



# NORFOLK HEALTHCARE CONSORTIUM

## 2023 BENEFITS & WELLNESS TOOLKIT

### MEDICAL/PHARMACY SERVICES

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- **\$0 cost for certain medications.** Under the prescription drug plan certain drugs that may keep you healthy, prevent illness and other conditions are covered at \$0 cost. [List of \\$0 Cost drugs.](#)
- **Schedule a virtual doctor visit with an Anthem provider.** [Learn more about virtual appointments.](#) [Steps on scheduling a virtual visit.](#) [Learn more about virtual \(telehealth\) care.](#)
- **Preparing for your virtual visit?** [Click here to learn the 5 steps to help you prepare for your virtual annual preventive care \(wellness\) visit.](#)
- **To find a doctor in the Anthem network** log into anthem.com or call: 833-988-2030. [Find care in your plan's network.](#) [How to choose the best care options for your needs.](#)
- **Eye exams are covered under the Anthem medical plan** at a \$15 embedded copay for all of the Anthem medical plans. (For glasses or contacts if you elected the Anthem Blue View Vision see Vision Services below).
- **Do you want tips to keep costs down, places to save on quality care, programs for prevention and more?** [Click here to access the savvy member's action guide.](#)
- **Regular checkups and exams can help you stay healthy and catch problems early** when they are easier to treat. [Click here to learn more about using your preventive care benefits.](#)
- **For Medical/Pharmacy, ID Cards, or Vision services questions** call your Anthem Health Guides: 833-988-2030



### DENTAL SERVICES

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- **Find a dentist in the Delta Dental network,** you can visit: [www.deltadental.com](http://www.deltadental.com) or call 800-237-6060. [Click here to link to the Delta Dental dentist finder tool.](#)



### VISION SERVICES

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- **Find an eye care provider in the Anthem Blue View Vision network.** [Click here to learn more.](#) Click here to access the [Blue View Vision Frequently Asked Questions \(FAQs\).](#)



### WELLNESS

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- **The Live Well Program:** A comprehensive approach to support employees in 7 focus areas: Physical, Emotional, Occupational, Connection, Rewards, Growth, and Resiliency. **NEW for 2023 - The Live Well Program On-Demand Library:** Flexible self-paced on-demand course collections that support our Live Well Program. [Click here to access your Live Well website.](#)
- **Featured Wellbeing Campaigns:** Monthly content designed around a monthly theme. [Click here to access your Featured Wellbeing Campaigns website.](#)





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## EMPLOYEE ASSISTANCE PROGRAM (EAP)

- **ComPsych® GuidanceResources® provides support, resources, and information for personal and work-life issues and is available 24/7/365!** Employees receive 5 free in-person or virtual sessions per issue per year for you and your immediate family. [Click here for direct access](#) – no login required! [Click here to access your EAP website for more resources](#). Call 1-844-266-0707



## HEALTHCARE SPENDING ACCOUNTS

- **Access Flexible Spending Account (FSA), Dependent Care Flexible Spending Account (DCFSA), and Health Savings Account (HSA)** information on your [Healthcare Spending Accounts website](#). Call Flexible Benefits Administrators at 800-437-3539 or 757-340-4567 for questions on DCFSA or FSA. Call Health Equity at 866-346-5800 for questions about HSA.



## SYDNEY MOBILE APP

- **The Sydney Health Mobile app** can assist you in finding everything you need to know about your Anthem benefits and rewards credit– all in one place. For more information visit your [Sydney Mobile app website](#) or call your Anthem Health Guides: 833-988-2030



## LEGAL PLANS & ID THEFT PROTECTION

- **Complete details on Legal Plans & Identity Theft Protection** can be found on your [Legal Plans and Identity Theft Protection website page](#) or call Legal Resources at: 757-498-1220



## ADDITIONAL BENEFITS

- **For additional benefits,** [click here to the access your Additional Benefits website page](#).



**PLEASE NOTE:** If you are looking to plan doctor appointments or to take advantage of benefit opportunities that may be available to you, visit your [2023 Benefits & Wellness website](#).

