

# UC BLUE & GOLD HMO NEW MEMBER CHECKLIST

## Before You Enroll

- ✓ **Check to see if your current doctor participates in the UC Blue & Gold HMO network.** Go to [healthnet.com/uc](https://healthnet.com/uc), and click on Find a Doctor, or call the Health Benefit Navigator team. You can also change your primary care physician (PCP) at any time on [healthnet.com/uc](https://healthnet.com/uc) or by calling Health Net.
- ✓ **Select a PCP when you enroll.** If your current doctor is not in the UC Blue & Gold HMO network, you'll need to select a new PCP. Enter the PCP information into UCPATH, AYSO or UCRAYS when you enroll.

## After You Enroll

- ✓ **Get extra medication.** Request enough refills of any ongoing medications through your current plan (if applicable) to last until your UC Blue & Gold HMO coverage begins.
- ✓ **Watch for your new ID cards in the mail.** After you enroll, Health Net will mail you a package containing an ID card for each covered family member.
- ✓ **Get the facts.** Explore [healthnet.com/uc](https://healthnet.com/uc) for details about the UC Blue & Gold HMO, including what's covered and what you pay for care.

## When Your UC Blue & Gold HMO Coverage Begins

- ✓ **Get to know your PCP.** If you have a new PCP, make an appointment for an office visit to review your current health and health history. Work with your former providers to transfer your medical records to your new doctor.
- ✓ **Use your new UC Blue & Gold HMO ID card.** Show it to your provider(s) and at the pharmacy on your first visit after your Blue & Gold HMO coverage begins. Discard your old plan ID card.
- ✓ **Transfer medications you take regularly.** You can get 90-day supplies of maintenance medications for conditions such as high blood pressure, asthma, diabetes, allergies, etc., for two copayments.

## How to Transfer Prescriptions:

- Call the CVS Caremark Prescription Services at **(888) 624-1139** to have your prescriptions filled through the CVS Caremark Mail Service Pharmacy or at a nearby CVS pharmacy.
- Go to your nearest CVS or UC Medical Center walk-up pharmacy, and ask them to contact your doctor to request a 90-day supply of your medication.
- Ask your doctor to call or fax your 90-day prescription to the CVS Caremark Mail Service Pharmacy:
  - Call **(800) 378-5697**
  - Fax **(800) 378-0323**
- If you are taking a specialty medication, call the Health Benefit Navigator team, as these drugs are usually provided by a Specialty pharmacy contracted by Health Net.

**Questions?** Call the UC-dedicated Health Benefit Navigator team at **(800) 539-4072**, Monday through Friday, 8:00 a.m. to 8:00 p.m. (Pacific)