

we are the county of  
los angeles

You are a part of what makes the County of Los Angeles a great place to live and work — one of over 100,000 employees dedicated to serving the people of the County of Los Angeles. Your *Choices* benefit program, negotiated for you by the Coalition of County Unions (CCU), is designed to give you the security of knowing we've got you covered — so you have the freedom to focus on what matters most at work and at home.



Manhattan Beach

## Time to review your *Choices* benefits!

**October 1 – October 31, 2017**

[mylacountybenefits.com](http://mylacountybenefits.com)

Annual benefits enrollment is your one time a year to review and make changes to the benefits negotiated by the CCU, known as *Choices*. During this time, you can:



### Enroll in or change plans.

- ✓ Medical
- ✓ Dental
- ✓ Optional benefits: long-term disability health, and accidental death & dismemberment insurance



**Add or drop coverage** for family members. You must remove ineligible family members from your coverage. See page 3.



**Waive or decline** medical coverage if you have other coverage. If you choose to waive or decline, you must provide proof of coverage each year. See page 2.



**Enroll or re-enroll** in the Health Care or Dependent Care Spending Accounts.

### Mark Your Calendar

If you miss the October 31 deadline, you cannot enroll or make changes until the next enrollment period, unless you experience a qualifying life event.

Your current benefit elections will continue (new 2018 premium rates will apply) **except** for Health Care or Dependent Care Spending Accounts and waiving/declining medical coverage.

### Is Your Contact Information Up to Date?

It is essential that your mailing address and contact phone number are up to date so you get your enrollment packet on time, and your medical/dental plan carriers have your current information. Your enrollment packet will highlight any benefit changes and the monthly cost for your benefits for the new plan year.

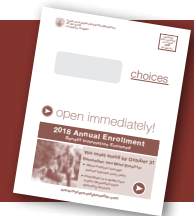
You have two ways to update your information:

- ✓ **Use a County computer** — visit [mylacounty.gov](http://mylacounty.gov) and choose the Employee Self Service option, or
- ✓ **Contact** your Departmental Personnel Office.

**Watch for your *Choices* benefits enrollment packet in the mail in late September.**

If you don't receive your packet by October 11, you can find your enrollment materials online! Log on to [mylacountybenefits.com](http://mylacountybenefits.com) and go to Additional Resources to download the materials.

You can also call the Benefits Hotline at **213-388-9982** to request a packet.



# Health care at your fingertips

Managing your benefits should be easy. When it comes to ID cards, contact information, and finding nearby facilities, it can be hard to keep track of it all. That's where your smartphone comes in handy. With your health plans' mobile apps, you can:



**Find a Doctor or Dentist:** Search for an in-network doctor, specialist, urgent care, or hospital close by.



**Keep Track of Your Spending:** See how much you've paid into your deductible and out-of-pocket maximum.



**Check Your Claims:** Find out what was billed, how much your health plan paid, and if you have an outstanding balance.



**Manage Prescription Benefits:** Check the cost of prescriptions, order refills, or switch to home delivery.



**Get Your ID Card:** Share or email your ID card right from your smartphone.



Download the **Anthem Anywhere, Blue Shield of California, Kaiser Permanente, myCigna, or Delta Dental** app (according to which plan you have). You can log in to the app with the same username and password you normally use to access your plan's website account. Check your plan's website for more information on all the great mobile benefits available to you.



## Are You Currently Waiving or Declining Medical Coverage?

You must provide information on your other medical coverage each year during annual benefits enrollment.

If you do not submit new or updated information, or if your form is not approved, you will be automatically enrolled in a medical plan for 2018. You will not be able to waive or decline again until the next annual benefits enrollment.

More information will be available in your annual benefits enrollment packet, coming in late September.

# Eligibility reminders

## Eligible Family Members

Eligible family members you may add to your *Choices* medical and dental plans<sup>1</sup> include:

- Your spouse or domestic partner
- Your children, children legally adopted by you, children awaiting finalization of adoption by you, stepchildren, children for whom you are the legal guardian, children you support because of a valid court order, and children of your domestic partner:
  - Under age 26<sup>2</sup>
  - Age 26 and older if your child became disabled before the limiting age and is approved by your health plan (check with your health plan to determine the limiting age)

## Loss of Eligibility

You **MUST** remove an ex-spouse, ex-domestic partner, and any other ineligible family members from your health care coverage. Such situations include divorce or the end of a domestic partnership.

Even if your divorce decree requires you to maintain health care coverage for your ex-spouse, you may not keep your ex-spouse enrolled in your *Choices* benefits.

<sup>1</sup> The dependent term life, accidental death and dismemberment plans, and spending accounts have different dependent eligibility requirements. See your *Choices* Summary Plan Description (SPD) on [mylacountybenefits.com](http://mylacountybenefits.com) for details.

<sup>2</sup> Under age 18 for legal guardianship.

## Social Security Numbers Required

All medical plans are required to gather Social Security numbers (SSNs) to comply with federal reporting requirements. If you enroll in a new medical plan, or change plans, you must provide the SSN of each family member you enroll.

If you do not provide SSNs and any other required documentation within 10 calendar days from the date you enroll, your family member will not have coverage in 2018.



  
**LOCAL 1014 HEALTH PLAN**  
*Protecting Firefighters & Their Families*  
**FOR LIFE**

**NEED COVERAGE?**

Sign-up for the Local 1014 Health Plan to take advantage of the recently enhanced **VISION, DENTAL & ORTHODONTIA** benefits.

Local 1014 Health Plan is the **ONLY PLAN** you can take with you into retirement.

Contact Information:  
☎ 800-660-1014  
✉ [medicalplan@local1014.org](mailto:medicalplan@local1014.org)  
🌐 [local1014medical.org](http://local1014medical.org)



  
“I joined the Local 1014 Health Plan when I became an LA County Firefighter and it's been one of the best decisions I have made for me and my family. The recently added benefits also save me money while providing my family with additional coverage.”  
- James Jenkins

Your *Choices* benefit program, negotiated for you by the Coalition of County Unions (CCU), is designed to give you the security of knowing we've got you covered — so you have the freedom to focus on what matters most at work and at home.

**aLADS** Anthem BlueCross 

- **FREE Gym Membership**
- **LiveHealth Online (doctor available via internet 24/7/365)**
- **NEW Anthem Blue Cross Mobile App**
- **Dedicated Benefit Specialists (only available with ALADS plans)**

Call **800-842-6635** or visit the ALADS health plan benefit website [www.mybenefitchoices.com/alads](http://www.mybenefitchoices.com/alads) for more info on these GREAT BENEFITS

blue  of california

**CAPE**  
Blue Shield

your health care...your choice!

**Choose CAPE/Blue Shield Lite or Classic Point of Service Plans\***

For information call (800) 487-3092 or go to [blueshieldca.com/cape](http://blueshieldca.com/cape)



\* offered to any employee in Choices through the Coalition of County Unions

 **Cigna.**

**Together, all the way.™**

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# Healthy Together



Kaiser Permanente is proud to partner with County of LA.

KAISER PERMANENTE®  thrive



Supporting happy, healthy smiles for generations

Delta Dental of California thanks the County of Los Angeles employees for trusting your smiles to us.

 DELTA DENTAL

[www.deltadentalins.com](http://www.deltadentalins.com)

## MetLife

**Dental benefits that give you a reason to smile...**

Get the dental coverage you and your family need. Choose the Dental HMO/Managed Care plan for lower out-of-pocket costs,<sup>1</sup> a broad network of participating dentists and a commitment to your oral health.

[www.metlife.com/dental](http://www.metlife.com/dental)

1 Savings from enrolling in a dental benefits plan will depend on various factors, including the cost of the plan, how often members visit the dentist and the cost of services rendered. Dental Managed Care Plan benefits are provided by Metropolitan Life Insurance Company, a New York corporation, in NY. Dental HMO plan benefits are provided by: SafeGuard Health Plans, Inc., a California corporation, in CA; SafeGuard Health Plan, Inc., a Florida corporation, in FL; SafeGuard Health Plans, Inc., a Texas corporation, in TX; and MetLife Health Plans, Inc., a Delaware corporation, and Metropolitan Life Insurance Company, a New York corporation, in NJ. The Dental HMO/Managed Care companies are part of the MetLife family of companies. DHMO is used to refer to product designs that may differ by state of residence of the enrollee, including but not limited to: "Specialized Health Care Service Plans" in California; "Prepaid Limited Health Service Organizations" as described in Chapter 636 of the Florida statutes in Florida; "Single Service Health Maintenance Organizations" in Texas; and "Dental Plan Organizations" as described in the Dental Plan Organization Act in New Jersey. Like most group benefit plans, benefit plans from MetLife and its affiliates contain certain exclusions, reductions, limitations, waiting periods and terms for keeping them in force. Ask your MetLife representative or your benefits administrator for costs and complete details. SafeGuard Health Plans, Inc., Irvine, CA 92614 © 2017 MetLife, Inc. L0717496850[exp0818][All States][DC, GU, MP, PR, VI]



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## The County of Los Angeles

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### Look inside for news about *Choices* benefits!

Annual benefits enrollment is  
October 1 – October 31, 2017.

- **How to update your contact information** – page 1
- **Managing benefits on your smartphone** – page 2
- **Waiving and declining medical coverage** – page 2
- **Eligibility reminders** – page 3



# Enroll online

## Use your computer, tablet, or smartphone

At [mylacountybenefits.com](http://mylacountybenefits.com), we've created a mobile-friendly site where you can access all your benefits, all in one place. Whether you want to enroll, make changes, or simply check everything out, you can do it all from your smartphone or tablet. And even better — you don't have to call anyone to complete your enrollment. Just log in to [mylacountybenefits.com](http://mylacountybenefits.com) and take control from there.

### Advantages of Enrolling Online during Annual Benefits Enrollment

- Enroll** or make benefit changes quickly.
- View** your County Allowance and monthly benefits costs.
- Access** your enrollment confirmation statement immediately.
- Update** Dependents' Social Security numbers.
- Upload** supporting documentation from the enrollment homepage.
- Link** to your health plans' websites.

Easy  
Safe  
Secure  
Simple  
Quick