

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 <ul style="list-style-type: none"> • 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
Video Visits: Visit www.carefirst.com/needcare and click on any of the video visit links OR download the CareFirst Video Visit app from your favorite app store.	Video Visits: Call 800-777-7904 and press “0” to speak to an advice nurse who will schedule a video consult using the camera on your smartphone, tablet, or computer.	Video Visit: Log in to www.myuhc.com and choose from provider sites where you can register for a virtual visit.
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. Weight Loss Reimbursement Form	Weight management program is handled directly through Kaiser Permanente and your Primary Care Physician (PCP) Weight Management Resources	Weight management startup and monthly membership fees reimbursed up to \$150 annually for employee/retiree and enrolled spouses. Weight Loss Reimbursement Form
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.