

NOTICE: CCPOA Medical Plan covers you where CalPERS doesn't.

According to the Sacramento Bee:

CHANGES AT CALIFORNIA'S PENSION GIANT WILL FORCE MORE THAN 14,000 CALPERS MEMBERS AND THEIR DEPENDENTS IN THE SACRAMENTO REGION AND BAY AREA TO FIND A NEW HEALTH PLAN OVER THE COMING YEAR.

Health Net, a health plan managing care for Medicare and Medi-Cal populations, will no longer be available to CalPERS members in:

- Sacramento
- Yolo
- Placer
- El Dorado

Blue Shield Access + will no longer serve CalPERS in eight Bay Area counties:

- Alameda
- Contra Costa
- Marin
- San Francisco
- San Mateo
- Santa Clara
- Solano
- Sonoma

Affected counties are shown on the map as 

CalPERS members with plans in these counties must choose a new health care plan for 2019

THE CCPOA MEDICAL PLAN IS AVAILABLE IN ALL THE AFFECTED AREAS.

All these great benefits are yours through the CCPOA Medical Plan:



Chiropractic

Another great feature of the CCPOA Medical Plan is our chiropractic benefit. You get 20 visits a year with a chiropractic network provider, for a \$15 copay per visit.

Benefits are provided through a contract with American Speciality Health Plans of California Inc. (ASH Plans), which offers more than 3,100 licensed chiropractors conveniently located throughout California.

Live down South? ↓ ↑ Work up North? Live/03 Rule

Pick which location works best for you and your family.

You may be assigned to an institution away from where you live. Or maybe the doctor you use is closer to work than home. Use the address that gets the coverage you want. Use either your home or work location when applying for your coverage.

Get Started with Teladoc

Complete the steps below so you can receive immediate care the first time you call:

- STEP 1 We've made it quick and easy. Simply go to [Teladoc.com/bsc](https://www.teladoc.com/bsc) and click "Set up account."
- STEP 2 Complete your medical history. Log on to your account and complete the "My Medical History" section.
- Step 3 Call. A Teladoc doctor is just a call away.
- 1-800-Teladoc**

NurseHelp 24/7

With NurseHelp 24/7SM, you can talk with registered nurses any time, day or night.

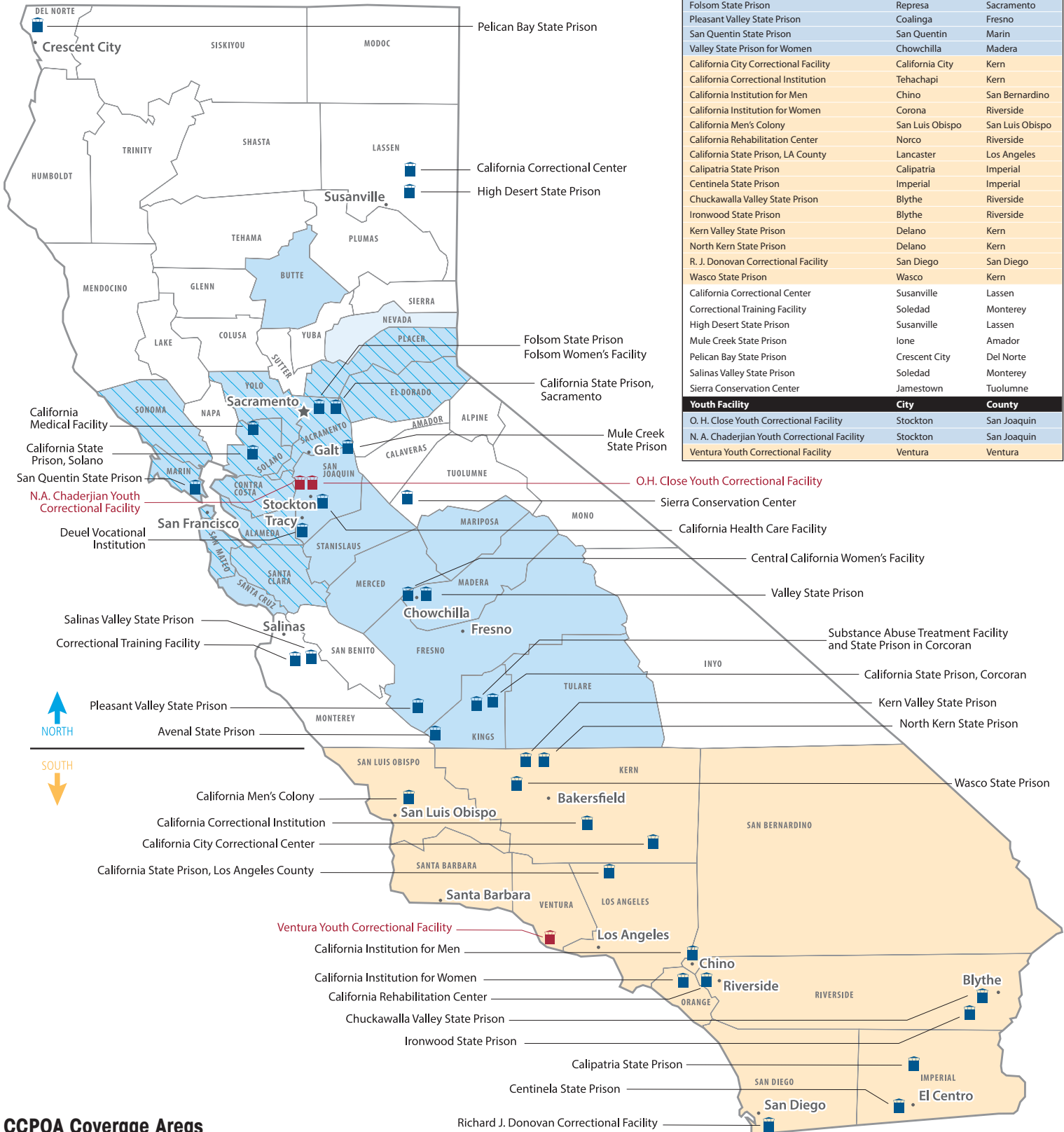
To use NurseHelp 24/7, just call 877-304-0504 or log in to [blueshieldca.com](https://www.blueshieldca.com).

Under "I need health care," click on NurseHelp 24/7.

With either option you will get confidential, personalized assistance.

CCPOA Medical Plan Service Area

Facility	City	County
Avenal State Prison	Avenal	Kings
California Health Care Facility	Stockton	San Joaquin
California Medical Facility	Vacaville	Solano
California State Prison, Corcoran	Corcoran	Kings
California State Prison, Sacramento	Represa	Sacramento
California State Prison, Solano	Vacaville	Solano
California Substance Abuse Treatment Facility	Corcoran	Kings
Central California Women's Facility	Chowchilla	Madera
Deuel Vocational Institution	Tracy	San Joaquin
Folsom State Prison	Represa	Sacramento
Pleasant Valley State Prison	Coalinga	Fresno
San Quentin State Prison	San Quentin	Marin
Valley State Prison for Women	Chowchilla	Madera
California City Correctional Facility	California City	Kern
California Correctional Institution	Tehachapi	Kern
California Institution for Men	Chino	San Bernardino
California Institution for Women	Corona	Riverside
California Men's Colony	San Luis Obispo	San Luis Obispo
California Rehabilitation Center	Norco	Riverside
California State Prison, LA County	Lancaster	Los Angeles
Calipatria State Prison	Calipatria	Imperial
Centinela State Prison	Imperial	Imperial
Chuckawalla Valley State Prison	Blythe	Riverside
Ironwood State Prison	Blythe	Riverside
Kern Valley State Prison	Delano	Kern
North Kern State Prison	Delano	Kern
R. J. Donovan Correctional Facility	San Diego	San Diego
Wasco State Prison	Wasco	Kern
California Correctional Center	Susanville	Lassen
Correctional Training Facility	Soledad	Monterey
High Desert State Prison	Susanville	Lassen
Mule Creek State Prison	lone	Amador
Pelican Bay State Prison	Crescent City	Del Norte
Salinas Valley State Prison	Soledad	Monterey
Sierra Conservation Center	Jamestown	Tuolumne
Youth Facility	City	County
O. H. Close Youth Correctional Facility	Stockton	San Joaquin
N. A. Chaderjian Youth Correctional Facility	Stockton	San Joaquin
Ventura Youth Correctional Facility	Ventura	Ventura



CCPOA Coverage Areas

