

Local Government Health Insurance Board



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Benefits for Active Employees and Non-Medicare Retirees
BCBS Group 30000



Blue Cross and Blue Shield of Alabama

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Active employees and non-Medicare retirees enrolled in the Local Government Health Insurance Plan (LGHIP) have their health and dental coverage (if their unit offers it through the LGHIP) with Blue Cross and Blue Shield of Alabama.

www.bcbsal.org
1-800-321-4391



OptumRx

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Active employees and non-Medicare retirees enrolled in the LGHIP have OptumRx as their pharmacy benefit manager. Members may visit OptumRx.com to submit for drug reimbursement, view drug claims, price drugs, view prescriptions and more.

optumrx.com
1-844-785-1603
Optum Specialty: 1-855-427-4682
specialty.optumrx.com



Teladoc

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Active members and non-Medicare retirees enrolled in the LGHIP have access to Teladoc. This service brings general medical care by phone or video 24/7 for free. Contact Teladoc for non-emergency medical care at your convenience.

Teladoc.com/Alabama
1-855-477-4549



Health Management Programs

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The LGHIP offers three health management programs to its active employees and non-Medicare retirees:

1. **Virta Health:** A free program that can reverse type 2 diabetes in patients.
2. **Naturally Slim:** A free educational program that focuses on lifestyle and nutritional changes.
3. **myBlueHealth:** A free program assisting members with chronic conditions, health coaching, and advocacy.

About Us

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The Local Government Health Insurance Plan (LGHIP) was formed in 1993 to provide local government entities throughout Alabama exceptional and affordable healthcare benefits. The LGHIP is administered by the Local Government Health Insurance Board, which is comprised of nine voluntary members.

Retiree coverage is available to eligible retirees of units who elect retiree coverage in the LGHIP.



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(334) 263-8326
(334) 263-8526 (fax)



LGHIBAnnouncements@lghip.org
www.lghip.org


Affiliated Websites

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LGHIB: www.lghip.org
BCBS: www.bcbsal.org
OptumRx: www.optumrx.com
Teladoc: www.teladoc.com/Alabama
Virta Health: www.virtahealth.com/lghip
Naturally Slim: www.naturallyslim.com/lghip
myBlueHealth: AlabamaBlue.com/MyBlueHealth

Local Government Health Insurance Board




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Benefits for Medicare Retirees
UnitedHealthcare Group 15504
Dental Group BCBS 97000 (if applicable)



UnitedHealthcare

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Medicare retirees enrolled in the LGHIP have their Medicare health insurance coverage through UnitedHealthcare (UHC), if their former local government employer offers Medicare coverage through the LGHIP. Dental coverage, if offered through their former employer, is with Blue Cross and Blue Shield of Alabama.



Post Discharge Meals

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UHC members may have coverage for up to 84 home-delivered meals immediately following one inpatient hospitalization or skilled nursing facility stay when referred by a UHC Clinical Advocate. Restrictions do apply.

Post-Discharge Meals:
1-855-428-6667



House Calls

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UHC members may open the door to convenience of a medical visit in their home. They can meet with licensed medical staff on their schedule, in the convenience of their home. Once they arrive, members can discuss health concerns, and can coordinate care with their provider.

HouseCalls:
1-866-799-5895



Health Management Programs

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UHC offers multiple programs for health management.

1. Real Appeal- an online weight loss program.
2. SilverSneakers- includes gym memberships to thousands of locations, exercise classes and an on-demand video library
 - Real Appeal: 1-844-924-7325
 - SilverSneakers: 1-888-423-4632

Coverage with UHC

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Medicare coverage through the LGHIP is available for Medicare retirees whose former employer is a participating unit in the LGHIP and offers Medicare coverage through the LGHIP.

