

Presentations for UC Employees

It's almost that time of year again: **Open Enrollment** is your annual opportunity to evaluate your health insurance choices and make changes. UC offers a menu of medical insurance options. To make learning about these plans easier, the Health Care Facilitator Program is pleased to announce the following employee presentations:

UC Medical Plan Overview:

This presentation will provide a big-picture view of our medical insurance options while highlighting any changes for 2010. Our medical plan choices will be described, compared and contrasted: Anthem Blue Cross PLUS; Anthem Blue Cross PPO; CIGNA Choice Fund PPO; Health Net HMO; Kaiser Permanente HMO; and Western Health Advantage HMO. Additionally, behavioral health and wellness benefits will also be discussed. ~ 90 minutes.

Working With Your HMO:

Get to know your HMO! 88% of UC Davis/UC Davis Health System employees are enrolled in HMOs (Health Net, Kaiser Permanente and Western Health Advantage). This session offers a perspective on UC's HMO medical plans that can help to make you a more effective health care consumer—while highlighting any changes for 2010. Topics include: matching your priorities with services; choosing your doctor; problem solving; and more. ~ 90 minutes.

Health Insurance After You Retire:

Thinking about retiring within the next year or so? If so, this presentation can help you get to know the health insurance benefits offered to UC retirees. UC's current retiree health plan eligibility rules and 2010 costs will be reviewed. We will also discuss medical plans for those who move outside of California as well as how our plans coordinate with Medicare. ~ 1 hour.

Schedule of Presentations:

Title	Date	Time	Campus	Location
UC Med. Plan Overview	Fri. 10/30/09	1 p.m.	Davis	Alumni Center: AGR Room
UC Med. Plan Overview	Thu. 11/5/09	2 p.m.	Sacramento	PSSB: Room G300
UC Med. Plan Overview	Thu. 11/12/09	1:30 p.m.	Davis	ARC: Ballroom A
UC Med. Plan Overview	Fri. 11/13/09	12 p.m.	Sacramento	Courtyard Marriott Ballroom
Working With Your HMO	Fri. 11/13/09	10 a.m.	Sacramento	Courtyard Marriott Ballroom
Working With Your HMO	Mon. 11/16/09	10:30 a.m.	Davis	MU: East Conference Room
Health Ins. After You Retire	Fri. 11/6/09	2 p.m.	Sacramento	PSSB: Room G300
Health Ins. After You Retire	Thu. 11/12/09	12 p.m.	Davis	ARC: Ballroom A

ARC = Activities & Recreation Center; Courtyard Marriott = Marriott Courtyard Sacramento Midtown Hotel; MU = Memorial Union; PSSB = Patient Support Services Building

Reservations are not required as seating is first come, first seated.



Health Care Facilitator Program

UC Davis/UC Davis Health System

Helping you make full use of your health benefits.