrportal.hhs.gov

The California Department of Managed Health Care is responsible for regulating health care service plans. If your grievance has not been satisfactorily resolved by Sharp Health Plan or your grievance has remained unresolved for more than 30 days, you may call, toll-free, the Department of Managed Health Care for assistance:

- 1-888-466-2219 Voice
- 1-877-688-9891 TDD

The Department of Managed Health Care's internet website has complaint forms and instructions online: dmhc.ca.gov

Language assistance services

English:

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-855-995-5004 (TTY: 711).

Español (Spanish):

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-995-5004 (TTY: 711).

繁體中文 (Chinese):

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-995-5004 (TTY: 711)。

Tiếng Việt (Vietnamese):

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-995-5004 (TTY: 711).

Tagalog (Tagalog – Filipino):

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-995-5004 (TTY: 711).

한국어 (Korean):

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-995-5004 (TTY: 711) 번으로 전화해 주십시오.

Հայերեն (Armenian):

ՈՒՇԱՆԴՐՈՒԹՅՈՒՆ ԵՐԻՆ ՀԱՅԵՐԵՆ, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Ձանգահարեք 1-855-995-5004 (TTY (հեռատիպ) 711):

فارسی (Farsi):

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-855-995-5004 (TTY: 711) تماس بگیرید

Русский (Russian):

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-995-5004 (телетайп: 711).

日本語 (Japanese):

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-855-995-5004 (TTY: 711) まで、お電話にてご連絡ください。

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-995-5004 (TTY: 711) هاتف الصم والبكم

ਪੰਜਾਬੀ (Punjabi):

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵੱਲੋਂ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-855-995-5004 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

ខ្មែរ (Mon Khmer, Cambodian):

បំរុងចំណុះ: ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្លូវភាសា ជាមិនគិតលុយនោះ គឺអាចមានសំរាប់ប្រើអ្នក។ ចូរ ទូរស័ព្ទ 1-855-995-5004 (TTY: 711)។

Hmoob (Hmong):

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-995-5004 (TTY: 711).

हिंदी (Hindi):

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-855-995-5004 (TTY: 711) पर कॉल करें।

ภาษาไทย (Thai):

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-855-995-5004 (TTY: 711).

Health insurance terms and definitions

We know health insurance can be confusing. We've provided the table below with common terms and definitions to help you better understand your plan and how it works.

Term	Definition
Brand-Name Drug	A drug that has a trade name used for marketing and advertising. These drugs are patented and can be sold only by the company with the patent.
Copayment or Copay	A fixed amount (\$20, for example) you pay for a covered health care service.
Generic Drug	A drug that is the same as its brand-name equivalent in dosage, safety, strength, how it is taken, quality, performance and intended use.
Network	The facilities, providers and suppliers your health insurer or plan has contracted with to provide health care services.
Out-of-Pocket Maximum	The most you have to pay for covered services in a calendar year. After you spend this amount on deductibles, copayments and coinsurance, your health plan pays 100% of the costs of covered benefits.
Plan Medical Group (PMG)	The group of doctors, specialists, urgent care centers and hospitals associated with your network. Your PMG is listed on the front of your member ID card.
Premium	The amount you pay for your health insurance every month. In addition to your premium, you usually have to pay other costs for your health care, including a deductible, copayments and coinsurance.
Primary Care Physician (PCP)	Your primary doctor and main point of contact for all of your health care needs.

Tell a friend

Know someone who needs high-quality health insurance? We have affordable plans for San Diegans of all ages, including Medicare plans. All of our plans are designed to meet the health care and financial needs of our members. If you are happy with Sharp Health Plan, please tell a friend!



Better health insurance matters.

calpers.sharphealthplan.com



Mission Bay Park
Photo Credit: Stephen Bay, San Diego



**Consider us your personal
health care assistant®**

calpers.sharphealthplan.com
customer.service@sharp.com
1-855-995-5004

