

## Health Benefits

This information is subject to change. Please check with your insurance carrier directly to confirm these benefits. Online information is available at: <http://www.dbm.maryland.gov/benefits>

CareFirst <a href="http://www.carefirst.com/statemd">www.carefirst.com/statemd</a>	Kaiser Permanente <a href="http://www.my.kp.org/maryland">www.my.kp.org/maryland</a>	United Healthcare <a href="http://www.uhcmaryland.com">www.uhcmaryland.com</a>
Nurse Line (First Help) – get health advice 24/7 from a registered nurse.  1-800-535-9700	Register on kp.org access My Health Manager where you can <ul style="list-style-type: none"> <li>• Email your doctor’s office with routine questions.</li> <li>• View most lab test results.</li> <li>• Schedule or cancel routine appointments.</li> </ul>	myNurseLine – get health advice 24/7 from a registered nurse.  1-888-315-7257
Video Visits: Visit <a href="http://www.carefirst.com/needcare">www.carefirst.com/needcare</a> and click on any of the video visit links OR download the CareFirst Video Visit app from your favorite app store.	Video Visits: Call 800-777-7904 and press “0” to speak to an advice nurse who will schedule a video consult using the camera on your smartphone, tablet, or computer.	Video Visit: Log in to <a href="http://www.myuhc.com">www.myuhc.com</a> and choose from provider sites where you can register for a virtual visit.
Vision program – free annual exam; discounts on glasses and contacts	Vision program – free annual exam; discounts on glasses and contacts	Vision program – free annual exam; discounts on glasses and contacts
Weight management startup and monthly membership fees reimbursed up to \$150 annually for employee/retiree and enrolled spouses. <a href="#">Weight Loss Reimbursement Form</a>	Weight management program is handled directly through Kaiser Permanente and your Primary Care Physician (PCP) <a href="http://www.my.kp.org/maryland/healthy-extra">Weight Management Resources</a>	Weight management startup and monthly membership fees reimbursed up to \$150 annually for employee/retiree and enrolled spouses. <a href="#">Weight Loss Reimbursement Form</a>
Discount program through <a href="http://www.blue365deals.com">www.blue365deals.com</a> Includes gym membership, Lasik, hearing aids, credit monitoring, etc.	Healthy Extras through <a href="http://www.my.kp.org/maryland/healthy-extra">www.my.kp.org/maryland/healthy-extra</a> Includes classes and coaching for healthier living, discounts for fitness clubs, information on various chronic conditions, etc.	Discount program through <a href="http://www.myuhc.com">www.myuhc.com</a> Includes gym membership, Lasik, hearing aids, credit monitoring, etc.