

10 Reasons to Stay with UC Blue & Gold HMO in 2023

For 2023, you'll enjoy our flexible, easy-to-use HMO with **big extras and, best of all – no surprises!**

Need more reasons? Here are 10:



Affordable premiums



\$0 deductible



Fixed and predictable copays



Telehealth¹ appointments available 24/7² for **\$0 copay**



MinuteClinic walk-in medical care in select CVS pharmacies across the U.S.



Wellness programs to help you manage weight, stop smoking and more



Acupuncture and chiropractic services



Your choice of familiar providers, including **all UC medical centers and physician groups**



Proven record – **over 120,000 UC employees, retirees and their dependents already have UC Blue & Gold HMO**



A dedicated **Health Benefit Navigator** team



Whether you're new to UC Blue & Gold HMO, or coming back for 2023, check out what we have to offer at healthnet.com/uc.

Remember to enroll at ucnet.universityofcalifornia.edu starting October 27, 2022!

[Nondiscrimination notice](#)

¹You may receive services on an in-person basis or via telehealth, if available, from your primary care provider, a treating specialist or from another contracting individual health professional, contracting clinic, or contracting health facility consistent with the service and existing timeliness and geographic access standards required under California law. Any cost share for services received through the telehealth provider will accrue toward your out-of-pocket maximum and deductible (if your plan has a deductible). By scheduling through the telehealth provider, you consent to receive services via telehealth. See your health plan coverage document for coverage information and for the definition of telehealth services. You have a right to access your medical records for services received. Unless you choose otherwise, any services provided through the telehealth provider shall be shared with your primary care provider.

²Behavioral health services are open Monday–Friday 8 a.m.–8 p.m.

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