

To: GME Resident and Fellows, Program Directors, and Program Coordinators:

Effective July 1, 2021, GME Residents and Fellows will have health, dental, and vision insurance coverage under the CU Benefit plan(s):

| BENEFIT TYPE | CU HEALTH PLAN NAME | PLAN ADMINISTRATOR | CONTACT INFORMATION FOR COVERAGE QUESTIONS - <i>Identify yourself as a GME member</i> |
|---|---|---------------------------------|---|
| Medical - Includes access to Wellness Programs* | Exclusive - <u>Requires designation of a Primary Care Provider (PCP)</u> - PCP Referral is required for specialist appointments. - No coverage for out-of-network providers | Anthem | 1-855-646-4752 |
| Pharmacy | Exclusive | CVS Caremark | 1-888-964-0121 |
| Dental | Essential -No coverage for out-of-network providers | Delta Dental of Colorado | 1-877-FLOSSCU or customer_service@ddpco.com |
| Vision | Voluntary Vision | Anthem | 1-855-646-4752 |

***CU Insurance Plans include access to wellness programs:**

- CU Move – Can earn \$25/month for fitness activities
- Ovia Health – Help for stages of pregnancy and early parenting
- Zipongo - Healthy Eating
- Sleepio - Achieve Better Sleep

| Important Dates | |
|--|--|
| December 1, 2020 | Medical, pharmacy, dental, and vision plans call centers available to answer Residents/Fellows questions |
| March 2021 | Open enrollment communications to Residents/Fellows begins |
| Last week April through 1 st week May | Open enrollment for the exclusive medical, essential dental, and vision plans |
| July 1, 2021 | Effective date for 2021/22 coverage under CU Health Plans (medical, dental or vision) |

For additional plan details, refer to the 2020-21 medical, dental and vision plan summaries below:

CU Health Plan - Exclusive – Requires Primary Care Provider (PCP) designation.

- [Exclusive Plan Benefits Book](#)
- [Exclusive Plan Summary](#)
- [Provider Finder \(see attached instructions\)](#)
- [Behavioral Health Provider Finder](#)

If you are currently under the care of a mental health provider that isn't listed in the Behavioral Health Provider Finder link, contact Debra Johnson to discuss opportunity to continue seeing that provider.

CU Health Plan – Essential Dental – Delta Dental PPO Network Only

- [Dental Essential Plan Benefits Book](#)
- [Dental Essential Plan Summary](#)

CU Health Plan – Voluntary Vision - Blue View Vision Network

- [Vision Plan Benefits Book](#)
- [Vision Plan Summary](#)

Please note that July 2021 plan year benefits may include changes to the current plans and documents.

The GME Benefits Office is working with CU Health Plan Administration to ensure a smooth transition of benefits for Residents/Fellows. Please contact Debra Johnson with questions regarding the transition.

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Sincerely,
Carol

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