



Welcome VEBA Members!

Welcome to your 2022 Open Enrollment Guide. This guide was designed to give you quick access to all of the resources you may need to make your new plan selection for next year.

Not sure where to start? Here are some helpful links:

Page 1

Available plans are listed to the right.

Page 2

Read more about these plans and learn what is new for next year.

Page 3

Is making all of these decisions stressing you out? Take a moment for yourself at our Virtual VRC.

Page 4-5

Get a breakdown on the medical groups available, finding a doctor and carrier contacts.

Page 6-8

See a side-by-side comparison of all plans offered to you for 2022.

Your Available Plans:

1. UHC Performance HMO
 - Network 1
 - Network 2
 2. UHC Alliance HMO
 3. UHC Journey Harmony HMO
 4. Kaiser HMO
 5. UMR NexusACO PPO
- New for 2022:**
6. UHC Harmony HMO
 7. UHC Performance HMO, Network 3

Questions?

- » Go to myveba.org
- » Call VEBA Advocacy at 888-276-0250 or email Advocacy@mcgregorinc.com
- » Contact your HR department



2022 Open Enrollment San Diego Community College District

2022 Highlights

New Harmony HMO Plan

The UnitedHealthcare Harmony HMO plan delivers personalized, convenient and simplified care experience.

Harmony helps you navigate the health care system easier – while providing access to doctors who may help guide you to better health and lower costs.

You have your choice of providers through UnitedHealthcare’s Harmony network including Sharp, UCSD and more.

To find a provider near you, visit [UHC’s site](#).

Free UHC Virtual Care

Effective January 1, 2022, virtual appointments are available to UHC Harmony, Journey and PHMO Network 3 members for \$0 copay/no cost share. Various cost share applies for all other VEBA plans.

You will also have an additional vendor to choose. Optum will be added as a 4th vendor alongside Doctor on Demand, AmWell and Teladoc for all phone and video virtual appointments.

To learn more or get started, visit [UHC’s site](#).

New Carrum Health Covered Benefit

Carrum Health is a premium surgery benefit for PPO members that makes it easier and less expensive to get world class care.

Your surgery costs are covered when using a surgeon within Carrum Health’s program, as well as travel expenses. Covered surgeries include musculoskeletal procedures and cardiac surgeries. Beginning January 1, 2022, bariatric surgery will also be covered.

Learn more at [Carrum.me/CSVEBA](#) or call 888-855-7806.



New Performance HMO Network 3 Plan

New to you for 2022 is the UnitedHealthcare Performance HMO Network 3 plan. Performance HMO gives you more information and flexibility in how you spend your health care dollars. The plan provides the same level of coverage as the traditional UnitedHealthcare HMO plans; the difference is in the distinct networks.

Our Performance HMO Network 3 plan is VEBA’s most affordable way to access Scripps Health and allows VEBA members to get great care through Scripps Clinic, Scripps Coastal Medical Center primary care physicians and medical specialists, and Rady Children’s Primary Care Physicians, specialists and hospitals.

With Performance HMO Network 3 you get access to:

- Great Value – Low premium cost to access Scripps Clinic and Scripps Coastal Medical Center providers.
- Your [choice of quality doctors](#) – convenient access to 1,400 physicians through 28 clinics, 5 hospital campuses, and Scripps telemedicine services.
- Nationally Recognized Care – Access to [Scripps MD Anderson Cancer Center](#), a leader in cancer care and [Prebys Cardiovascular Institute](#) for advanced heart care.

To find a provider near you, visit [UHC’s site](#).



Introducing the Virtual VEBA Resource Center

The VEBA Resource Center is here to support you as you define your path to well-being. We understand everyone has unique needs and we are here to help you every step of your journey. As a VEBA member, you have free access to personalized resources designed to help you achieve your well-being goals.

Accessing the VRC has never been easier! All of our programs and classes are offered online from the comfort of your own home so all you need to do is log in!

Group Classes

The VRC offers more than 60 live group classes each week. Whether you are wanting to relax with yoga or mindfulness, reduce stress by learning about your finances, or step up your cardio through one of our movement class, we have you covered!

[Our entire calendar of online offerings can be found here.](#)

Personalized Care

If you are looking for a place to start or if you have a specific health condition or concern, we offer personalized one-on-one visits with a Care Navigator. The Care Navigator will help you explore your challenges and develop a personalized plan for your mind, body, and spirit.

Individual health coaching is also available for VEBA members and covered dependents. To register, members can email VRC@mcgregorinc.com or call [619-398-4220](tel:619-398-4220).

Don't have time to take an online class? No problem! Check out our social media channels for videos and the latest well-being content.



Choosing a Provider Group that Meets Your Needs



Sharp HealthCare is San Diego's health care leader, with more than 2,700 doctors. Sharp is available in the following plans:

- UHC Harmony HMO
- UHC Performance HMO Network 1
- UHC Journey Harmony HMO
- UMR PPO

[Click here](#) to find a doctor near you or learn more about Sharp.

Or email choosesharp@sharp.com or call the Sharp Open Enrollment concierge for VEBA members at [858-499-2666](tel:858-499-2666), Monday to Friday, 7 a.m. to 7 p.m.

UC San Diego Health

UC San Diego Health offers an expanded network of primary care, the area's leading hospitals and nationally ranked specialty care.

UC San Diego Health is available to you in the following plans:

- UHC Harmony HMO
- UHC Alliance HMO
- UHC Journey Harmony HMO

[Click here](#) to find a doctor near you or learn more about UC San Diego Health. Or you can call [858-657-7000](tel:858-657-7000).



The Scripps network consists of thousands of physicians and nationally recognized specialty care at Scripps Clinic.

Choose one of these plans if you are looking for a Scripps provider:

- UHC Performance HMO Network 2
- UHC Performance HMO Network 3
- UHC Alliance HMO

[Click here](#) to find a doctor near you or learn more about Scripps. You can also call [800-SCRIPPS](tel:800-SCRIPPS), Monday through Friday, 7 a.m. to 7 p.m.



Rady Children's Hospital provides state-of-the-art care to children in San Diego. Rady Children's is the only hospital in San Diego dedicated to pediatric health care and is the largest children's hospital in California.

Looking for a plan with Rady Children's? Explore one of the these available plans:

- UHC Performance HMO Network 1
- UHC Performance HMO Network 2
- UHC Performance HMO Network 3
- UHC Alliance HMO

[Click here](#) to search for a provider or read more about Rady Children's. You can also call Customer Service at [800-788-9029](tel:800-788-9029).



Need Help Looking for a Provider?

How to Choose Your UHC HMO PCP

For a full listing of Participating Medical Groups, or to find a PCP, follow the directions below:

1. Go to csveba.welcometouhc.com.
2. Under “Wondering if your doctor is in our network?” Select “Find a Network Doctor or Hospital”
3. Scroll down and choose from the plan options.
4. Select Continue.
5. Select Change Location and enter your ZIP code, then select Update Location.
6. Now you can search by People, Places, Service and Treatments, or Care by Condition



How to Choose Your UMR PPO PCP

For the NexusACO PPO plan, you will need to select a PCP. Follow the directions below to find a provider or facility:

1. Go to umr.com.
2. Click on “Find a Provider.”
3. In the search box, type “NexusACO” to bring up the UnitedHealthcare NexusACO Network. Or scroll down to the “U” menu and choose the UnitedHealthcare NexusACO Network.
4. Click “View Providers” to be taken to the search menu.
5. Search by Name, Specialty, Facility or Zip code.
6. Choose a Tier 1 PCP for the highest level of coverage.

Benefit Contacts

Benefit	Website	Phone
Carrum Health	carrum.me/csveba	888-855-7806
Delta Dental HMO	deltadentalins.com	800-422-4234
Express Scripts (UHC members)	express-scripts.com	800-918-8011
HealthInvest HRA (HRA for Journey Plan)	healthinvesthra.com	844-342-5505
Inside Rx Pets	insiderxpets.com	800-722-8979
Journey Plan	journeyplan.org	888-586-6365
Kaiser	my.kp.org/veba	800-464-4000
Optum Employee Assistance Program	liveandworkwell.com access code: VEBA	888-625-4809
Optum Health (Chiro/Acu for UHC and Kaiser)	myoptumhealthphysicalhealthofca.com	800-428-6337
Teladoc Medical Experts (formerly Best Doctors)	teladoc.com/medical-experts/	800-835-2362
UMR	umr.com	800-826-9781
UnitedHealthcare (UHC)	csveba.welcometouhc.com	888-586-6365
VEBA Advocacy	email: Advocacy@mcgregorinc.com	888-276-0250
Vision Service Plan (VSP)	vsp.com	800-877-7195

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San Diego Community College District
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 No plan design changes for 2022

Benefit Summary	NEW! UHC Signature Value Harmony HMO \$10 What You Pay	NEW! UHC Performance HMO \$20, Network 3 What You Pay	UHC Performance HMO Plan B, Network 1 What You Pay	UHC Performance HMO Plan B, Network 2 What You Pay
Medical Deductible (individual/family)	None	None	None	None
Medical Out-of-Pocket Maximum (individual/family)	\$1,500 / \$3,000	\$1,500 / \$3,000	\$1,500 / \$3,000	\$5,000 / \$10,000
Health Account	None	None	None	None
PCP Office Visit	\$10 copay	\$20 copay	\$10 copay	\$20 copay
Specialist Office Visit	\$10 copay	\$20 copay	\$10 copay	\$20 copay
Preventive Care	No charge	No charge	No charge	No charge
Inpatient Hospital Care	No charge	\$250 admit copay	No charge	\$500 admit copay
Mental Health Services (outpatient/inpatient)	\$10 copay / No charge	\$20 copay / \$250 admit copay	\$10 copay / No charge	\$20 copay / \$500 copay
Substance Abuse Services (outpatient/inpatient)	No charge	No charge	No charge	No charge
Outpatient Diagnostic Laboratory and Radiology (standard procedures)	No charge	No charge	No charge	No charge
Complex Radiology (PET & MRI)	No charge	\$100 copay	No charge	No charge
Outpatient Surgery	No charge	No charge	No charge	\$250 copay
Outpatient Physical/Rehabilitation Therapy (Office Visit)	\$10 copay	\$20 copay	\$10 copay	\$20 copay
Chiropractic and Acupuncture Services*	\$10 copay	\$20 copay	\$10 copay	\$20 copay
Urgent Care (your medical group/other medical group)	\$10 copay / \$50 copay	\$20 copay / \$75 copay	\$10 copay / \$50 copay	\$20 copay / \$100 copay
Emergency Room (Copay waived if admitted)	\$100 copay	\$150 copay	\$100 copay	\$200 copay
Rx Deductible (individual/family)	None	None	None	None
Rx Out-of-Pocket Maximum (individual/family)	\$3,000 / \$6,000	\$1,600 / \$3,200	\$3,000 / \$6,000	\$1,600 / \$3,200
Rx Formulary List	Performance	Performance	Performance	Performance
Rx Pharmacy Network	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**
Short-Term Prescription Drugs*** (up to 30-day supply)	\$5 Generic \$25 PB 50% \$40 min \$175 max NPB	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	\$5 Generic \$25 PB 50% \$40 min \$175 max NPB	\$15 Generic \$30 PB 50% \$40 min \$175 max NPB
Long-Term Prescription Drugs*** (up to 90-day supply)	\$10 Generic \$50 PB 50% \$80 min \$350 max NPB	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	\$10 Generic \$50 PB 50% \$80 min \$350 max NPB	\$30 Generic \$60 PB 50% \$80 min \$350 max NPB
Available Medical Groups	Sharp Rees-Stealy, Sharp Community, UCSD Medical	Scripps Clinic, Scripps Coastal Medical Center, Rady Children's	Sharp Rees-Stealy, Sharp Community, Primary Care Associates, Arch Health Partners, Rady Children's	Mercy Physicians, Greater Tri-Cities, Scripps Physicians Medical, Rady Children's

Infertility services are excluded/not covered under non-Kaiser HMO plans and are included/covered under Kaiser HMO (excluding Kaiser Bronze) plans, please see your policies for details.

*Chiropractic services have no annual visit maximums, must be medically necessary and may be subject to prior authorization from OptumHealth. This also applies to Acupuncture services if elected by your employer, as it is optional.

**Pay standard copays if you fill your prescription at an EAN Pharmacy (EAN Pharmacies include Rite Aid, Costco, Ralphs, Kmart, Vons, Haggen, Safeway, SuperValue, WinnDixie, Walmart, and many independent pharmacies) visit www.Express-scripts.com for a complete list of EAN pharmacies.

**Pay standard copays plus \$5/prescription if you fill your prescription at a non-EAN Pharmacy (Non-EAN Pharmacies include CVS, Walgreens, and certain independent pharmacies).

**You will pay the Retail Refill Allowance (RRA) penalty (equal to 2 times short-term medication copay for 30-day supply) if you fill long-term prescriptions at a network pharmacy other than Smart90.

**Copays waived for preferred generic hypertension and hypoglycemic purchased at mail or Smart 90. This does not include normal retail use or brand drugs.

***G = Generic, P = Preferred, B = Brand, PB = Preferred Brand, NPB = Non-preferred Brand, S = Specialty

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San Diego Community College District

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Benefit Summary	UHC SignatureValue Alliance HMO \$20/\$30 What You Pay	UHC Journey Harmony HMO What You Pay	Kaiser HMO \$0, Rx: \$5 / \$10 30-day What You Pay
Medical Deductible (individual/family)	None	\$2,000 / \$4,000	None
Medical Out-of-Pocket Maximum (individual/family)	\$3,000 / \$6,000	\$3,500 / \$7,000	\$1,500 / \$3,000
Health Account	None	HealthInvest HRA \$1,000 / \$1,600 / \$2,200	None
PCP Office Visit	\$20 copay	\$25 copay	No charge
Specialist Office Visit	\$30 copay	\$40 copay	No charge
Preventive Care	No charge	No charge	No charge
Inpatient Hospital Care	\$500 admit copay	20% coinsurance (after deductible)	No charge
Mental Health Services (outpatient/inpatient)	\$20 copay / \$500 admit copay	\$25 copay / 20% coinsurance (after deductible)	No charge
Substance Abuse Services (outpatient/inpatient)	No charge	No charge	No charge
Outpatient Diagnostic Laboratory and Radiology (standard procedures)	No charge	No charge	No charge
Complex Radiology (PET & MRI)	\$200 copay	\$100 copay	No charge
Outpatient Surgery	\$250 copay	20% coinsurance (after deductible)	No charge
Outpatient Physical/Rehabilitation Therapy (Office Visit)	\$20 copay	\$25 copay	No charge
Chiropractic and Acupuncture Services*	\$20 copay	\$30 copay	\$10 copay
Urgent Care (your medical group/other medical group)	\$20 copay / \$75 copay	\$25 copay / \$50 copay	No charge
Emergency Room (Copay waived if admitted)	\$150 copay	20% coinsurance (after deductible)	\$50 copay
Rx Deductible (individual/family)	None	None	None
Rx Out-of-Pocket Maximum (individual/family)	\$1,600 / \$3,200	\$3,000 / \$6,000	N/A
Rx Formulary List	Performance	Performance	Kaiser
Rx Pharmacy Network	Express Advantage Network**	Express Advantage Network**	Kaiser
Short-Term Prescription Drugs*** (up to 30-day supply)	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	G: \$5 copay B: \$10 copay (up to a 30-day supply)
Long-Term Prescription Drugs*** (up to 90-day supply)	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	G: \$10 copay B: \$20 copay (up to a 100-day supply)
Available Medical Groups	Mercy Physicians, Primary Care Associates, Rady Children's, Scripps Clinic, Scripps Coastal Medical Center, Scripps Physicians Medical, UCSD Medical	Sharp Rees-Stealy, Sharp Community, UCSD Medical	Kaiser

Infertility services are excluded/not covered under non-Kaiser HMO plans and are included/covered under Kaiser HMO (excluding Kaiser Bronze) plans, please see your policies for details.

*Chiropractic services have no annual visit maximums, must be medically necessary and may be subject to prior authorization from OptumHealth. This also applies to Acupuncture services if elected by your employer, as it is optional.

**Pay standard copays if you fill your prescription at an EAN Pharmacy (EAN Pharmacies include Rite Aid, Costco, Ralphs, Kmart, Vons, Haggen, Safeway, SuperValue, WinnDixie, Walmart, and many independent pharmacies) visit www.Express-scripps.com for a complete list of EAN pharmacies.

***Pay standard copays plus \$5/prescription if you fill your prescription at a non-EAN Pharmacy (Non-EAN Pharmacies include CVS, Walgreens, and certain independent pharmacies).

**You will pay the Retail Refill Allowance (RRA) penalty (equal to 2 times short-term medication copay for 30-day supply) if you fill long-term prescriptions at a network pharmacy other than Smart90.

**Copays waived for preferred generic hypertension and hypoglycemic purchased at mail or Smart 90. This does not include normal retail use or brand drugs.

***G = Generic, P = Preferred, B = Brand, PB = Preferred Brand, NPB = Non-preferred Brand, S = Specialty

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Benefit Summary	UMR NexusACO PPO - No HRA	
	In Network What You Pay	Out of Network What You Pay
Medical Deductible (individual/family)	\$2,000 / \$4,000	\$2,000 / \$4,000
Medical Out-of-Pocket Maximum (individual/family)	\$5,000 / \$10,000	\$5,000 / \$10,000
Health Account	None	
PCP Office Visit	Tier 1 Physician: \$30 copay Tier 2 Physician: 20% coinsurance (after deductible)	50% coinsurance (after deductible)
Specialist Office Visit	Tier 1 Physician: \$50 copay Tier 2 Physician: 20% coinsurance (after deductible)	50% coinsurance (after deductible)
Preventive Care	No charge	No coverage for non-network services
Inpatient Hospital Care	20% coinsurance (after deductible)	50% coinsurance with Prior Authorization (after deductible)
Mental Health Services (outpatient/inpatient)	\$30 copay / 20% coinsurance (after deductible)	50% coinsurance (after deductible)
Substance Abuse Services (outpatient/inpatient)	\$30 copay / 20% coinsurance (after deductible)	50% coinsurance (after deductible)
Outpatient Diagnostic Laboratory and Radiology (standard procedures) <i>Freestanding Facility or Physician Office OR</i>	No charge	50% coinsurance (after deductible)
<i>Hospital-based Lab or Radiology</i>	20% coinsurance (deductible does not apply)	
Complex Radiology (PET & MRI) <i>Freestanding Facility or Physician Office OR</i>	20% coinsurance (after deductible)	50% coinsurance (after deductible)
<i>Hospital-based Complex Radiology</i>	20% coinsurance (after deductible)	
Outpatient Surgery <i>Ambulatory Surgery Center or Physician's Office</i>	20% coinsurance (after deductible)	50% coinsurance with Prior Authorization (after deductible)
<i>Outpatient Hospital-based Surgical Center</i>	20% coinsurance (after deductible) and \$100 copayment	
Outpatient Physical/Rehabilitation Therapy (Office Visit)	\$30 copay	50% coinsurance (after deductible)
Chiropractic and Acupuncture Services*	\$30 copay	50% coinsurance (after deductible)
Urgent Care (your medical group/other medical group)	\$50 copay	50% coinsurance (after deductible)
Emergency Room (Copay waived if admitted)	\$100 copay	\$100 copay
Rx Deductible (individual/family)	None	
Rx Out-of-Pocket Maximum (individual/family)	\$1,600 / \$3,200	
Rx Formulary List	Performance	
Rx Pharmacy Network	Express Advantage Network**	
Short-Term Prescription Drugs*** (up to 30-day supply)	\$10 Generic \$30 PB 50% \$40 min \$175 max NPB	Retail: with submission of a paper claim, member will be reimbursed at the rate the Plan would have paid had the member used an in-network pharmacy less the member's copay.
Long-Term Prescription Drugs*** (up to 90-day supply)	\$20 Generic \$60 PB 50% \$80 min \$350 max NPB	No coverage for non-network pharmacy
Available Medical Groups	Check umr.com to locate a Tier 1 Physician near you	All others

Infertility services are excluded/not covered under PPO and non-Kaiser HMO plans and are included/covered under Kaiser HMO (excluding Kaiser Bronze) plans, please see your policy for details.

*Chiropractic and Acupuncture services have no annual visit maximums, must be medically necessary and may be subject to prior authorization from OptumHealth for HMO, UMR for PPO, and Kaiser.

**Pay standard copays if you fill your prescription at an EAN Pharmacy (EAN Pharmacies include Rite Aid, Costco, Ralphs, Kmart, Vons, Haggen, Safeway, SuperValue, WinnDixie, Walmart, and many independent pharmacies) visit www.Express-scripts.com for a complete list of EAN pharmacies.

**Pay standard copays plus \$5/prescription if you fill your prescription at a non-EAN Pharmacy (Non-EAN Pharmacies include CVS, Walgreens, and certain independent pharmacies).

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