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 www.carefirst.com/statemd	Kaiser Permanente www.my.kp.org/maryland	United Healthcare www.uhcmaryland.com
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 • Email your doctor's office with routine questions. • View most lab test results. • Schedule or cancel routine appointments.	myNurseLine – get health advice 24/7 from a registered nurse. 1-888-315-7257
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. Form found at: http://www.carefirst.com/statemd/attachments/md-weight-loss-membership -reimbursement-form-cst2588.pdf	Weight management program is handled directly through Kaiser Permanente and your Primary Care Physician (PCP)	Weight management startup and monthly membership fees reimbursed up to $150 annually for employee/retiree and enrolled spouses. Form found at: http://stateofmaryland.welcometouhc.com/files/stateofmaryland/content/UHC-%20Weight%20Loss%20Claim%20Form_2015%20FINAL_SOM.pdf
Discount program through www.blue365deals.com Includes gym membership, Lasik, hearing aids, credit monitoring, etc.	Healthy Extras through www.my.kp.org/maryland/healthy-extra Includes classes and coaching for healthier living, discounts for fitness clubs, information on various chronic conditions, etc.	Discount program through www.myuhc.com Includes gym membership, Lasik, hearing aids, credit monitoring, etc.
Access anywhere thru CareFirst app: 	Access anywhere thru Kaiser Permanente app: 	Access anywhere thru Health4Me app: