

MCOE BENEFITS - WHERE TO GO FOR HELP

- ◆ **ALLERGYCHOICES** - An Allergy Control Program with a new option for allergy testing and treatment. Sublingual immunotherapy drops using the La Crosse Method™ Protocol 866-793-1680 or allergychoices.com
- ◆ **AWARE HEALTH** - For **(FREE TO YOU)** Help With Virtual Physical Therapy & Pelvic Floor Strengthening 925-444-0561 or <https://www.awarehealth.io/>
- ◆ **CANARX** - An international Mail Order Option with \$0 co-pays 866-893-6337 or <http://staywellcanarx.com>
- ◆ **COSTCO Health Solutions** - For Help With Prescription Coverage 908-6024 or <https://www.costcohealthsolutions.com>
- ◆ **COSTCO Mail Order** - For Help With Mail Order or Online Prescriptions 800-607-6861 or pharmacy.costco.com
- ◆ **CVT** - Dental & Vision (800) 288-9870 or mycvt.cvtrust.org OR **Delta Dental** <https://www.memberportal.com/mp/delta/> or **VSP** <https://apias.vsp.com/>
- ◆ **EMPLOYEE ASSISTANCE PROGRAM (EAP)** - **(FREE TO YOU)** 800-252-4555 or EducatorsEAP.com
- ◆ **HEALTHTAP** - For **(FREE TO YOU)** Help With 24/7/365 Quality Health Care with **Actual Doctors** - Scan the QR code on the HealthTap flyer - You will be asked to select your insurance and the only option will be "Capitol Administrators" - This is the parent company for Lucent. You must select it in order to receive your free care. Dependents over 18 years of age must have their own account
- ◆ **LUCENT** - For Help With Medical Coverage, Deductibles, Co-Pays and Co-Insurance & Coverage - Lucent Customer Service - 877-916-2525 or mylucenthealth.com/
- ◆ **MORE HEALTH** - **(FREE TO YOU)** A second opinion medical benefit 888-908-6673 or www.morehealth.com
- ◆ **RENALOGIC** - **(FREE TO YOU)** A Kidney Dialysis Avoidance Program 844-841-5065
- ◆ **If you need additional help, please contact Traci Doster at Mendocino County Office of Education or Keith McNeil at Arrow Benefits Group, Staywell Health Insurance Broker.**

Traci Doster 707-467-5016 - healthbenefits@mcoe.us

Keith McNeil 707-992-3782 - keithm@arrowbenefitsgroup.com

