

# ANTHEM BLUE CROSS AND BLUE SHIELD HEALTHCARE SOLUTIONS-HEALTHCARE SERVICES INFORMATION

Location	Medical Benefits	Hospitals	Value-Added Benefits	Obstetrical Provider Access	Pharmacy	Urgent Care	Mental Health Services
<b>North</b>	<ul style="list-style-type: none"> <li>Unlimited visits to a primary care doctor you choose</li> <li>Specialist care</li> <li>Wellness care and Healthy Kids (EPSDT) services, including childhood immunizations</li> <li>Urgent and emergent medical care with emergency transportation</li> <li>Inpatient and outpatient hospital services</li> <li>Family planning and midwives</li> <li>Circumcision</li> <li>Labs and X-rays</li> <li>24/7 NurseLine to answer your medical questions and concerns day or night. Available in English and Spanish.</li> <li>LiveHealth Online — “visit” a doctor via online video any time of day or night. Available in English and Spanish.</li> <li><b>FREE</b> yearly eye exam and medically necessary contacts or glasses</li> <li>Diabetic care, education, and podiatry services</li> <li>Physical, occupational, and speech therapy</li> <li>Home healthcare</li> <li>Durable medical equipment services and devices</li> <li>Chronic disease case management and education</li> <li>Peak flow meters for asthma</li> <li>Weight-loss surgery</li> <li>Holistic stop-smoking program</li> <li>CareMore Care Centers — Personalized care from a team of doctors and providers for members with complex, chronic needs.</li> <li>Transgender healthcare services</li> <li>Medical Nutrition Therapy to address nutrition related issues when medically necessary.</li> </ul>	<ul style="list-style-type: none"> <li>Carson Valley Medical Center</li> <li>Carson Tahoe Regional Medical Center</li> <li>Northern Nevada Medical Center</li> <li>Northern Nevada Sierra Medical Center</li> <li>Renown Medical Center</li> <li>Renown South Meadows Medical Center</li> <li>St. Mary’s Regional Medical Center</li> </ul>	<p><b>FREE EXTRA BENEFITS</b></p> <ul style="list-style-type: none"> <li><b>FREE</b> Costco Gold Card membership</li> <li><b>\$100</b> for day care for kids 5–11</li> <li><b>FREE</b> Boys &amp; Girls Club memberships for ages 5–14</li> <li><b>\$100</b> extra vision benefit for glasses</li> <li><b>FREE</b> sports physicals for ages 6–18</li> <li><b>FREE</b> online fitness program for ages 17+</li> <li><b>FREE</b> WW® (formerly called Weight Watchers®) membership for ages 17+</li> <li><b>\$100</b> gym membership for eligible members ages 18+</li> <li><b>\$100</b> for nonmedication pain management</li> <li><b>FREE</b> cellphone with <b>FREE</b> monthly minutes, data, &amp; text messages</li> <li><b>FREE</b> virtual tutorial services for ages 8–17</li> <li><b>FREE</b> GED/HiSET (High School Equivalency Test) testing</li> <li><b>FREE</b> industry certification assistance for ages 18+</li> <li><b>\$50</b> for college application fees for 17+</li> <li><b>FREE</b> life transition kit with first aid supplies, dental hygiene supplies, Subway gift card, and an emergency blanket for eligible members</li> <li><b>FREE</b> fresh fruits &amp; vegetables home delivery for eligible members</li> <li><b>FREE</b> grooming kit or gift card for foster care under age 26</li> <li><b>FREE</b> meditation app for ages 18 and under</li> <li><b>FREE</b> Emotional Well-Being resource for ages 13+</li> <li><b>FREE</b> Community Resource Link to find help online for local community-based programs, benefits, &amp; services</li> <li><b>FREE</b> dental hygiene kits</li> <li>Transitional care assistance from hospital to home</li> </ul> <p><b>FREE EXTRAS FOR PREGNANT MOMS &amp; BABIES</b></p> <ul style="list-style-type: none"> <li><b>FREE</b> electronic breast pump</li> <li><b>FREE</b> home-delivered meals after delivery or hospital discharge</li> <li><b>2 FREE items</b> in Baby Essentials Bundle Package: Breastfeeding pillow   Baby car seat   Infant/preemie car seat   Portable crib   Highchair   Breastfeeding kit   Safe sleep kit   Diapers   Microwave sterilizer   Microwave steam bags   Video baby monitor   Baby-proofing items</li> <li><b>1-month bus pass</b>, or <b>\$50</b> Uber card or a <b>\$50</b> gas card</li> <li><b>\$35</b> Barnes &amp; Noble gift card</li> <li><b>FREE</b> home-delivered meals for members with gestational diabetes</li> </ul> <p><b>EARN MONEY FOR COMPLETING CHECKUPS</b></p> <ul style="list-style-type: none"> <li><b>\$100</b> for childhood wellness visit</li> </ul>	<p>Large network of obstetricians (OB) to choose from. Members in their third trimester can keep getting care from their current OBs even if the OB is not in our plan.</p> <p><b>FREE SERVICES FOR PREGNANT MOMS</b></p> <ul style="list-style-type: none"> <li>Nurse case managers offer emotional support, education, and other services</li> <li>New Baby, New Life<sup>SM</sup> health education and rewards program to help you have a healthy pregnancy with up to <b>\$75</b> in rewards for doctor visits</li> <li>Baby &amp; Me — Tobacco <b>FREE</b> Program: <b>\$25</b> vouchers to buy diapers and wipes for members who successfully remain tobacco-free</li> <li><b>FREE</b> electronic breast pump</li> <li><b>FREE</b> home-delivered meals after delivery or hospital discharge</li> <li><b>2 items</b> in Baby Essentials Bundle Package: Breastfeeding pillow   Baby car seat   Infant/preemie car seat   Portable crib   Highchair   Breastfeeding kit   Safe sleep kit   Diapers   Microwave sterilizer   Microwave steam bags   Video baby monitor   Baby-proofing items</li> <li><b>1-month bus pass</b>, or <b>\$50</b> Uber card or a <b>\$50</b> gas card</li> <li><b>\$35</b> Barnes &amp; Noble gift card</li> <li><b>FREE</b> home-delivered meals for members with gestational diabetes</li> </ul>	<p>Prescription and over-the-counter medicines (when prescribed by your doctor). Choose from pharmacies, like:</p> <ul style="list-style-type: none"> <li>Walmart</li> <li>Sam’s Club</li> <li>Smith’s Food &amp; Drug Center</li> <li>CVS</li> <li>And more</li> </ul> <p>Or use IngenioRx mail-order pharmacy.</p>	<p>Unlimited access to urgent care at these locations:</p> <p><b>Urgent Care at Home:</b></p> <ul style="list-style-type: none"> <li><b>Dispatch Health at Home</b> 775-442-5872</li> </ul> <p><b>Urgent Care Centers:</b></p> <ul style="list-style-type: none"> <li><b>Carbon Health Alpha Medical Group of Florida</b> 5067 S. McCarran Blvd. 775-298-5379</li> <li><b>Carson Tahoe Dayton Urgent Care</b> 9001 Medical Center Dr., #101 775-445-7330</li> <li><b>Carson Tahoe Health Urgent Care</b> 1201 S. Carson St. 775-445-7210</li> <li><b>Carson Valley Medical Center Urgent Care</b> 897 Ironwood Dr. 775-782-1610</li> <li><b>Northern Nevada Urgent Care</b> 5575 Kietzke Ln. 775-502-1400 5265 Vista Blvd., Bldg. B 775-355-5010</li> <li><b>Renown Health Urgent Care</b> 775-982-5000 All locations</li> <li><b>St Mary’s Urgent Care</b> 6255 Sharlands Ave. 775-770-7580 5070 Ion Dr., #100 775-770-7727 18653 Wedge Pkwy., #300 775-770-7210 280 Vista Knoll Pkwy., #106 775-734-0246T</li> <li><b>The Clinic at Walmart</b> 775-445-7220 3200 Market St. 3770 US Hwy 395 S 1511 Grant Ave.</li> </ul>	<ul style="list-style-type: none"> <li>Inpatient and outpatient behavioral health services</li> <li>Inpatient psychiatric services</li> <li>Inpatient and outpatient alcohol/substance abuse treatment services</li> <li>Inpatient alcohol/substance abuse detoxification program</li> <li>24-hour mobile crisis team</li> <li>Partial Hospitalization Program (PHP)</li> <li>Intensive Outpatient Program (IOP)</li> <li>Psychosocial Rehabilitation (PSR) Basic Skills Training (BST)</li> <li>Individual, family, and group therapy In-person and telephonic case management</li> <li>Identification support</li> <li>24/7 Psychiatric Urgent Facility (referral needed)</li> <li>Peer-supported mental health and substance abuse programs</li> <li>Mental health services for patients over 21 with autism</li> <li>CHES Health – App based support for members diagnosed with SUD</li> <li>Pyx Health - App based support for members diagnosed with mental health conditions, focused to support with Loneliness</li> </ul>

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			<ul style="list-style-type: none"> <li>• \$25 for first prenatal care visit</li> <li>• \$50 for postpartum care visit</li> <li>• \$10 for well-child visits in first 30 months up to 8 visits</li> <li>• \$100 for first dose of COVID-19 vaccine</li> <li>• \$25 for flu shot</li> <li>• \$25 for combo-10 childhood immunizations</li> <li>• \$50 for breast cancer screening</li> <li>• \$50 for cervical cancer screening</li> <li>• \$25 for diabetic retinal eye exam</li> <li>• \$25 for diabetic A1c control &lt;8</li> <li>• \$10 for asthma medication refills once per quarter</li> <li>• \$10 for high blood pressure medication refills once per quarter,</li> <li>• \$10 for new-member health needs screener</li> <li>• \$5 for vaccine quiz</li> <li>• \$50 for human papillomavirus (HPV) vaccination</li> <li>• \$25 for diabetes screening and antipsychotic medication management for those with both diabetes &amp; schizophrenia or bipolar disorder</li> <li>• \$25 for 7-day follow-up after behavioral health emergency visit</li> <li>• \$25 for 30-day follow-up after behavioral health discharge</li> <li>• \$5 for diabetes quiz</li> <li>• \$5 for diabetes nutrition quiz</li> </ul> <p><b><u>FREE EXTRAS TO HELP YOU TAKE THE NEXT STEP</u></b></p> <ul style="list-style-type: none"> <li>• \$300 for internet*</li> <li>• Access to shelter beds &amp; housing*</li> <li>• ID replacement help &amp; cost coverage*</li> <li>• <b>FREE</b> laptop*</li> </ul>				
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\*For eligible member transitioning out of incarceration.

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Location	Medical Benefits	Hospitals	Value-Added Benefits	Obstetrical Provider Access	Pharmacy	Urgent Care	Mental Health
<b>South</b>	<ul style="list-style-type: none"> <li>Unlimited visits to a primary care doctor you choose</li> <li>Specialist care</li> <li>Wellness care and Healthy Kids (EPSDT) services including childhood immunizations</li> <li>Urgent and emergent medical care with emergency transportation</li> <li>Inpatient and outpatient hospital services</li> <li>Family planning and midwives</li> <li>Circumcision</li> <li>Labs and X-rays</li> <li>-24/7 NurseLine to answer your medical questions and concerns day or night. Available in English and Spanish.</li> <li>LiveHealth Online — “visit” a doctor via online video any time of day or night. 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Choose from pharmacies, like:</p> <ul style="list-style-type: none"> <li>Walmart/Sam’s Club</li> <li>Smith’s Food &amp; Drug Center</li> <li>CVS</li> <li>And more</li> </ul> <p>Or use IngenioRx mail-order pharmacy.</p>	<p>Unlimited access to urgent care at these locations:</p> <p><b>Urgent Care at Home:</b></p> <ul style="list-style-type: none"> <li><b>Dispatch Health at Home</b> 775-442-5872 Dispatchhealth.com</li> <li><b>Doctoroo</b> 702-848-4443 Doctoroo.com</li> <li><b>Ready Responders</b> 702-744-4000 Getready.com</li> </ul> <p><b>Urgent Care Centers:</b></p> <ul style="list-style-type: none"> <li><b>1st Choice Urgent and Primary Care</b> 5625 Losee Rd. 702-766-5030</li> <li><b>Carefirst Urgent Care</b> 4360 Blue Diamond Rd., #103 702-407-0524</li> <li><b>5216 Boulder Hwy., #105</b> 702-547-6764</li> <li><b>CareNow Urgent Care</b> All locations Urgentcarehere.com 1 24/7 location</li> <li><b>-Children’s Urgent Care &amp; Pediatric Clinic</b> 1600 W. Sunset Rd., #A 702-898-6400 3424 N. Buffalo Dr., #100 702-233-0174</li> <li><b>Empowered Pain Primary &amp; Urgent Care Center of NV</b> 6465 W. Sahara Ave., #103 702-822-1881</li> </ul>	<ul style="list-style-type: none"> <li>Inpatient and outpatient behavioral health services</li> <li>Inpatient psychiatric services</li> <li>Inpatient and outpatient alcohol/substance abuse treatment services</li> <li>Inpatient alcohol/substance abuse detoxification program</li> <li>24-hour mobile crisis team</li> <li>Partial Hospitalization Program (PHP)</li> <li>Intensive Outpatient Program (IOP)</li> <li>Psychosocial Rehabilitation (PSR)</li> <li>Basic Skills Training (BST)</li> <li>Individual, family, and group therapy</li> <li>In-person and telephonic case management</li> <li>Identification support</li> <li>24/7 Psychiatric Urgent Facility (referral needed)</li> <li>Peer-supported mental health</li> <li>and substance abuse program</li> <li>Mental health services for patients over 21 with autism</li> <li>CHES Health – App based support for members diagnosed with SUD</li> <li>Pyx Health - App based support for members diagnosed with mental health conditions, focused to support with Loneliness</li> </ul>

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Location	Medical Benefits	Hospitals	Value-Added Benefits	Obstetrical Provider Access	Pharmacy	Urgent Care	Mental Health Services
South continued			<p><b><u>EARN MONEY FOR COMPLETING CHECKUPS</u></b></p> <ul style="list-style-type: none"> <li>• <b>\$100</b> for childhood wellness visit</li> <li>• <b>\$25</b> for first prenatal care visit</li> <li>• <b>\$50</b> for postpartum care visit</li> <li>• <b>\$10</b> for well-child visits in first 30 months up to 8 visits</li> <li>• <b>\$100</b> for first dose of COVID-19 vaccine</li> <li>• <b>\$25</b> for flu shot</li> <li>• <b>\$25</b> for combo-10 childhood immunizations</li> <li>• <b>\$50</b> for breast cancer screening</li> <li>• <b>\$50</b> for cervical cancer screening</li> <li>• <b>\$25</b> for diabetic retinal eye exam</li> <li>• <b>\$25</b> for diabetic A1c control &lt;8</li> <li>• <b>\$10</b> for asthma medication refills once per quarter</li> <li>• <b>\$10</b> for high blood pressure medication refills once per quarter,</li> <li>• <b>\$10</b> for new-member health needs screener</li> <li>• <b>\$5</b> for vaccine quiz</li> <li>• <b>\$50</b> for human papillomavirus (HPV) vaccination</li> <li>• <b>\$25</b> for diabetes screening and antipsychotic medication management for those with both diabetes &amp; schizophrenia or bipolar disorder</li> <li>• <b>\$25</b> for 7-day follow-up after behavioral health emergency visit</li> <li>• <b>\$25</b> for 30-day follow-up after behavioral health discharge</li> <li>• <b>\$5</b> for diabetes quiz</li> <li>• <b>\$5</b> for diabetes nutrition quiz</li> </ul> <p><b><u>FREE EXTRAS TO HELP YOU TAKE THE NEXT STEP</u></b></p> <ul style="list-style-type: none"> <li>• <b>\$300</b> for internet*</li> <li>• Access to shelter beds &amp; housing*</li> <li>• ID replacement help &amp; cost coverage*</li> <li>• <b>FREE</b> laptop*</li> </ul> <p>*For eligible member transitioning out of incarceration.</p>			<ul style="list-style-type: none"> <li>• <b>Health Xpress Medical Center</b> 5185 S. Durango Dr., #1 702-463-1400 11201 S. Eastern Ave., #110 702-992-3688</li> <li>• <b>Intermountain Healthcare</b> All locations hcpnv.com/urgent-care/ 1 24/7 location</li> <li>• <b>Over the Rainbow Pediatric Urgent Care</b> 10170 S. Eastern Ave., #160 702-550-2273</li> <li>• <b>Parkway Urgent Care</b> 100 N. Green Valley Pkwy., #110 702-436-7700</li> <li>• <b>Premier Urgent Care</b> 4550 E. Charleston Blvd. 702-623-8810</li> <li>• <b>ProCare Medical Center</b> All locations procaremedicalcenter.com</li> <li>• <b>Sahara West Urgent Care and Wellness</b> 6125 W. Sahara Ave. 702-248-0554</li> <li>• <b>Tahoe Carson Valley Medical Group</b> 155 Hwy 50 775-589-8900</li> <li>• <b>UMC Quick Care</b> All locations umcsn.com</li> </ul>	