

Health Net of California, Inc. (Health Net)



# Protect Your Health with Choice Coverage

YOUR 2022 HMO PLAN OPTION

Edison



[HealthNet.com/edison](https://www.healthnet.com/edison)



## How Will You Use Your Health Plan?

*The ways you choose to keep yourself healthy is unique – just like you. Using this guide, you’ll make personal decisions that can put you on a healthy path – and keep you there!*

# Learn the Basics of an HMO Plan

Choose a doctor, access care, use your ID card and more

## How to choose your doctor

Once you've enrolled in the Health Net Health Maintenance Organization (HMO) plan, your first task is to choose a doctor. Here's how:

- 1 Choose a participating physician group (PPG) from our network of physicians in select areas across California.
- 2 Choose a primary care physician (PCP) within that group.
- 3 Each member of your family can choose a different PCP and/or PPG.

You can change your PCP within your PPG as often as once a month. To change your PCP and/or PPG, call the Health Net Customer Contact Center at 888-893-1572.

HMO plans have lower out-of-pocket costs than other types of health plans.

HMO benefits <sup>1</sup>	You pay
Doctor visits	\$30
Specialist visits	\$30
Inpatient hospital	\$340
Urgent care services	\$40
Emergency care <sup>2</sup>	\$245
Out-of-pocket maximum Individual	\$3,630
Family	\$7,260
Preventive care <sup>3</sup>	0

<sup>1</sup>All benefits are subject to the definitions, limitations and exclusions set forth in your Edison Summary Plan Description (your Benefits Handbook) and Annual Enrollment materials. Be sure to review them before making your final decision.

<sup>2</sup>Waived if admitted.

<sup>3</sup>Refer to [www.healthnet.com/edison](http://www.healthnet.com/edison) for information about preventive care.



With an HMO, you get these benefits (and more):

- No paperwork or claim forms.
- Fixed copayments for office visits and prenatal, postnatal and newborn care.
- Preventive care and health education.



## How to access care

### **Access to MinuteClinics**

MinuteClinic is a walk-in health care facility, generally inside CVS Pharmacy stores. MinuteClinics are staffed by nurse practitioners and physician assistants who provide unscheduled or scheduled treatment for common nonemergency illnesses.

When you need care, your first call should be to your PCP. When that's not possible, MinuteClinic can help.

With your HMO, you pay a \$30 copay (no copay for preventive care services.)

Find more info on **MinuteClinic**.

### **Working with your PCP**

Your PCP will arrange most of your care. If you need specialist care, surgery or hospital services, your PCP will arrange this for you within their PPG. With your HMO plan, you must contact your PCP before you receive treatment from a specialist, except for emergencies and the following services:

- Obstetrical and gynecological (OB/GYN) services. You don't need a referral to see an OB/GYN in your PPG. Just make your appointment.
- Chiropractic care from a chiropractor from within the American Specialty Health Plan (ASH) Networks. For the most current listing of ASH Network chiropractors, call the ASH Member Services Department at 800-678-9133.
- Mental health or substance use treatment. Call Managed Health Network, LLC (MHN) at 888-426-0030, and MHN will refer you for care.

### **Medical continuity of care**

If you or a family member are new to Health Net and are getting ongoing medical treatment from a provider outside of our network, call us at **888-893-1572**. We can help you check if you're eligible for a continuity of care program. This will help ensure your care is seamless as you move to your new health plan.

### **Your Health Net ID card**

You will receive your Health Net ID card after you enroll. Keep it with you because you will need to show it each time you access medical care. When you receive your ID card, make sure your PCP and PPG are correct. If the doctor or medical group listed is not correct, call our Customer Contact Center at **888-893-1572**.

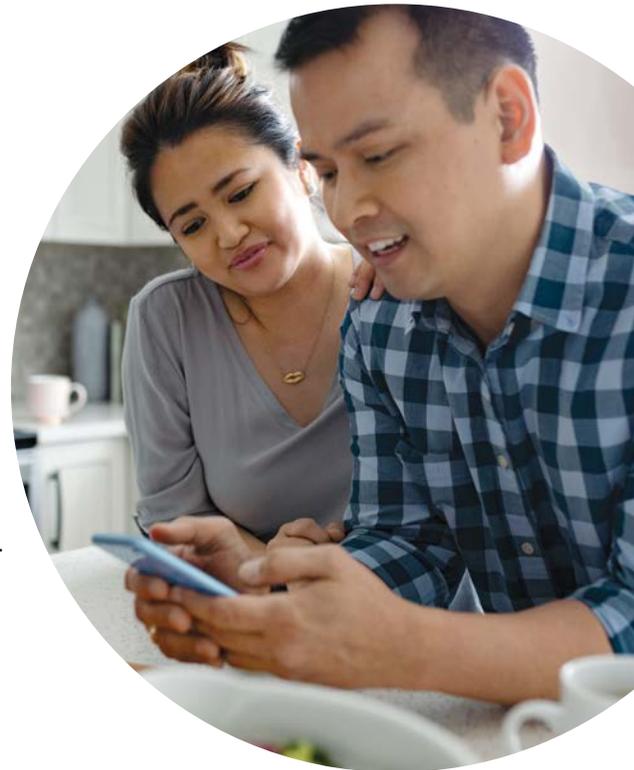
**Important:** You will receive a separate pharmacy ID card. Your pharmacy plan is managed through CVS Caremark, not Health Net of California, Inc.

<sup>4</sup>Heal house calls are available in select urban areas.

# Use Wellness Programs to Build a Better You

## Decision Power®: Health & Wellness

When you're taking your health to the next level, you want tools that will get you there. Whether you're a joiner or just dipping your toe in the water, check out Decision Power Health & Wellness. Take action for healthy change that lasts a lifetime.



### ***Nurse Advice Line***

Our toll-free 24/7 Nurse Advice Line offers timely access to registered nurses for help with everyday health questions. You can get help with a number of health issues. These include:

- How to care for minor injuries and illnesses;
- Helping you spot health emergencies; and
- Help answer questions about medications



### ***Care reminder messages***

You'll get useful reminders about steps you can take to prevent gaps in your care. These include tests to keep you healthy, yearly shots and more! Your doctors may also get these reminders so that they can better observe your health status.



### ***Tobacco Cessation Program***

The Tobacco Cessation Program (telephonic) covers any type of tobacco, including the use of Electronic Nicotine Delivery Systems (ENDS), such as e-cigarettes and e-pipes. The program lets you talk with a quit coach for encouragement and support, and offers a personalized plan to quit.



### ***Health promotion programs***

Looking for a flexible way to improve your health and wellness? Our health promotion programs give you the freedom to reach and keep your health goals. These six-week programs are available online, so you take them when and where it's easiest for you. Topics include weight loss, stress relief, healthy diet and tobacco cessation.



### ***Wellness coaching***

Your road to healthy living is better when you share it. That's why you get a virtual health coach to help you on your way. You and your health coach can connect by:

- secure email
- secure chat
- telephone

You'll enjoy online features that include journaling, goal setting, and exercise and food trackers.

# Programs Just For You!

As an Edison participant with Health Net, you get access to the top wellness vendors in the country. To take advantage of these programs, sign up at [www.healthnet.com/edison](http://www.healthnet.com/edison). After you are logged in to our website, you'll have access to these programs.



## myStrength – strengthening mind, body and spirit

myStrength is a confidential online resource, personalized to help improve your mood. The program's self-help tools are designed to help empower you to become – and stay – mentally and physically healthy. myStrength supports whole-person health, addressing topics like pain management, substance use, insomnia, depression, anxiety, and prenatal and postpartum behavioral health.



## Active&Fit Direct™ program

The Active&Fit Direct program lets you join more than 11,000 fitness centers across the country for just \$25 a month (plus a one-time \$25 signup fee and taxes). The program requires a 3-month commitment. To learn more, visit [activeandfitdirect.com/fitness/healthnet](http://activeandfitdirect.com/fitness/healthnet).



## Start Smart for Your Baby® program

With a range of educational resources and support for mothers-to-be, the Start Smart for Your Baby program offers education and resources as well as case management for women with high-risk pregnancies. Members can also enroll in Text4baby, a texting program based on an individual's due date, providing information about what to expect during pregnancy and the postpartum period, as well as tips on new baby care.



# Access Your Dedicated Website

Find the information you need right away by using our website, [www.healthnet.com/edison](http://www.healthnet.com/edison). It's designed to make searching for key information a breeze – and to help you achieve an overall sense of good health.



## Register for our website

Once you're a Health Net member, go to [www.healthnet.com/edison](http://www.healthnet.com/edison), click Register and fill out the registration form. Be sure to have your member identification (ID) card handy. As a registered member of the website, you'll have 24/7 access to the user-friendly tools and health info you need most. You can:

- Get ID cards and forms, manage your account details and view medical treatment policies.
- Change your primary care physician (PCP).
- Try health promotion programs to address health-related factors, such as smoking/tobacco cessation, emotional health, exercise, nutrition and more.
- Complete the Health Risk Questionnaire (HRQ) to get an idea of your overall health.
- Register for our monthly wellness webinar, which offers a new health topic at each session.



## Health Net's ProviderSearch

With ProviderSearch, you can find the most up-to-date listings of doctors, hospitals, urgent care centers, and other types of health care providers. You can choose from a list of providers within 30 miles of your home or work.

Here's how:

- Launch the tool from [www.healthnet.com/edison](http://www.healthnet.com/edison) > *ProviderSearch Tips*.
- Enter a location (street address and radius, city, county, or state).
- Further narrow your search by Provider Name/ID/License Number or by Plan/Network. The provider network selection is **“HMO - Full Network Large Group”**.
- Select a type of provider (doctor, hospital, medical group, etc.) to get your results.

Your search results give you easy-to-read details about your chosen providers.



## Stay on-the-go with the Health Net Mobile app

Stay connected to your health plan info – whenever and wherever you go. Here are just a few of the things you can do with Health Net Mobile:

- Find doctors and care services nearby with ProviderSearch.
- Use the My ID Card feature to view your card – and your plan dependents' ID cards, too.
- View copayment information.
- You can download or update your free Health Net Mobile app on the App Store or Google Play. Just search for “Health Net Mobile.” It's easy to use – and free!

## Have questions?

You can reach our Customer Contact Center at **888-893-1572** if you have questions or need more info throughout the year.

[www.healthnet.com/edison](http://www.healthnet.com/edison)

### [Health Net's Nondiscrimination Notice](#)

Members have access to Decision Power through current enrollment with Health Net of California, Inc. (Health Net). Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees.

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