

# Helpful Websites and Phone Numbers

## California Public Employees Retirement System (CalPERS) Health Benefits Program

The CalPERS website has health plan information, videos, and updates  
(888) 225-7377

[www.calpers.ca.gov](http://www.calpers.ca.gov)

## Anthem Blue Cross HMO Plans

Anthem Select and Traditional HMO plans  
(855) 839-4524

[www.anthem.com/ca/calpers/HMO](http://www.anthem.com/ca/calpers/HMO)

## Blue Shield of California HMO

Blue Shield NetValue and Access+ HMO plans  
(800) 334-5847

[www.blueshieldca.com/calpers](http://www.blueshieldca.com/calpers)

## HealthNet HMO

HealthNet Salud y Mas and SmartCare HMO plans  
(888) 926-4921

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

## Kaiser Permanente

Kaiser Healthplans HMO  
(800) 464-4000

[www.kp.org/calpers](http://www.kp.org/calpers)

## United HealthCare HMO

UnitedHealthCare basic HMO plan  
(877) 359-3714

[www.uhc.com/calpers](http://www.uhc.com/calpers)

## OptumRx

Pharmacy Benefit Manager  
(855) 505-8110

[www.optumrx.com/calpers](http://www.optumrx.com/calpers)

## **PERS Select, PERS Choice, PERS Care PPO Plans**

PERS PPO plans are administered by Anthem/Blue Cross  
(877) 737-7776

[www.anthem.com/ca/calpers](http://www.anthem.com/ca/calpers)

## **DENTAL PLANS**

### **Delta Dental PPO and DeltaCare Dental HMO**

Delta Dental PPO covers employee only (dependents can be added at extra cost). Annual limit is \$1000 per person. Many dentists in California participate in this plan. No orthodontic coverage.

Delta Dental Customer Service: (866) 499-3001

DeltaCare USA Dental HMO is owned and administered by Delta Dental Insurance Company. The plan covers employee and eligible dependents at no extra charge. You select a contract dentist to provide services. Orthodontia is included.

DeltaCare USA customer service: (800) 422-4234

[www.deltadentalins.com](http://www.deltadentalins.com) (for both plans)

### **Safeguard Healthplans, a MetLife company**

Safeguard Dental HMO is now a part of the MetLife Insurance family of companies. Covers employee and eligible dependents at no extra charge. You select a contract dentist to provide services. Orthodontia is included.

(800) 880-1800

[www.safeguard.net](http://www.safeguard.net)

## **VISION PLAN**

### **Medical Eye Services of California**

Covers employee only (dependents can be added at extra cost). No forms are necessary. Select a provider by going to the website. Make an appointment and the provider will take care of the rest.

(800) 877-6372

[www.mesvision.com](http://www.mesvision.com)